

Eating Between The Lines



EBTL Module 01 - Activity 03

Activity: Food Group Twister

Outcomes

Children will understand what Canada's Food Guide is.
Children will understand how Canada's Food Guide helps us decide what to eat.
Children will be able to identify and label the four basic food groups.
Children will be able to group food into its appropriate food group.

You Will Need

- 8-12 beanbags
- One Twister game board (large plastic sheet with rows of red, blue, green and yellow dots)
- A deck of laminated cards with pictures and names of foods on them (see template)

Procedure

1. Children should organize themselves into 2 teams of 2 (or more).
2. Children should stand behind the game board.
3. The cards should be placed face down.
4. One person from Team A draws a card off of the pile and looks at it. That person is to say the name of the food out loud and decide which food group/color of the rainbow it belongs in. They then toss one beanbag onto the appropriate colour. If the beanbag lands on the right colour, their other team member takes a turn. If not, play passes to the other team. Each team may only have a maximum of 2 turns in a row.
5. The first team to have all of their beanbags on the right colours, wins the game.

Teacher Tips:

This is a lot of fun—perfect because the colours of the dots in the Twister game match the colours of the food guide rainbow. An option is to have a student act as moderator, handing out cards and judging whether or not a beanbag is on the dot enough etc. Rules can be adjusted to suit needs. Make sure that you have plenty of energy for this activity

Also, as a small group, have the children play a game of Twister. Call out a food and the children have to decide which food group colour the food belongs in and place their specified body part on that colour.