

Nutrition Games

Presented by Ginger Aaron-Brush

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HEAL United Summer Institute

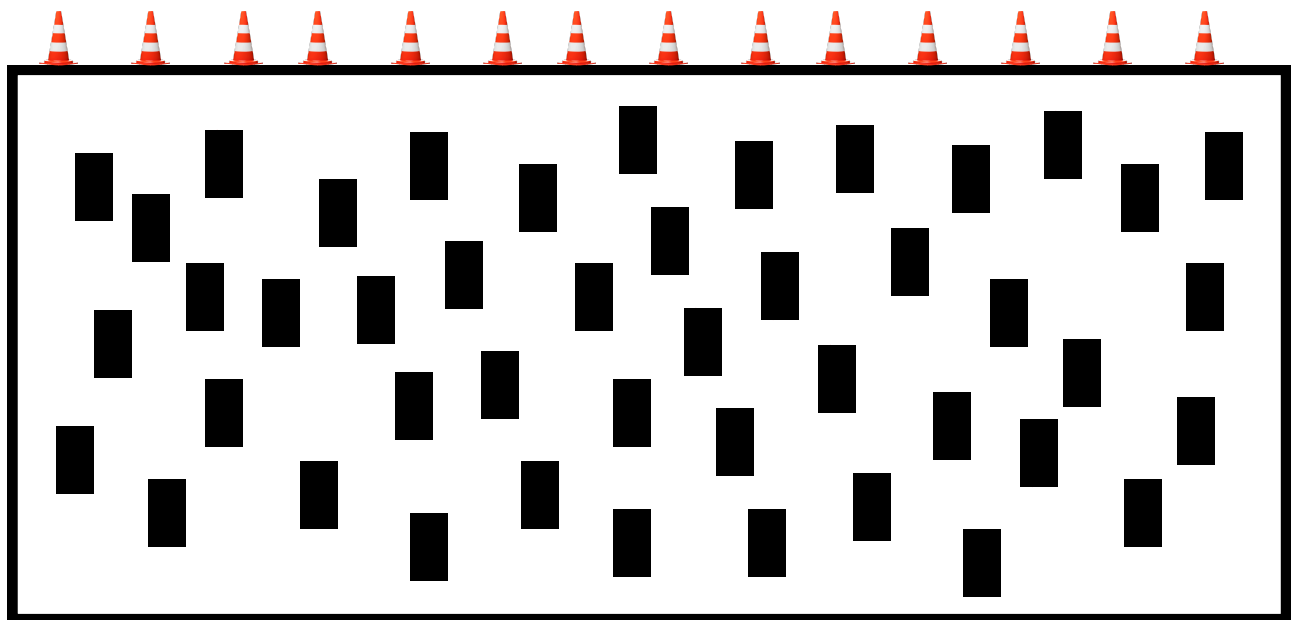
Nutrition Detective Dash:

Focus: fitness & nutrition

Equipment: nutrition cards, cones, slides with challenges

Set-up/How to Play: The food cards are scattered around the activity space. Students are working in small groups (2-4 students) and are positioned behind a cone. On the start signal, the first person in the group will travel (using the named locomotor skill) to find a food that completes the challenge. Students get two tries. If they are unsuccessful, they come back to their group empty handed. If they are successful, they will bring the nutrition card back to their group. After 1-2 minutes, change the challenge. While waiting, students will perform a preselected fitness activity.

Pro-tip: Remind students that cards in this game need to be FOOD SIDE facing up.



