

Thumbs Up! Game

Knowing the Sometimes Foods ("Jimmy Says" action game)

(played to the same rules as Simon Says but no-one is out)

Jimmy says rub you tummy if you eat fruit

Jimmy says show us your muscles if you eat vegetables (flex bicep arm muscle)

Jimmy says brush your teeth 2 times per day (brush your teeth)

Jimmy says drink lots of water (pretend to drink water from a cup)

Eat chips....."I didn't say Jimmy says, but what would Jimmy say?"

(Students do not go out, ask another student to suggest a healthy Jimmy statement)

"It isn't healthy" or "It isn't good for you" or "It is a sometimes food" or "Chips are sometimes foods," are appropriate answers for this age.

Jimmy says eat 2 serves of fruits a day

Jimmy says eat 5 serves of vegetables a day

Jimmy says eat less junk food

Eat ice cream every day....."I didn't say Jimmy says, what would Jimmy say?"

Variation: Ask a student who displays a sound understanding of the "sometimes foods", call out the instructions.

You may wish to have the Sometimes Food Chart on the board to help them remember the order.



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