

# Hop to It

## (Grades 2 to 7)

### Overview

“Hop to It” is a hopscotch adaptation that encourages students to practice their food group classification skills.

Food group hopscotch enables students to apply nutrition knowledge while also being physically active. With the help of a student monitor or supervisor, this could be an ideal rainy day lunch hour activity!

Estimated time: 30-45 minutes

### Materials

- Sidewalk chalk or large 10' x 3' piece of paper and thick-tipped marker

### To make the hopscotch pattern

- Select one of the food group “Hop to It” patterns (on following pages) to draw on the paper or asphalt outside
- Note the foods with the asterisk \* are the correct food group foods on the pattern

### Procedures

1. Students only hop on squares belonging to the food group selected.
2. Rotate hopscotch patterns to enable students to practice classifying all four food groups.
3. Use local hopscotch rules.

### More information for Teachers

To offset food costs, find out about [mini food grants](#).

Refer to [Kitchen Equipment for your Classroom](#) for more preparation and food safety tips.

### Curriculum Links

This lesson supports Big Ideas and Learning Standards in the Physical and Health Education [BC curriculum](#) and can also link to other subject areas.

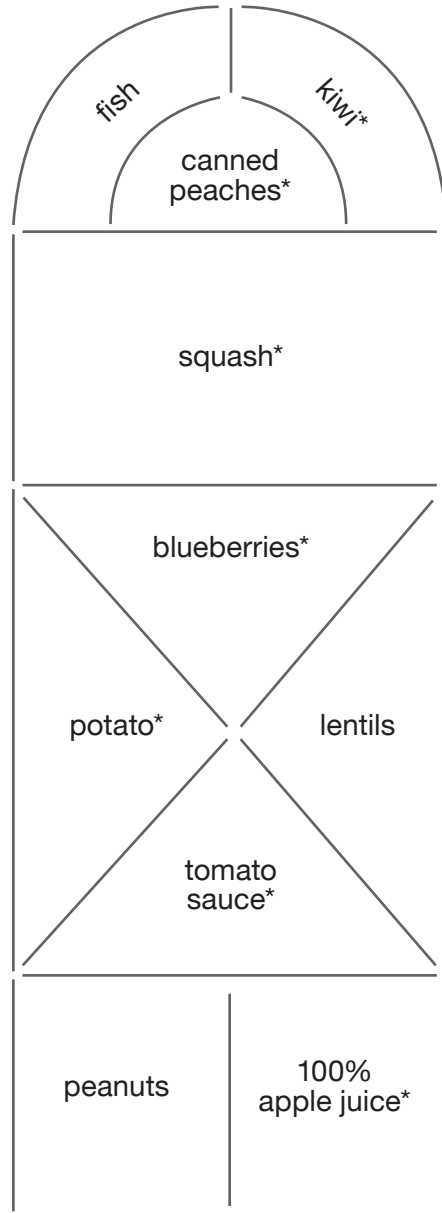
### Want to do more nutrition education with your class?

Explore our other [lesson plans](#) or book a [free 1-hour workshop](#).

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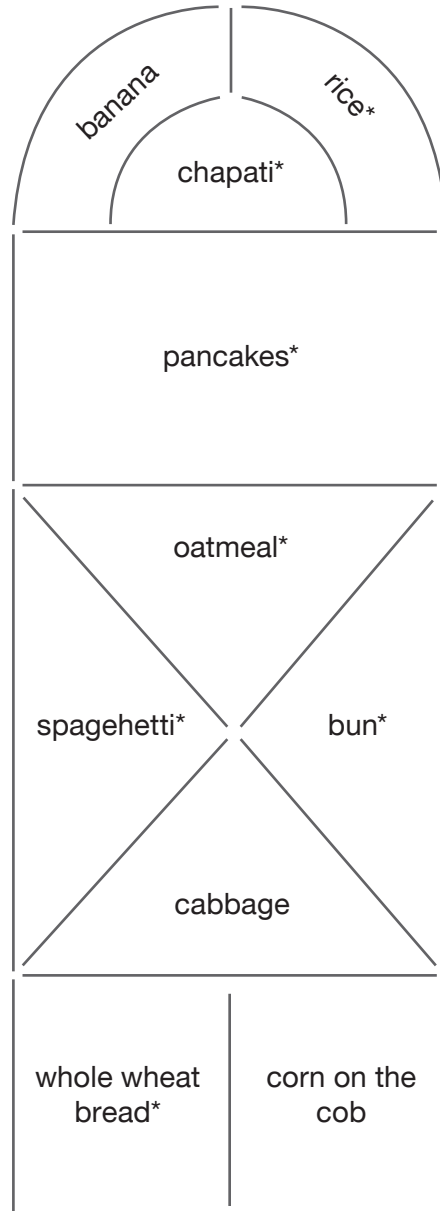
## Vegetables and Fruit



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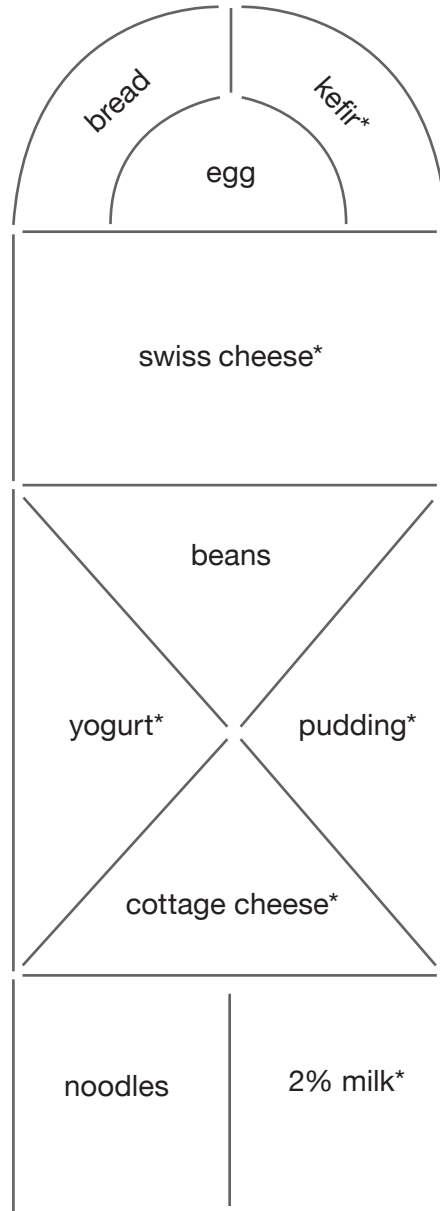
## Grain Products



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## Milk and Alternatives



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## Meat and Alternatives