Card Flip Fitness:

Focus: fitness, locomotor skills, nutrition, cooperation

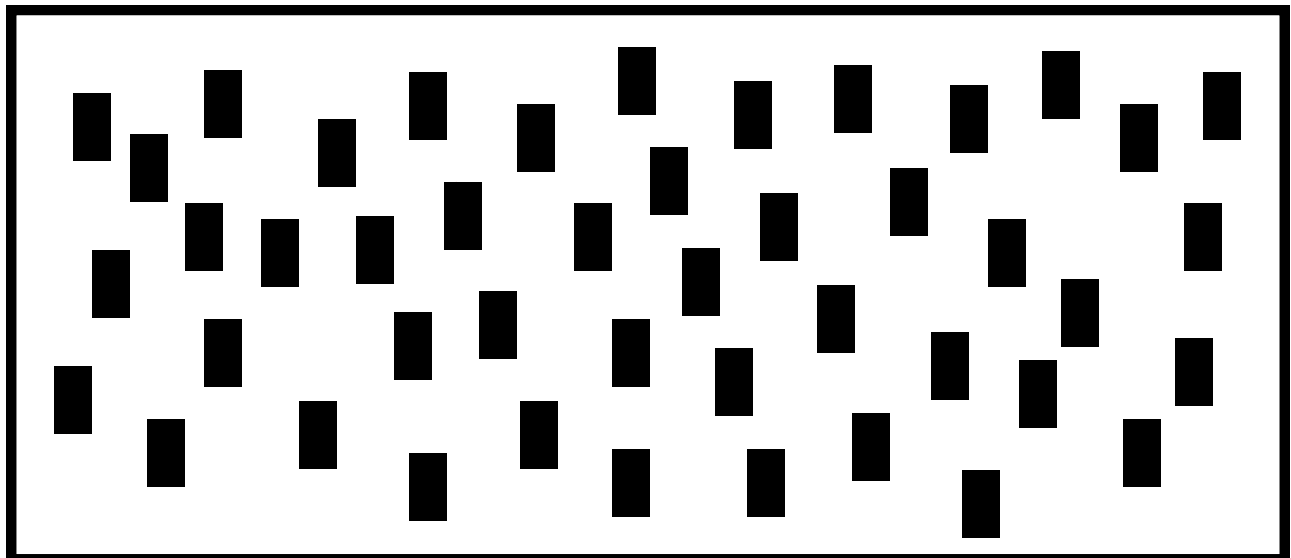
Equipment: nutrition cards, fitness post-it notes

Set-up/How to Play: Students will work with a partner. While they music is playing, Partner 1 will be the leader while Partner 2 is the follower and will travel using the pre-selected locomotor skill. When the music stops, Partner 1 will pick up a nearby food card and will flip the card and do the assigned task. Both students will do the predetermined fitness activity (5 Jumping Jacks, for example) and then when the music resumes, Partner 2 becomes the new leader. Once at a new card Partner 2 will flip over a new card and do the assigned task. Anytime someone flips over a nutrition card that has an exercise on the back both partners must do that activity together before rejoining the game. Play each round for 1-2 minutes and change locomotor skills after each round.

Task examples:

- 1.Say the food name and the food group.
- 2.Say the food name and one body benefit.
- 3.Say the food name and state if it is a food you've tried before.
- 4.Say the food name and state if it is a food that his high, medium, or low in nutrition.
- 5.Say the food name and name a food that you might like to pair it with.

Pro-tip: Remind students that cards in this game need to be FOOD SIDE facing up. Teach fitness activities before playing.



Food Group Favorites:

Focus: fitness, nutrition,

Equipment: food group videos, computer/projector

Set-up/How to Play: Students are in scattered space. A food group video will play. When the video is showing a food that is liked the student will do jumping jacks. When the video is showing a food that the student doesn't like, the student will perform squats. If it's a food that the child has never tried, the student will balance on one foot.

Pro-tip: After teaching this activity, it makes a great warm-up or instant activity.

Food Group Guess:

