

Activity 1: Rainbow Food Game

<https://www.online-stopwatch.com/chance-games/pop-up-color-dice/>

Objective:

To teach children about different food groups and the variety of foods available within each color of the rainbow. This activity encourages creativity, nutritional awareness, and knowledge of food groups.

Materials Needed:

1. A dice with colors of the rainbow (red, orange, yellow, green, blue, purple). Alternatively, write each color on slips of paper and draw randomly.
2. Sheets of paper (one per child).
3. Pencils or pens.

Instructions:

<https://docs.google.com/presentation/d/1ypvA1N9QmM-9Xud7PFTGydVEGrbtsfbNCjGGSHZSZyo/edit?usp=sharing> (Images for Activity)

1. Setting the Game Rules (5 minutes):

- Explain the process:
 - The teacher rolls the dice to select a color (e.g., "Red").
 - Each child must write down one food for each category (dairy, vegetables, carbohydrates, protein, and fruits) that matches the rolled color.
 - Example for "Red":
 - Dairy: Strawberry yogurt
 - Vegetable: Red bell pepper
 - Carbohydrate: Red pasta (beet pasta)
 - Protein: Salmon
 - Fruit: Apple
- Emphasize creativity but remind them the food must make sense (e.g., no "blue cheese" for "blue," unless they know it's real).

2. Playing the Game (15-20 minutes):

1. Roll the dice to determine the first color.
2. Once the color is announced, students race to write down a food for each category (dairy, vegetables, carbohydrates, protein, and fruits) that matches the color.
3. The first student to complete all five categories shouts, "Done!"
4. The teacher then checks their answers:

5. If all answers are valid and match the food group and color, that student earns 1 point.
6. If any answers are incorrect or don't fit, the next fastest student gets their answers checked.
7. Continue rolling the dice for new colors and repeat the process for several rounds.
8. At the end, the student with the most points wins the game!

3. Discussion and Reflection (5-10 minutes):

- Discuss the different foods students came up with. Highlight unique or uncommon answers to encourage creativity.
- Ask questions:
 - Did anyone learn a new food today?
 - Which color was the hardest to find foods for?
 - Why is it important to eat a variety of colorful foods?

Activity 2: Nutrition 4 Corners

1. Setup (5 minutes):

- Label each corner of the room with one food group (Carbohydrates, Protein, Veggies/Fruit, Dairy).
- Explain that the teacher will show a picture of a food item, and students must quickly decide which food group it belongs to by running or walking to the correct corner.

2. Game Rules (10-15 minutes):

1. **Presentation of Food Item:**
 - Display the first food picture on the board (e.g., a loaf of bread).
 - Give students **5-10 seconds** to decide which food group the item belongs to and move to the corresponding corner.
2. **Checking Answers:**
 - Once all students are in their chosen corners, reveal the correct answer.
 - Discuss briefly why the food belongs in that category if needed (e.g., "Bread is a carbohydrate because it provides energy.").
3. **Scoring:**
 - Students who picked the correct corner earn **1 point** each.
 - Keep track of individual or team scores for a competitive twist.
4. **Repeat:**
 - Display a new food picture, and repeat the process for multiple rounds.

3. Adding Challenges:

- **Speed Round:** Reduce the decision time to **3 seconds** to make it more fast-paced.

- **Combination Foods:** Show pictures of dishes with multiple food groups (e.g., pizza or salad) and ask students to identify the **primary food group**.
- **Elimination:** Students who pick the wrong corner sit out for that round; the last student standing wins.

4. Discussion and Reflection (5 minutes):

- After the game, review the different food groups and clarify any tricky or miscategorized items.
- Ask questions to reinforce learning:
 - “Why do you think cheese belongs in the dairy group?”
 - “What other foods can you think of that are carbohydrates?”