

Nutrition Twister

Overview: Using the traditional Twister game, nutrition-related questions will be incorporated into the process. Children have to answer questions before each move, learning nutrition information in a fun way.

Subject area: Nutrition

Grade level: K-5th

Objectives: Children will learn basic nutrition concepts using this fun game.

Prep time: 5 minutes

Lesson time: 30 minutes

Materials needed:

- 1 Twister mat per 4 children
- Nutrition questions

Space needed: Flat surface to lay the Twister mat (preferably not on concrete)

Staff needed: 1

Preparation steps:

1. Print out nutrition questions (see the attached sheet)
2. Set out Twister mats

Presentation steps:

1. Split the children into groups of four
2. Before each move, children must answer a question. (Children do not have to answer the question correctly. If a child answers incorrectly, provide the correct answer with as much additional information as you would like). We suggest that children do not move until the correct answer is reached.
3. Keep going until the group on the mat loses balance or all the questions have been answered.

These are examples of questions you can use for this game with short, simplified answers geared towards younger children.

Questions:

1. What are the five food groups on MyPlate?
 - a. Dairy, fruits, vegetables, grains, protein
2. What could you eat or drink to build strong bones and teeth?
 - a. Milk, yogurt, cheese (all are good sources of calcium)
3. Why do people call vitamin D the sunshine vitamin?
 - a. Our skin makes vitamin D when exposed to the sun. However, if you use sunscreen, your skin cannot make vitamin D.
4. What food group is spaghetti part of?
 - a. Grains (it is healthier to eat whole grain spaghetti)
5. What fruit is yellow and must be peeled to eat?
 - a. Banana
6. Why is it important to eat breakfast?
 - a. It will give you a boost of energy to start your day, and you won't be hungry all morning.
7. What is an example of a food from the dairy group?
 - a. Milk, yogurt, cheese, cottage cheese
8. What food contains protein but doesn't come from an animal?
 - a. Beans, cheese, milk, yogurt
9. True or false: spinach contains calcium (true)
10. True or false: cookies are good to have at every meal (false)
11. True or false: celery is mostly water (true)
12. True or false: soda is a good replacement for water (false)
13. True or false: protein is important for your body (true)
14. True or false: all fat is bad (false)
15. How do you make a sandwich using each food group from MyPlate?
 - a. Example: lettuce, tomato, cheese, turkey, whole grain bread, and an apple on the side
16. True or false: ketchup has a lot of sugar in it (true)
17. True or false: chocolate is a quick source of energy (true)
18. True or false: energy drinks are healthy (false)
19. True or false: the healthiest part of the chicken is the skin (false)
20. True or false: popcorn is a healthy snack (true, if there is no butter on it)
21. Which cereal is healthier: Cinnamon Toast Crunch or plain Cheerios? (plain Cheerios)
22. True or false: apple skin has more fiber than the inside of the apple (true)
23. True or false: drinking a glass of apple juice is just like eating an apple (false)
24. True or false: I only need to drink one glass of water each day (false)
25. True or false: fruit yogurts (like strawberry or blueberry) do not contain any sugar (false)