

# BE ACTIVE KIDS®

# Food Cards

Be Active Kids offers 44 different food cards with foods from each of the food groups. These cards can be downloaded and printed for you to use with children at home or in the classroom. There are many ways to use the food cards, but we like to use them to help our friends learn more about the importance of healthy eating and how to be physically active.

When you download the foods cards, they will be blank on the back. Please check our website for the following list options of what to write on the back of the cards:

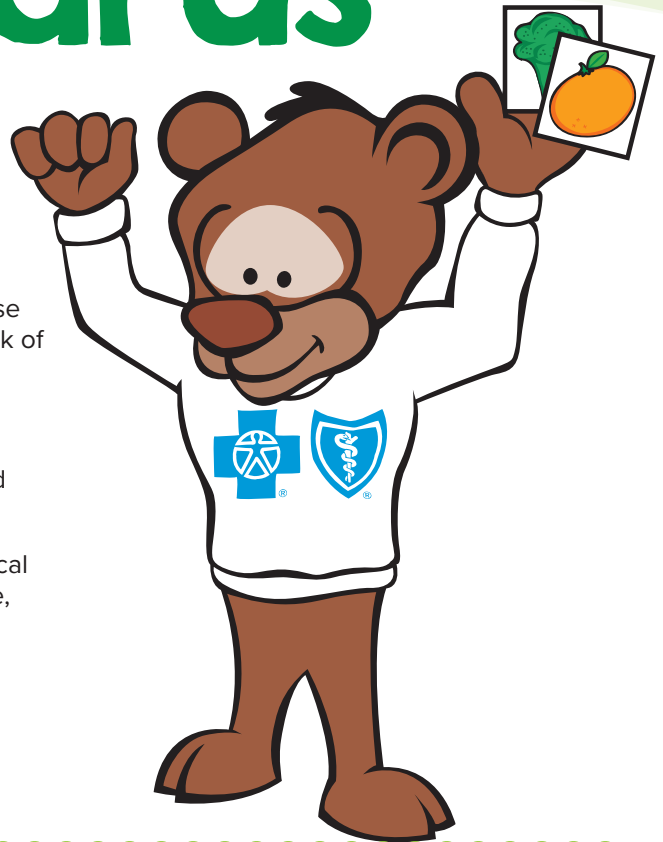
**Option 1:** Different activities related to the food pictured

**Option 2:** Specific activities that will help develop a child's motor skills and movement concepts.

**Option 3:** Curricular concepts that will help the children to integrate physical activity into learning. (ex. Shapes, colors, numbers, letters, or even science, STEM or other curricular concepts)

#### Tips for printing and using food cards:

- Print on thick cardstock
- Cut food card sheets into individual food cards
- Laminate food cards



## 6 Ways to Use Be Active Kids Food Cards (blank back):

**1** **Go – Slow – Whoa:** Set out 3 rings; green, yellow, red. Scatter the cards around the room. Have the children pick-up a card and use a locomotor skill\* to place the card into one of the colored rings. If the food is something the child can have just about any time, it is a “go” food. “Go” foods should be placed in the green ring. If the food is something the child can have sometimes, it is a slow food. “Slow” foods should be placed in the yellow ring. If the food is something that the child can have sparingly or once in a while, it is a “whoa” food. “Whoa” foods should be placed in the red hoop. Once all foods have been placed in a hoop, talk about where and why the foods were in that hoop. Help the children to understand the importance of eating healthy

*Foods that are “go” foods are your healthy fruits and veggies. “Slow” foods are those foods that you can have sometimes like breads, juice, etc. “Whoa” foods are items such as candy, soda and chips. You can also print out or cut from magazines additional foods such as candy, soda, etc. to include “Whoa” foods, as the food cards are considered “Go” or “Slow” foods.*

*You could also print out other “Whoa” foods from the internet or magazines since most of the food cards display mainly healthy foods. (ex. candy, soda, chips, etc)*

(For more information on using “Go, Slow, Whoa” visit [kidshealth.org](http://kidshealth.org).)

