

Nutrition Express

You will need sheets of paper with foods listed on them. Examples: broccoli, fried chicken, ham, peaches, muffins, oatmeal and so on. We use construction paper so you can't see what is written on them when turned upside down. The papers are spread all over the floor, upside down. At one end of the gym or play area, there are large sheets of paper with the food pyramid categories on them...grains, oils, etc. The children are divided into teams, on GO, one person from each teams runs out and picks up a sheet of paper. They have to decide what category the food fits into, run to the large sheet of paper and place it there. This goes on until all the papers in the middle have been placed. Everyone gathers at the end when the papers are. The large sheets, one at a time are hung up and we discuss each choice that was laid on the sheet.

This activity is from the YMCA's of North Carolina.

