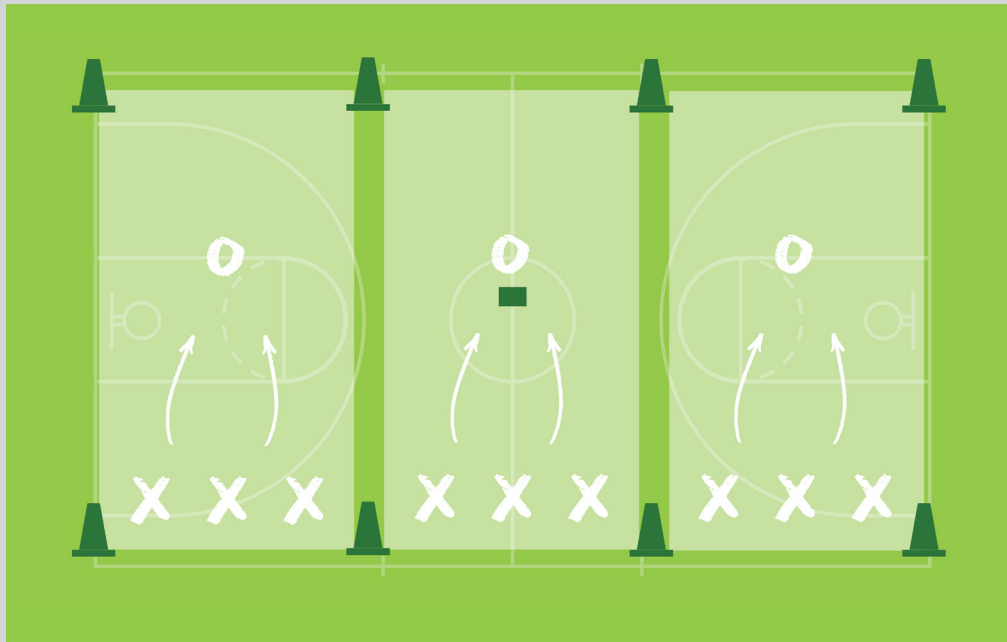


RED FOOD, GREEN FOOD



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

MATERIALS:

- Cones or Place Markers
- Food Cards

OVERVIEW:

Play a modified game of Red-light, Green-light to learn about nutritious food choices.

1. Play Red Food, Green Food in three difficulty levels with groups of 3-6 learners. Each group chooses a leader.
2. Announce a movement for learners to perform while moving for the "green-light foods." No movements are associated with the "red-light foods."
3. Level 1: No food cards. "Green-light" means hop toward the leader (or adapted movement). "Red-light" means stop. If a learner moves on a "red-light" command, they return to the start.

Level 2: Leaders draw food cards and announce the food and color. "Green-light" foods mean go; "Red-light" foods mean stop.

Level 3: Leaders name a food not on a card. Learners decide if it is a "green-light" or "red-light" food and move or stop accordingly.

4. If time permits, rotate groups and repeat levels 2 and 3.

RED FOOD, GREEN FOOD



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that green-light foods give you the most nutrition! There are no “good” foods or “bad” foods, but eating green-light foods is always a healthy choice for your body.

Ask learners to show their choice for each “Would you rather?” question. There is no right or wrong answer, both choices lead to healthy choices.

- You have a friend over, and you decide to eat a snack. Would you rather eat a vegetable or a fruit? If you choose vegetables, reach down and grasp as if picking vegetables and place them in an imaginary basket. If you choose fruit, reach high and grasp as if picking fruit from a high tree branch, then place it in an imaginary basket.
- You are outside with your family. Would you rather have enough energy to move as fast as an antelope or little energy and move as slowly as a sloth? Move fast for an antelope or in slow motion for a sloth.
- You are thirsty after a soccer game. Would you rather drink milk or water? Move your arms like a cow’s tail for milk or swim like a fish for water.

REFLECTION AFTER THE GAME:

Q: How does the food you eat affect your body and brain?

A: Nutritious food choices give your body the best fuel to move and think.

Q: How would you explain the difference between green-light and red-light foods to a friend?

A: Green-light foods have the most nutrition to fuel your body and brain.

Q: What green-light foods will you choose at breakfast, lunch, snack, or your evening meal?

A: Name specific fruits, vegetables, protein foods, whole grains, dairy, or water.

MODIFICATIONS:

Older Learners

- Replace the activity portion of this game with the Stoplight Activity from *fitClub*. It has three categories of food choices (green, yellow, and red), rather than two.

Sensory Modifications

- When leaders call out “red-light” or “green-light” in level 1, prompt them to show color-coded cards of the same color to add a visual cue.

Find more modifications at fit.sanfordhealth.org.