

# Go Four It

(Grades 2 to 7)

## Overview

Students will have the opportunity to practice food group classification while incorporating physical activity.

Estimated time: ~30 minutes

## Learning Outcomes

By the end of the lesson, the students will:

- have an improved understanding of which foods fit into the four food groups and foods to limit according to Canada's Food Guide
- have fun exploring various forms of physical activity

## Materials

- Pictures of food listed below, or a [purchased class set](#)
- Five coloured sheets of paper (green, yellow, blue, red and white)
- Station card master (at the end of the lesson)
- Action card master (at the end of the lesson)
- Five station chairs
- Large room, gym, or field
- Six boxes (five for the stations and one for the food pictures)

## Preparation

1. Select enough food pictures to allow one per participant and put them in a box. A suggested selection for a group of 30 students:

Apple	Bagel	Cheddar cheese	Beans	Chocolate bar
Broccoli	Bread	Chocolate milk	Chicken	Cookies
Carrot	Cereal	Milk	Egg	French fries
Corn	Crackers	Mozzarella cheese	Fish	Fruit drink
Garden Salad	Noodles	Pudding	Hummus	Fruit roll-up
Grapes	Oatmeal	Soy beverage	Lentils	Ice cream
Potato	Pancake	Swiss cheese	Peanut butter	Pop
Strawberries	Rice	Yogurt	Tofu	Popcorn
Squash	Tortilla	Yogurt drink	Tuna	Potato chips

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## Preparation cont.

2. Prepare 5 station cards as follows:

Cut the station card master along the lines and paste each card on the corresponding coloured paper using this code:

Vegetables & Fruit– on green paper

Grain Products–on yellow paper

Meat & Alternatives–on red paper

Milk & Alternatives–on blue paper

Foods to Limit–on white paper

3. Cut apart the action cards.

## Procedures

1. Arrange station cards upright on chairs around the room, gym or field. Place the box of food picture cards at the end of the room, gym or field.
2. Divide students in five teams.
3. Give an action card to each student, indicating how to travel to the stations (e.g. run, skip, etc.)
4. Review food group colour coding with the students.
5. The relay begins with the first member of each team taking a food picture from the box and “going four it” to the appropriate station (i.e. Vegetables & Fruit, Grain Products, ...). The student must travel to the station following the instructions on the action card.
6. Upon arrival at the station, the student checks that his/her food is on the list of foods for that group before going back. If the student has gone to the wrong station, he/she must find the correct station before returning to the team.
7. As a team member returns to the end of his/her team lineup, the next member grabs a food picture for delivery. The first team whose members all complete delivery of a food picture wins the game.
8. A final check of food pictures delivered to the stations is done.
9. Play again!



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## More information for Teachers

### Curriculum links

This lesson supports the 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](#).

## **Foods to Limit**

chocolate bar, cookies, french fries, fruit drink, fruit roll-up,  
ice cream, pop, popcorn, potato chips

## **Vegetables & Fruit**

apple, broccoli, carrot, corn, grapes, potato,  
salad, strawberries, squash

## **Grain Products**

bagel, bread, cereal, crackers, noodles,  
oatmeal, pancake, rice, tortilla

## **Milk & Alternatives**

cheddar cheese, chocolate milk, milk, mozzarella cheese, pudding,  
soy beverage, swiss cheese, yogurt, yogurt drink

## **Meat & Alternatives**

beans, chicken, egg, fish, hummus, lentils,  
peanut butter, tofu, tuna

## Action Card Masters

Run stiff-legged	Run	Side jump	Hop on one foot (You may alternate)
Skip	Run	Run stiff-legged Backwards	Run clapping hands over your head
Run backwards	Walk	Run stiff-legged	Run backwards
Skip	Walk	Side jump	Walk one foot in front of the other (feet must touch)
Run stiff-legged	Run	Side jump	Hop on one foot (You may alternate)
Skip	Run	Run stiff-legged Backwards	Run clapping hands over your head
Run backwards	Walk	Run stiff-legged	Run backwards
Skip	Walk	Side jump	Walk one foot in front of the other (feet must touch)