

# The Grocery Game

*Activity description:* family learns about food groups and their roles by sorting the grocery shopping.

*Resources:*

- Australian Guide to Healthy Eating (<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>)
- Worksheet 1 - Food group names. Printed and cut out.
- Worksheet 2 - Food group roles. Printed and cut out.
- Optional – String or wool.

*NSW PDHPE syllabus objectives that may be relevant:*

- Understand the significance of contextual factors that influence health, safety, wellbeing and participation in physical activity
- Enact and strengthen health, safety, wellbeing and participation in physical activity

*Timing:*

Time activity for just before and just after grocery shopping:

10 mins preparation prior to shopping, 20 mins for activity after shopping.

*Activity:*

Before shopping

1. View the Australian Guide to Healthy Eating either online or print out a copy.
2. Print out food group names (worksheet 1) and food group roles (worksheet 2). Cut them into individual sections.
3. Place the food group names on a table. Match the food group roles to the correct food group.
4. Optional - make a large circle on a table using the wool/string. Use smaller pieces of wool/string to make the sections of the Australian Guide to Healthy Eating. Place your food group names and roles in the relevant sections.

Then go shopping!

After shopping

5. Pull out foods from shopping bags one by one and then place in the correct food group section.
6. Some items will be hard to classify. Look at the special notes below to help you with these.
7. Once you have finished sorting, compare the amount of food in each section. Does it match the size of the sections in the Australian Guide to Healthy Eating? Are any food groups missing?

*Special notes:*

- Some items will be mixed foods. This might be items like a frozen meal. In this case place them in the section where you think they fit best because of the main ingredient.
- Some foods can't be classified in a food group because they don't belong to one. Take a look at the foods that are sitting outside the Australian Guide to Healthy Eating. Are there some of these foods in your shopping? Place these foods outside the circle. These foods are just for sometimes and in small amounts.
- Don't worry if you can't classify everything. Just have a good think and make the best choice.

## Food group names

Grains (cereal) food group

Vegetables food group

Fruit food group

Milk, yoghurt, cheese and alternatives  
food group

Lean meats, poultry, fish, eggs, tofu,  
nuts and seeds, and legumes/beans  
food group

## Food group roles

Go Fast
Feel Good
Feel Good
Strong Bones and Teeth
Grow Strong