# Food Group Twister

## Exercise Outcomes:
⭐ Promotes Flexibility and Balance

🏋 Develops Strength

## Nutrition Lesson(s) Supported:
-My Pyramid

-Balanced Plates

## Supplies Needed:
- 6 pieces each of Orange, Red, Green, Purple, and Blue 8 ½" x 11" construction paper. Write the name of the food group in the center of each piece of paper Orange = Grains, Green = Vegetables, Red = Fruit, Blue = Dairy / Calcium Rich, Purple = Meat and Beans Laminate the paper.
- My Pyramid
- Food cards that support My Pyramid.

## Length of Time to Complete: 10 to 15 minutes

## Audience (grades):  1-5

## Set-up
Tape the construction paper on the ground so it looks like a Twister board. (Forms a grid with each color in its own row and each column having one of each color.)

## Process:
Tell the children that you'll be playing Food Group Twister. Discuss My Pyramid with them and the colors associated with the different food groups. Line them up in front of the construction paper and explain the rules.

1. They may only touch a color with a hand or foot when a food card from that color food group has been chosen.
2. Once they put a hand or foot on a color, they may not move that hand or foot until either another food from the same food group has been chosen or they run out of hands and feet to put on the paper.
3. Every time a new food group is chosen, they must move a hand or foot to that color if one isn't there already.
4. If they touch anything other than a hand or foot to the ground, they are out.
5. For older children, if they choose the wrong color food group, they are out.
6. The last child remaining wins.

For younger children: Choose a food card and name the food.  Tell them what food group it belongs to and what color that is. Have them put a hand or foot on that color. Repeat until only one child is still remaining.

For older children: Choose a food card and name the food. Have them put their hand or foot on the appropriate color food group. Repeat until only one child is still remaining.