

**OVERVIEW:** Food Fight Pre-Game Activity on Food Groups  
**TIME:** 15 minutes

**Activity Overview:**

Before the activity, there will be a brief introduction and discussion on the different food groups. Rules and directions will be discussed. All the participants will participate in the Food Fight activity. The older youth are supposed to help the younger kids to identify different foods in different food groups if needed. After completion there will be a short discussion.

**Activity Objective:**

By the end of the activity:

- Facilitator(s) will be able to determine the youths' basic knowledge of the six different food groups.
- Younger Kids will be able to distinguish foods between the six different food groups.

**Materials Needed:**

- 6 Labeled Boxes (Fruits, Vegetables, Meat, Fats and oils, Grains, Dairy)
- 210 food balls

**Facilitator's Preparation**

Create an open space where youth can move around. Set up the boxes in a row and place the food balls behind the marked area. See appendix \_\_\_ for game set up.

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**FOOD FIGHT**

**Total Time:** 15 minutes

**INTRODUCTION** 5 minutes

1. Welcome everyone.

SAY:

Welcome everyone. Introduce yourself and group members.

2. ASK the participants:

Can you tell me the different food groups?

Desired answers:

- 6 different food groups
- 1) Grains, 2) Dairy, 3) Protein, 4) Fruits, 5) Vegetables and 6) Caution foods.

3. ASK the younger kids:

What are some foods in the different food groups?

LISTEN to ideas from the kids.

If necessary, GUIDE them to the following responses:

- Grains: bread crackers

- Protein: fish, chicken, \*legumes or beans
- Dairy: milk, yogurt
- Vegetable: Broccoli
- Fats/Oils: Butter, Margarine
- Fruit: apple, orange, strawberries

### **Rules and Directions for Activity** 7 minutes

#### 1. SAY:

We are going to play a game called “Food Fight.” This will help you understand what we just discussed about the different food groups. You will work by yourself. On one side of the room there will be balls with pictures of foods. On the other side of the room there are boxes labeled with different food groups.

Here’s how the activity is done:

- The objective of the activity is to match the food balls to the appropriate food group boxes.

#### 2. Rules:

- 1) Work on your own
- 2) Do not hurt any of the other students
- 3) It is ok if you miss
- 4) You will have 3 minutes to finish.

Does anyone have questions?

3. ALLOW 3 minutes for the kids to finish. TELL the participants when they have 1 minute left, and when it is time to stop. CONGRATULATE the participants on their completion.

### **Closing the Activity** 3 minutes

1. Scan through all the baskets and choose the ones that are not correctly match with the appropriate food box.

2. ASK the participants:

Does this food belong in this food group?

Allow time for response.

3. CONGRATULATE participants on their job well done.

4. SAY:

Now we are done with this activity, and we are going to get ready for our scavenger hunt.

5. Facilitator(s) cleans up.

**OVERVIEW:** Supermarket Detective Scavenger Hunt at a local supermarket.

**TOTAL TIME:** 40 minutes

**Activity Overview:**

Before the activity, there will be a brief introduction to go over rules and directions. Then teams consisting of one fifth grade student and one high school student will fill out the Clue Booklet (provided) while walking around the grocery store. After all teams have filled out their Clue Booklets, there will be a brief discussion and closure.

**Activity Objective:**

By the end of the activity:

- Facilitator(s) will be able to assess participants' answers in the clue booklet for accuracy and completion.
- Younger kids will be able to 1) Name the different food groups accurately 2) Name types of foods found in each food group accurately 3) Identify types of foods found around the perimeter of the grocery store.

**Materials Needed:**

- Clue Booklet
- Pens/Pencils
- Clipboard

**Facilitator's Preparation**

Visit the grocery store where the activity will take place in order to familiarize yourself with the layout. Decide where you will meet with the students for the introduction to the activity. On the day of the activity, have the participants group together in front of the store to go over the instructions and rules for the scavenger hunt.

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**SUPERMARKET SCAVENGER HUNTS**

**Total Time:** 40 minutes

**INTRODUCTION** 5 minutes

1. Welcome and thank the participants.

2. SAY:

Welcome everyone. Thank you again for being a part of this activity.

Did you like playing the Food Fight game? What did you learn from that game?

- Accept a few different answers.

3. Intro

Break up students into teams of two consisting of one fifth grade and one twelfth grade student.

**Rules and Directions**

30minutes

1. SAY:

Time: 2 minutes

Today, you are all going to be supermarket detectives. You will be walking around the grocery store with your teammate, searching for the answers to the clues in this book (show them the

Clue Book). There is a map of the whole store on page 4 of the Clue Book to help you along the way (show them the map). Answer all of the questions in this book by writing the answers on the lines (show them an example of one of the clues and where they would write the answer). If you get stumped, you can always ask any of the other activity leaders or me. When you are finished filling in all of the blanks in the clue booklet, find a leader and turn it in. Once everyone has finished, we will all meet here again.

## 2. Rules

Time: 3 minutes

SAY: Now let's go over the rules.

- Read the rules to the participants (found on page 2 of the Clue Book).

SAY: Remember, you cannot break any of these rules or your team will be disqualified.

Are there any questions?

## 3. Doing the Activity

Time: 25 minutes

SAY: When I say, "GO!" you may enter the grocery store with your partner and start to go through your clue book.

SAY: Is everyone ready? GO!

4. During the activity, split up from the other activity leaders and walk around the grocery store. Make sure that the students are following the rules and answer any questions. If you see a student breaking a rule, warn them once, and then disqualify the student if necessary. If a student is disqualified, they will need to stay with you for the remainder of the activity. If the disqualified student's partner wants to, they may join another team.

## Closing the Activity 5 minutes

1. As participants finish their Clue Books, collect the books and supervise the participants. When all of the teams have finished, gather the participants to meet in the same area as you did for the introduction. Scan through the booklets and share some of the answers with the participants. If you know that an answer is incorrect, ask them what they think that the correct answer should be.

2. ASK the younger kids questions:

Who had fun? What did you learn?

What kinds of foods can be found around the perimeter/outside of the store or in the core/inside of the store? Did anyone find a new food that they want to try?

3. CONGRATULATE the participants on their job well done.

## 4. Closing

- Let the participants know that they can keep their clue books and encourage them to bring it with them the next time they go to the grocery store with their parents.
- Thank all the kids and other volunteers for their time.