

# Hop to It

## (Grades 2 to 7)

### Overview

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

Hop to It 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 category “Hop to It” patterns (on following pages) to draw on the paper or asphalt outside
- The asterisks indicates the foods that are correctly classified in each category

### Procedures

1. Students only hop on squares belonging to the food category selected.
2. Rotate hopscotch patterns to enable students to practice classifying foods from each category.
3. Use local hopscotch rules.

### More information for Teachers

#### 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.

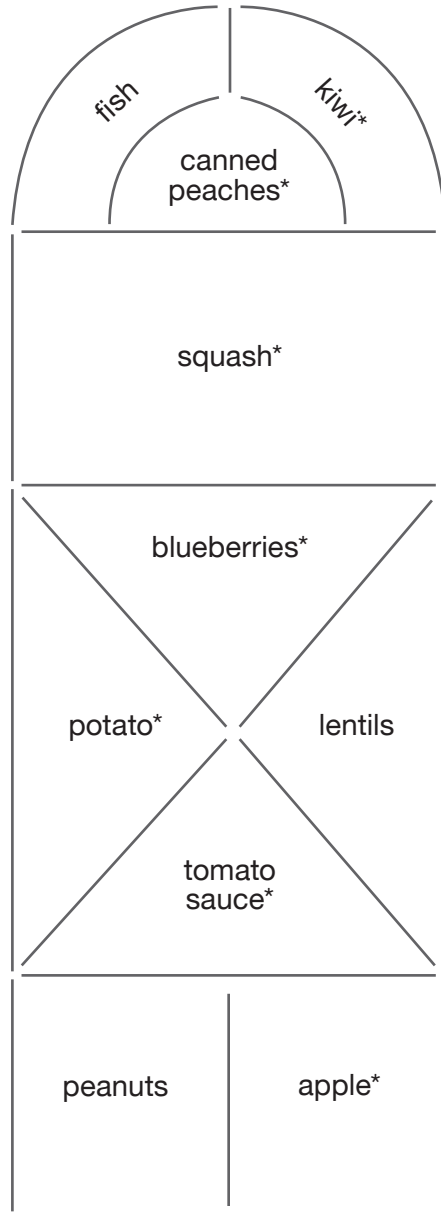
#### Want to do more nutrition education with your class?

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

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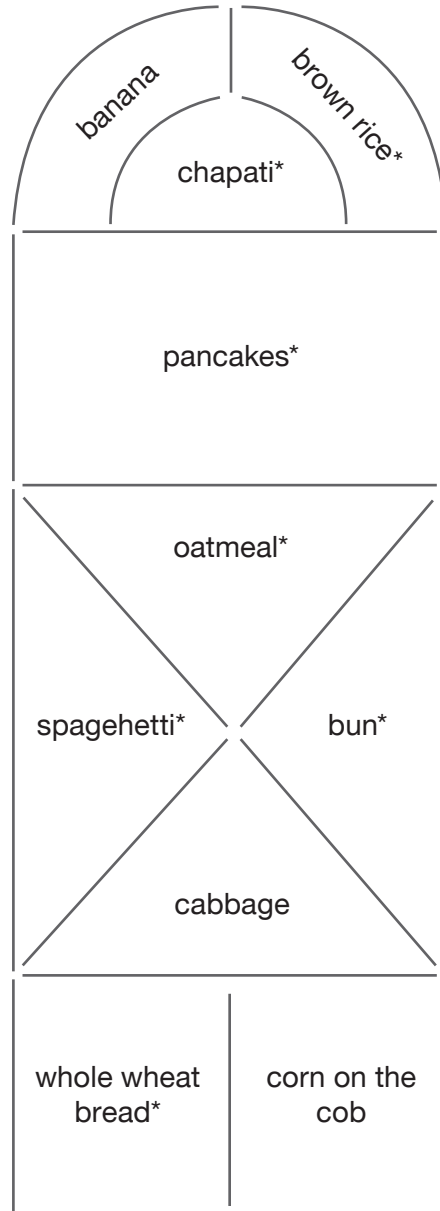
## Vegetables and Fruit



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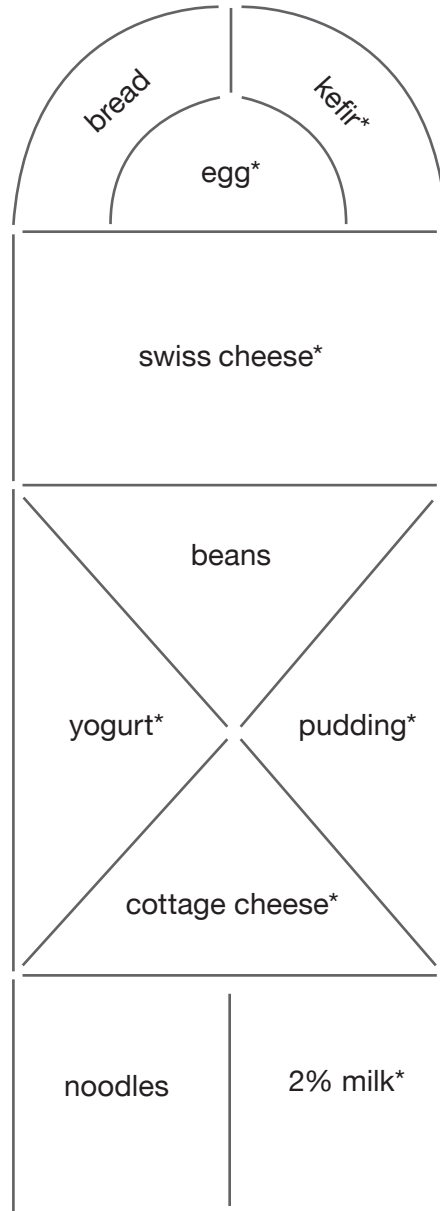
## Grain Products



# Hop to It

(Grades 2 to 7)

## Protein Foods, set 1



# Hop to It

(Grades 2 to 7)

## Protein Foods, set 2

