

Simon Says

The classic game with a healthy food twist

Tags: [nutrition activities](#), [elementary school](#), [snacks](#)

OVERVIEW

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| Description: | Students mimic healthy snack foods (pop like popcorn, wiggle like string cheese), but if Simon doesn't say it, watch out! |
| Objective: | Students will recognize the importance of eating a variety of foods for snack. |

ACTIVITY

1. Have the students line up against the wall at one end of the room facing you.
2. Quickly review why it is important to eat different kinds, or a variety, of healthy foods every day (because each one does something different and special for our bodies). Tell them milk helps our bones and spinach helps our muscles.
3. Give them a few examples of ways different healthy snack foods help us: carrots help our eyesight, popcorn helps us digest, low-fat or skim milk helps our bones grow strong.
4. Tell them you are going to think about the many healthy snack foods they can choose from while you play "Simon Says."
5. Explain that you (as Simon) are the only person the students should listen to. Tell them you will command them to do certain movements. If you do not say "Simon Says" before the command, the class should not do the action.
6. Say the following (see below for more):
 - "Simon Says: Pop like popcorn."
Encourage them to hop up and down.
 - "Simon Says: Grow tall towards the sky like an apple tree."
Encourage them to reach up high.
 - "Wiggle like string cheese."
 - "Simon Says: Go nuts like nuts."
Encourage them to dance around waving their arms.
 - "Be round like an orange."
 - "Flow like water."
 - "Simon says: Be stiff like carrot sticks."
Encourage them to stand still with their arms at their sides.
 - "Simon Says: Wrinkle like a raisin."
Encourage them to scrunch up and bend over.
- Encourage the students to eat the healthy snack foods mentioned.

BACKGROUND INFORMATION

Children should be encouraged to consume a variety of nutrient-rich foods low in fat and added sugar for snack. There are five food groupings:

- vegetables
- fruits
- milk and milk products
- grains (whole grains are best)
- meats, beans, nuts

Children should eat foods from all five groupings everyday.

More Simon Says Actions:

- "Simon Says: Form a bunch like grapes."
Encourage students to get into small groups and hold hands.
- "Simon Says: Buzz like a honey bee."
Encourage students to make buzzing sounds as they jog around the room.
- "Simon Says: Twist in a knot like a pretzel."
Encourage students to twist their legs and wrap their arms around their bodies.
- "Simon says: Bend like a banana."
Encourage students to curve their spines as they bend over.

Related National Standards

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| <u>NHES:</u> | 1.2.1, 7.2.1 |
| <u>NSPSELA:</u> | E3b |
| <u>NSPE:</u> | 1, 5 |
| <u>NS:</u> | NS.K-4.6 |