

## Nutrition Tic-Tac-Toe

**Directions:** Begin with the box in the middle of the Tic-Tac-Toe board. Then choose two additional boxes to complete three in a row (vertically, horizontally, or diagonally). You may complete more than 3 boxes if you have extra time.

Nutrition Tic-Tac-Toe		
<p><b><u>MyPlate</u></b></p> <ol style="list-style-type: none"> <li>1. Watch this video → <a href="#">Click Here</a></li> <li>2. Then read this article to learn about the 5 food groups → <a href="#">Click Here</a></li> <li>3. Next, make a list of 20 of your favorite foods. Categorize the foods into the 5 food groups.</li> <li>4. Are there any food groups that you do not have a lot of favorite foods? Add 15 new foods to your list that you could try. Be sure to include foods in the sections that do not have many foods.</li> </ol>	<p><b><u>Colorful Plate</u></b></p> <ol style="list-style-type: none"> <li>1. Watch this video about “Eating the Rainbow!” → <a href="#">Click Here</a></li> <li>2. Create a chart with the following colors as sections on your chart: Red, Orange, Yellow, Green, Blue, Purple. Then name at least 10 foods that fall into each color category.</li> <li>3. Next, create a two-minute public service announcement (advertisement) to share why it is important to eat foods with all different colors.</li> </ol>	<p><b><u>School Lunches</u></b></p> <ol style="list-style-type: none"> <li>1. Read this article → <a href="#">(Click Here)</a> <b>OR</b> Watch this Video → <a href="#">(click here)</a></li> <li>2. Consider: What country’s (other than the U.S.) school lunch appeals the most to you? Why does it appeal to you?</li> <li>3. Design One Week (5 days) of healthy school lunch meals that could be added to our lunch menu. (Think about including the 5 food groups and a variety of foods that contain the 6 nutrients)</li> </ol>
<p><b><u>Eating Well When Eating Out</u></b></p> <ol style="list-style-type: none"> <li>1. Read this article to learn strategies for eating healthy on the go → <a href="#">Click Here</a></li> <li>2. Then create a poster to educate your family, friends, or classmates about how to eat healthy when eating away from home</li> </ol>	<p><b><u>START HERE</u></b> <b><u>Nutrients</u></b></p> <ol style="list-style-type: none"> <li>1. Watch this Video on Healthy Eating &amp; Nutrients → <a href="#">Click Here</a></li> <li>2. After watching the video, create a chart, PowerPoint, or brochure to teach your friends about the 6 nutrients and their function in our body.</li> </ol>	<p><b><u>Water</u></b></p> <ol style="list-style-type: none"> <li>1. Read these two articles about drinking water → <a href="#">Click Here</a> and <a href="#">Click Here</a></li> <li>2. Then create an advertisement (video, billboard, radio ad) to educate others on the importance of drinking water and healthy alternatives to water</li> </ol>
<p><b><u>Exercise</u></b></p> <ol style="list-style-type: none"> <li>1. Read this article to learn about the benefits of exercise → <a href="#">Click Here</a></li> <li>2. Then participate in the “This or That” Healthy Food Choices work out video → <a href="#">Click Here</a></li> <li>3. Next, write a persuasive speech to encourage teens to exercise one hour everyday.</li> </ol>	<p><b><u>Snacking</u></b></p> <ol style="list-style-type: none"> <li>1. Watch this video about healthy snacks → <a href="#">Click Here</a></li> <li>2. Then read this article about smart snacking → <a href="#">Click Here</a></li> <li>3. Next, create a “Dream Snack Machine” for your school that contains low fat, low sugar snack options for kids. Try to include two food groups in each snack option. Draw the vending machine and snacks in your “Dream Snack Machine.”</li> </ol>	<p><b><u>Moderation</u></b></p> <ol style="list-style-type: none"> <li>1. Watch this video to learn what sugar does to our bodies → <a href="#">Click Here</a></li> <li>2. Then make a list of at least 5 harmful effects sugar can have on the body.</li> <li>3. Next, make a list of 5 ways a person can decrease their sugar intake from food &amp; drinks.</li> <li>4. Finally, create a comic strip to show a person educating another person on why we should limit sugar in our diet.</li> </ol>