**Name that Food Group**

**Activity Space**
CLASSROOM

**Activity Synopsis**
Students will identify the Five Food Groups and place local foods into the appropriate food groups while integrating penmanship, spelling and writing skills.

**Activity Outcome**
Students will be able to correlate local foods with the letters of the alphabet and categorize the foods into Five Food Groups.

**Materials and Preparation**
Post the ABC cards in an area where all of the students can see them. Students will need paper and markers.

**Name that Food Group Activity**

Each card has a colored square around its perimeter signifying the food group to which it belongs:

<table>
<thead>
<tr>
<th>Group</th>
<th>Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy</td>
<td>Blue</td>
</tr>
<tr>
<td>Fruit</td>
<td>Red</td>
</tr>
<tr>
<td>Vegetable</td>
<td>Green</td>
</tr>
<tr>
<td>Grain</td>
<td>Orange</td>
</tr>
<tr>
<td>Protein</td>
<td>Purple</td>
</tr>
</tbody>
</table>

The following activities will guide students in placing all twenty-six foods into their respective food groups.

**Class interaction**
Flashing each of the cards, have students work together to call out in which food group the pictured food belongs.

**Each student** labels one sheet of paper for each food group. Using the letter of the day, have students practice writing the letter, name of the food and drawing a picture of the food on the correct food group sheet.

**Writing skills**, have students label a column on their paper for each of the food groups. Have students go through the cards in order and list each of the foods in their respective food group column.
**Alphabet Food Cards Activity - Food Groups**

Have your students write out all of the food groups on a sheet of paper with at ample space underneath each. From there are different ways for you to have them learn through the alphabet cards. All of these different activities allow them to connect which foods go with which food groups but they also are working on other skills depending on the objective.

**Objective 1: Practice Writing Skills**

With all of the Alphabet food cards visible to students, have them go through the alphabet and group each of the foods into their respective food groups. This is the perfect quiet activity to have students practice their penmanship as well as help them learn the correct spelling for each of foods.

**Objective 2: Fun Coloring/Learning Activity**

This activity is easier if you use at least two sheets of paper, and depending on the age group it may be easier to have them dedicate a page to each food group. Then allow students to have fun working their way through the food groups drawing each of the foods and labeling what they are. To make it easier we suggest having the students put each letter into it’s respective food group then working their way back through to draw them.

**Objective 3: Class Interaction**

A simple activity for the class to work on their food groups together. Flashing each of the alphabet cards, have students work together to call out which food group the food comes from.
Alphabet Food Cards Activity - Spell Off

Alphabet Card Spell Off

Activity Space
GYM

Activity Synopsis
Connect activities to letters to increase knowledge of local foods, food groups and spelling while increasing physical activity.

Activity Outcome
Students will be able to correlate letters to local foods and corresponding food groups while being physically active.

Materials and Preparation
• Post alphabet cards around the perimeter of the gym.
• Make 26 half-sheets of paper and write one activity (see Activity List on each paper.
• Post one activity under each alphabet card.

Spell Off Activities

Begin by having the students run from card to card spelling their first names or their favorite food from the cards (i.e. Sam would run to S and A and M cards).

Have students spell their names again by running to the first card then doing the activity posted to get to the next card (i.e. hop to the next card).

Relay game:
Divide students into teams of 5.
Explain the Five Food Groups and the corresponding color border on each card.

Using the foods on the cards, have each team plan a meal using one card from each food group.

Begin the relay by having a student from each team run to the first food in their meal, spell the food then do the activity to get back to their team for the next student to go. Repeat until all 5 foods in the meal have been played.

Variations:
Form a conga line with each team and have the entire team travel to each food in their meal and do the activities.