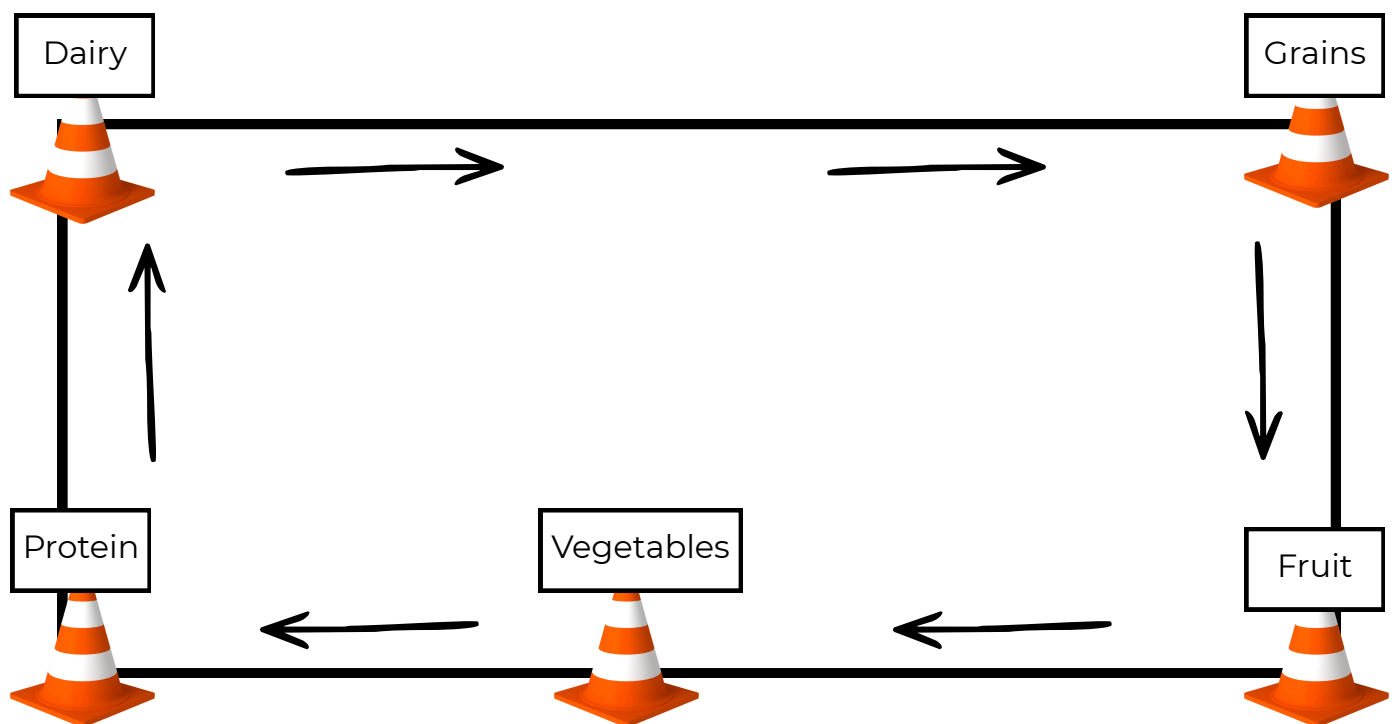
Focus: fitness, nutrition,

Equipment: food tile video, computer/projector, music

Set-up/How to Play: Each corner is labeled with food group. Students are jogging from corner to corner while the music is playing. When the music stops, students will stop at their next cone. At that point the teacher starts and the stops the video. The class calls out what food group that food belongs in. The students that were in the "correct: food group give each other a high 5 while all the students who were in the "wrong" group will do 5 squats (or whatever fitness activity you decide). Continue playing for several rounds.

Pro-tip: Be sure all students are traveling in the same direction.

After teaching this activity, it makes a great warm-up or instant activity.



Snack Match Mingle

Focus: nutrition, food groups, cooperation, locomotor skills

Equipment: snack food cards, cones, music, hula hoops

Set-up/How to Play: Each student begins with one snack food card. Students move around the activity space using the locomotor skill selected by the teacher. When the music stops, each student finds a partner. Partners show their cards and decide if the two foods create a realistic HEAL snack. To count, the snack must include two different food groups and must be something that would actually be eaten together as a delicious snack.

If the cards create a HEAL snack, the partners say the snack combo out loud, identify the two food groups, take a victory lap together (or give a partner high 5), and trade their cards in for new cards at the Snack Swap Station. If the cards do not create a HEAL snack, both students complete 5 jumping jacks and get ready for the music to begin again. After trying to make a snack with 5 different people with no luck, students may visit the Snack Swap Station to get a new card.

