

Guess My Food Game

Nutrition Lesson(s) Supported:

- My Pyramid
- Balanced Plates
- Food for Fuel: Go or Slow

Supplies Needed:

- Food cards that support My Pyramid or Go/Slow.
- Tape

Length of Time to Complete:

10 to 15 minutes

Audience (grades): 3-5

Process:

Have a child stand in the front of the room with a secret Go/Slow food card taped to his/her back. Then, let the child show the rest of children the secret Go/Slow food. Instruct the class to keep quiet and not spoil the surprise. The leader will ask questions to the class about the secret Go/Slow food. For example, Is it a Go food or Slow food? What food group does it belong to? What color is the food? Is it sweet? How does it help our bodies? Let the class answer the questions, then the student at the front of the room guesses which food is on his/her back. Give each child a turn at the front.