

Lunch Scramble

Students get moving and dancing while learning a variety of healthy lunch choices

OVERVIEW

Description:	Students hop in and out of a giant circle according to the healthy foods they hear.
Objective:	Students will recognize a variety of healthy foods they can eat for lunch.
Materials:	Small bell, whistle, or lunch-related noisemaker (e.g. soup spoon banging on a soup bowl)

ACTIVITY

1. Gather the students into a circle.
2. Remind them it is important to eat different kinds of healthy foods for lunch, a variety of foods, because each one does something very different and very special for our bodies.
3. Explain that they are going to play "Scramble."
4. Tell them you are going to call out healthy lunch foods (see below). For example, you can say, "If you like to eat turkey sandwiches for lunch, hop to a new spot when the 'lunch bell' rings."
5. Everyone who likes turkey sandwiches should hop to a new empty space in the circle. (You can either mimic the sound of a bell or use an actual bell, whistle or noisemaker.)
6. If only one student likes the food, she or he should hop to the center of the circle and back to her or his original spot.
7. Continue playing while naming various healthy lunch foods. Vary the movements (jump, jog, skip, slide, etc.) the students use to move around the circle.
8. If time permits, ask each student to name one new healthy lunch food she or he will try.

BACKGROUND INFORMATION

Healthy ("Go") Lunch Foods and Drinks:

- bananas
- carrots
- peas
- pretzels
- hummus
- snap peas
- skim milk
- veggie pizza
- celery
- whole wheat bread
- turkey sandwich
- grilled chicken
- apple slices and peanut butter
- strawberry yogurt

- orange slices
- raisins
- low-fat yogurt
- cashews

Related National Standards

<u>NHES</u> :	1.2.1, 6.2.1, 7.2.1
<u>NSPELA</u> :	E3b
<u>NSPLS</u> :	insert
<u>NSPE</u> :	1, 5
<u>NS</u> :	NS.K-4.6