



Food Group Frenzy

Classroom Simulation Suggestions



Support This Theme with Classroom Simulations

Create a grocery store in your classroom:

- Decorate the room with student-made signs
- Offer snacks from group cooking activities as “samples”
- Display play food items on shelves
- Give students roles as shoppers, grocers, and checkers



Plan a party with healthy food options:

- Brainstorm healthy snacks made from each food group
- Craft centerpieces and place settings
- Cook simple snacks with students
- Invite teachers, parents, and other students to attend

Other suggestions:

- Create a play restaurant in which students rotate roles as servers, cooks, and patrons
- Invite a chef or nutritionist to the classroom to share tips on healthy eating and cooking
- Taste food from different cultures