

GROCERY GAME



To identify healthy food choices that fuel the body. (Responsible Decision Making)

It important to eat a variety of healthy foods to keep our body going.

I can sort the food into the correct categories.

Inquiry Question: What is your favorite healthy snack? What makes it healthy?

How to play:

- Players try to get to the grocery store, get three items and return home without getting tagged.
- If tagged on the way to the grocery store, players return home and do 5 jumping jacks before trying again.
- Players are safe in the grocery store and at home.
- If tagged with groceries in their shopping cart, players give one grocery item to the tagger and try to continue home without getting tagged again.
- Players must put the groceries away, in proper location, when they get home.

Variations:

- K-2- Sort by “sometimes foods” and “everyday foods”.
- 3-5- Sort into the 5 food groups
- 3-5 Create a balanced meal using the MyPlate guidelines