Make word cards for each food. Give one, or several cards to each team. Have students spell the foods by moving from one alphabet card to another.
Activity List
(You can also make up your own if you don’t want to use these)

<table>
<thead>
<tr>
<th>Gallop</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump</td>
<td>Leap</td>
</tr>
<tr>
<td>Crab Walk</td>
<td>Shark Jaws</td>
</tr>
<tr>
<td>Bear Walk</td>
<td>Backwards Run</td>
</tr>
<tr>
<td>Grapevine</td>
<td>Windmill Arms</td>
</tr>
<tr>
<td>High Knees</td>
<td>Hop-Squat-Hop-Squat</td>
</tr>
<tr>
<td>Hop</td>
<td>Robot</td>
</tr>
<tr>
<td>Twirl</td>
<td>Lawn Mower</td>
</tr>
<tr>
<td>Lunge</td>
<td>Left leg hop</td>
</tr>
<tr>
<td>Dance</td>
<td>Right leg hop</td>
</tr>
<tr>
<td>Swimming</td>
<td>Sprinkler</td>
</tr>
<tr>
<td>Jumping Jacks</td>
<td>Crawl</td>
</tr>
<tr>
<td>Wiggle</td>
<td>Side-Step</td>
</tr>
</tbody>
</table>
Alphabet Food Cards Activity - Meal Relay

ABC Cards
Make a Meal Relay

Activity Space
GYM

Activity Synopsis
A relay with teams of students creating meals and gathering ABC cards by performing assigned activities to make a meal of five cards each.

Activity Outcome
A great indoor activity that helps your students create healthy and nutritious meals while exercising.

Materials and Preparation
- For most Physical Education classroom activities we suggest teachers laminate the cards for a longer life span.
- Place cards in the middle of the gym.
- Divide into teams of 5 students each. Name the teams Group 1, 2, 3....
- Provide each team with a pencil and a pad of paper.

Rules: Refer to Chart
1. Each round is assigned an activity - see chart
2. Each team is assigned a meal - see chart
3. All teams go look at the food cards and choose five foods to create the assigned meal (i.e. breakfast) and record it on paper.
4. The foods must be from at least three different food groups to complete the meal.
5. When the relay begins, team members take turns racing to the cards while doing the assigned activity (from chart) to choose one of the foods in their meal.
6. If one of the food cards has been chosen by another team, the student must return to their team and choose another food.
7. Track the winning teams for each round.

Washington State Dairy Council www.EatSmart.org
# Make a Meal

## Relay Chart

<table>
<thead>
<tr>
<th>Activity:</th>
<th>Round One</th>
<th>Round Two</th>
<th>Round Three</th>
<th>Round Four</th>
<th>Round Five</th>
<th>Round Six</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bear Walk</td>
<td>Bunny Hop</td>
<td>Crab Walk</td>
<td>Run</td>
<td>Skip</td>
<td>Teachers Choice</td>
</tr>
</tbody>
</table>

**Group One (1)**
- Breakfast
- Lunch
- Dinner
- Lunch
- Dinner
- Breakfast

**Group Two (2)**
- Lunch
- Breakfast
- Breakfast
- Dinner
- Dinner
- Lunch

**Group Three (3)**
- Dinner
- Dinner
- Lunch
- Breakfast
- Breakfast
- Lunch

**Group Four (4)**
- Dinner
- Breakfast
- Dinner
- Lunch
- Lunch
- Breakfast

**Group Five (5)**
- Breakfast
- Dinner
- Lunch
- Breakfast
- Lunch
- Dinner

(Repeat for more groups) - may want to use two sets of cards with several more groups
Aa

Apple

manzana
Zucchini

calabacin
Yy

Yogurt

yogur
Xiqua

(she-gwah)
A Chinese name for watermelon

sandia
Waffle
gofer
Vv

Vegetables

verduras
Uvas (grapes)
Tt

Tortilla

tortilla
Ss

Salmon

salmón
Raspberries
frambuesa
Qq

Quark

A creamy, white, fresh cheese

Quark

quark
Pp

Potato

papa
Oatmeal

avena
Nectarine

nectarina
Mm

Milk

leche
Lentils
lenteja

A legume that first came from India
Kk

Kale

col rizada
Jj

Juice (tomato)

jugo de tomate
Ice Cream
helado
Hazelnuts
avellanas
Graham Crackers

galletas graham
Ff

Flour

harina
Ee

Egg

huevo
Dumpling

jǐǎozi
Cc

Cheese

queso

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Bb

Beef

carne