



Educator Guide: Grocery Galaxy Game

Recommended for Grades:

3rd

Time:

5 minutes

Prerequisites:

For students to be successful in the game, students would benefit from participating in the following lessons:

- Healthy Eating Lesson (3rd grade)
- Sugar Lesson (3rd grade)
- Restaurants Lesson (3rd grade)

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this activity students will be able to:

1. Choose a healthier food or drink option when given two or more options.



Activity Description:

In this activity, students put their nutrition knowledge to the test in a grocery shopping situation. This fun-filled game challenges students to create healthy meals and snacks in preparation for a space voyage. The aisles are packed with healthy and less healthy options from which students can choose. Students earn up to 50 points for each healthy option they choose and lose up to 50 points for each less healthy option they choose.



Transcript

Instructions

It takes a whole day to get to planet Zungor, and you're going there tomorrow. Are you ready to buy food for your trip? Get ready to enter the Grocery Galaxy.

The outer space grocery store is just like the ones on Earth. It has all kinds of Go foods, Whoa foods and Slow foods. You'll have to pick out a good variety of foods for your breakfast, lunch, and dinner, plus snacks! You can pick foods from different sections in the store. When you're finished shopping, click the shopping cart to see how you've done. Click Play to get started.

Game over-win

Way to go! Your meals and snacks are going to be super healthy!

Game over-lose

Unfortunately, you didn't create a balanced and healthy menu. Click on 'Continue Shopping' and select some different foods!



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