

Nutrition Run

These nutrition cards can be used for many activities to explore healthy foods or to use in a fun brain break activity to retain focus in the classroom.

Goal:

Be the first group to fill the build-it sheet by matching the cards with the appropriate color blocks.

Directions:

- 1) Print build-it sheets (1 per group recommended).
- 2) Print food cards (2 sets works great for this activity).
Optional: Attach to construction paper and laminate.
- 3) Divide students into groups and give each group a build-it sheet. Line the groups up along 1 wall.
- 4) On the opposite side of the room, scatter food cards face down.
- 5) On the teacher's signal, have 1 student per group race down to the food cards, grab ONE and race back. Place on the build-it worksheet then the next group member can run and grab another card.

Possible standards:

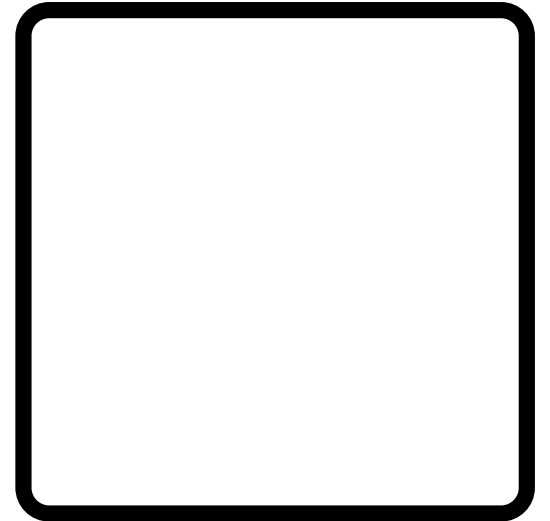
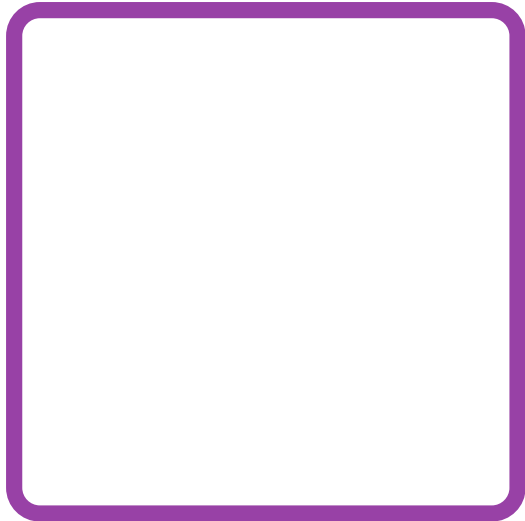
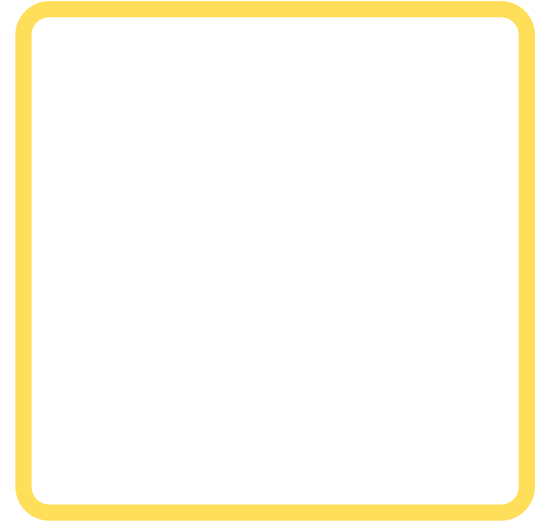
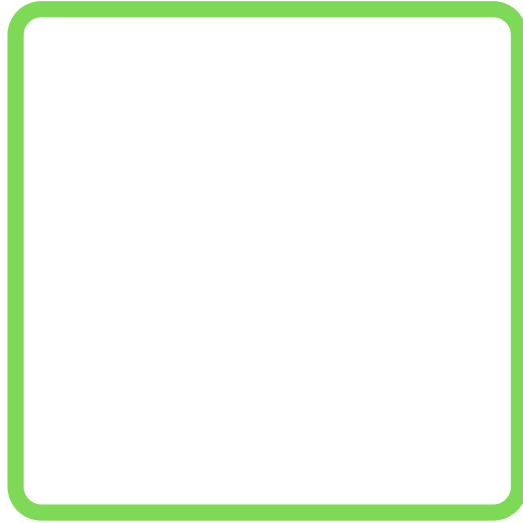
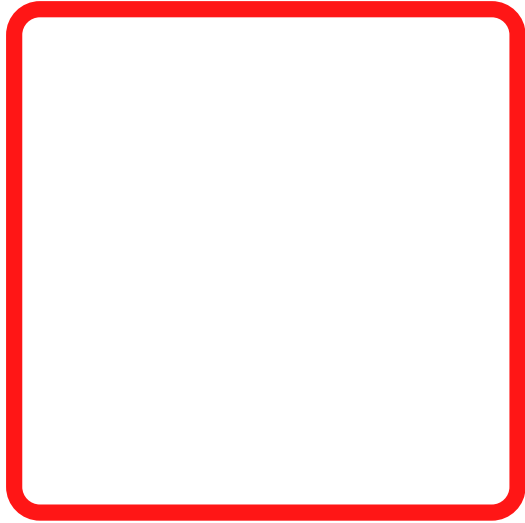
- 1.0.2.2.2 Demonstrate locomotor movements.
- 1.0.3.5.2 Move safely in space to cues.
- 1.3.5.9.2 Identify how nutrition effects the mind and body.

Cross-curricular standards in:

- Science
- Health
- Physical Education



Build It Worksheet



Food Build It

Fruit

Vegetable

Grain

Protein

Dairy

