Welcome to Drive Through Nutrition! Can we take your order? Come along on our road trip while learning fun facts about nutrition and the foods you order. Get ready to get active as we drive along!

Game
1. Gather materials to play the game. You can play with the whole class or make copies and play in small groups.
2. Roll the die, move that number of spaces, read the fact and do the activity.
3. Keep track, on the menu, of what food groups you’ve eaten. Make a copy of this page or use another sheet of paper to record.
4. You’re finished when you’ve landed on or “eaten” from all 5 food groups at least 3 times.

Classroom Activities

**Science**
- Create a science fair project related to food science (e.g., preserving foods, having taste tests, creating new recipes). Have a family science night to share projects with your class.

**Math & Visual Arts**
- Plan a meal and calculate how many calories are in the meal. Draw an illustration of your meal.

**English Language Arts & Physical Education**
- Create your own game. Write instructions and include physical activities.
- Make an individual and class challenge to eat better and be more active. Write out your goals and keep track.

California Standards
- ELA CC: SL.3-5.4, W.3-5.4, 7, 10, W.6,4, WHST.6.7, 10
- Math CC: 3.MD.3, 4.MD.4, 5.MD.2
- NGSS: 3-LS1-1, 4-LS1-1, 5-LS1-1
- Physical Education Content: 3.3, 4.3, 5.3, 6.3
- Visual Arts Content: 3-6, 5.0

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**Materials**
- Ag-Bite game board
- 1 Die
- Space for Physical Activity
- Marker for game board
- Copy this page or have paper and pencil to keep track of food groups “eaten” from

**Tips**

**Menu**

Check Off Each Time You “Eat” A Food Group
- Protein
- Grains
- Vegetables
- Fruit
- Dairy

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**Drive Through Nutrition**

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**Start Here**

**Salad please!**
The green in your lettuce is from chlorophyll used by plants in photosynthesis. Be a lettuce seed, sprout, grow tall, and reach for the sun (hold position)!

**Add Chicken to my salad please!**
Chicken is a protein and helps you build muscle. Stay strong by balancing on one foot for 15 seconds then switch feet and repeat!

**I’d like a Hamburger please!**
Beef is high in ZIP: Zinc, Iron, and Protein, all important nutrients for growing! Do 15 jumping jacks while you spell out what ZIP stands for!

**I’ll have a Whole Grain Bun with that!**
Kernels harvested from one acre of Wheat can be turned into 1,500 loaves of bread. Mill your wheat while you do 10 windmills!

**Peppers in my breakfast burrito!**
Green peppers turn red if left on the vine to ripen. Head and shoulders, knees and toes – 4 times!

**Oatmeal to go!**
Oat is a grain and is good for digestion! Make up your own physical activity and do it for 1 minute!

**Milk to drink!**
Milk is a dairy product and is used to make cheese and yogurt. All high in calcium! Do a 15 second wall sit while you milk a cow!

**Don’t forget the Tomatoes, which are high in Lycopene, an antioxidant, which is good for your cells. Skip around the room one lap!**

**Carrots for a side please!**
Carrots are high in Vitamin A – good for your eyes! Tell your five favorite veggies to your neighbor!

**Apples for a snack!**
Apples contain 57,000 genes, which is almost two times the number of genes in a human. Pick 20 apples from a tree, reach high!

**I’ll have an Egg for breakfast!**
A laying hen can produce about 250 eggs per year! Do your best chicken dance for 10 seconds!

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**I’ll have a Mandarin please!**
Mandarins, Oranges, Lemons, Grapefruit, and Kumquats are all citrus fruits and low in calories. Do Citrus Sit-ups! Say the citrus fruits instead of counting!

**I’d like Cheese on my burger.**
Eating dairy products such as cheese and being active, promotes bone health! Run in place for 30 seconds!

**I’d like a smoothie!**
Strawberries are high in Vitamin C. Eating strawberries may improve memory! Do 10 lunges, hold for 5 seconds each!

**Granola for breakfast please!**
Common grains include Wheat, Oat, Corn, Barley, Rice. Touch your toes ten times and repeat the 5 grains!

**Yogurt please!**
Yogurt is part of the dairy food group. Three servings of dairy a day are recommended. Do Yogurt Yoga! Stretch 30 seconds and take deep slow breaths!

**I’ll have a Whole Grain Bagel with that!**
Kernels harvested from one acre of Wheat can be turned into 1,500 loaves of bread. Mill your wheat while you do 10 windmills!

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