

Twin Tag

Nutrition Lesson(s) Supported:

-Create a Snack

Supplies Needed:

none

Length of Time to Complete:

3 minutes to introduce activity

10 minutes to play the game

Audience (grades): *2nd*

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 2.1
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Ask for clarification and further explanation as needed about the topics and texts under discussion.
- English Language Arts: Speaking and Listening: 2.3
 - Ask and answer questions about what a speaker says in order to clarify comprehension gather additional information, or deepen understanding of a topic or issue.

Lesson:

When choosing a snack, how many food groups should we try to include?

At least two! By choosing at least two food groups we fuel our body with more energy and nutrients!

How big should our snacks be?

About two handfuls! A snack is meant to give us a boost in energy, but if we eat too much, we might get sleepy.

Next time you enjoy a snack, think of the number two:

1. Choose a snack that includes two food groups.
2. Keep the snack size to no bigger than two handfuls (open both palms).

To remember the two snack rules, we are going to play twin tag! There will be two sets of twins that are 'it'! The twins will link elbows and try to tag as many of you as they

can. If they tag you, you must go out of bounds and do 10 jumping jacks, then you can rejoin the game.

Variation: If you are tagged, you must freeze and wait to be 'unfrozen' by a classmate. A classmate can unfreeze you by giving you a high five.