



Who's Been Eating Healthy Food?

outdoor game

(Similar rules as "What's the Time Mr Wolf?")

Children chant: "Who's been eating healthy food?"

Teacher answers: "Anyone who ate a dairy item today"

Anyone who complies with the statement takes a step forward.

Children chant: "Who's been eating healthy food?"

Teacher answers: "Anyone who ate fruit yesterday"

Repeat chant and teacher answers each time using a healthy food item from the food groups. The first person who can reach out and touch the teacher is the winner.

Swap roles, the winner stands out the front. The teacher may need to assist the student to think of items in particular food groups.

Play a number of times to ensure the students are grasping the concept of which area food items can be classified.

Variation 1:

Teacher has an empty healthy food packet behind them (e.g. cereal packet, milk container) and they chase the person who has made it close enough to steal it and run home.

Teacher or person who is IT chases the runner.
Swap with the student who won the previous game.

The person who is IT, has to think of healthy food to call out.
(Teacher may need to prompt some students)

Variation 2:

As the students become more knowledgeable, use just dairy products or just meat and protein food groups.



© **Thumbs Up 2011**