**2** **Food Groups:** Designate each corner to be one of the food groups. Scatter the cards around the room. Designate a corner to be the fruit and vegetables corner, the dairy corner, the meat and protein corner, and one to be the bread corner. Give children a short amount of time to classify each of the foods. Once they have classified the food, they will need to place the cards in the corner with their corresponding food groups. The class is trying to beat the clock. Once the activity is over, gather the cards and the class and talk about the cards in each of the corners.

*You can also vary this activity by having designated areas (hoops, bins, boxes) for each food type (vegetables, fruits, meats/proteins, grains, dairy)*

3

**Target Food:** Punch a hole in each food card. Use string to hang the cards from the ceiling (tree limb or fence if outside) to use as targets. Have children throw paper balls at their favorite drink, favorite vegetable, favorite fruit, etc. They could also be asked to throw a paper ball at a certain food group, color food, etc.

4

**Make your Plate:** Scatter them around the room. Place the children into teams and give each team a hoop. Once all cards are scattered and the teams have hoops, the teams will run around the room to grab food cards that will create a healthy meal. Kids will need about a minute to do this. Discuss the meals they have created and why it is healthy. (For more information on healthy plate ideas visit [myplate.gov](http://myplate.gov).)

5

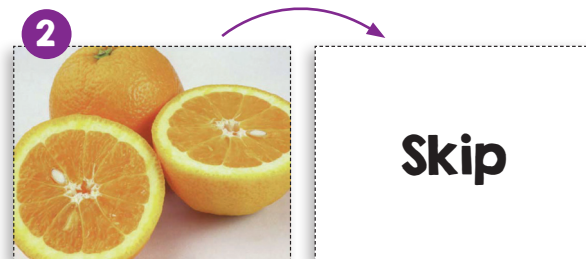
**Musical Foods:** Place the cards in a circle. Each child and teacher will stand on a card. Music will begin and everyone will begin to move around the circle. When the music stops, the teacher will select a child to talk about the food they are on. When the music starts again, everyone will use a different locomotor skill\* to move in a different way.

6

**Look at that Food:** Adhere food cards to the floor or the lower portion of the walls. This will provide a visual stimulus for infants during tummy time and later in development as they begin to crawl, pull-up to standing. Providers could also use songs about foods to describe what the children are seeing as they interact with the infants.

Two different sets of food card activities online:

1. food-related
2. fitness



## 5 Ways to Use *Be Active Kids* Food Cards with Activities

1

Begin by placing all the cards in a hat or bucket. Have each student walk over and choose a card. Once a student use a locomotor skill to come over to chooses a card, the teacher will read what is on the card and the entire class will do the activity. Allow enough time so that all of the students in the class have time to choose a card.

2

Scatter all food cards around the room. Choose one of the children to toss a hoop around some of the cards. The teacher will then gather the cards and the class will do the activities on the back of the cards.

3

Use the cards to create different circuits for the kids. Place a few cards in each of the centers and allow the children to go to the centers and choose a card. Everyone in the class will do the activity chosen by the children in the center.

4

The teacher will call out a color and the children will gather all the food cards that have foods of that color. The children will walk, run, skip, hop, lunge, or whatever to the teacher to give him/her the cards. The students will then perform the locomotor skill\* announced by the teacher.

5

Scatter all food cards around the room to facilitate the “Let’s Make a Healthy Pizza” activity from the *Be Active kids* Movement Guide (page 101). Children take one “topping” at a time over to the pizza making area and follow the movement cue on the back of the card to get there. Some foods cards may become “toppings” while others are used for other meal creations. Have fun and let the children be creative. The Movement Guide Activity is on page 101 of your Movement Guide or can be found on the *Be Active Kids* website at “Let’s Make a Healthy Pizza.”



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[www.beactivekids.org](http://www.beactivekids.org)

