



Food Group Frenzy

Use the log to write down what you eat during the day. After you log the food in the chart, perform the exercises that go along with the different types of food.

Example: If you eat an apple and a banana, perform the activity that goes with "fruit" 2 times.

Fruit (apples, grapes, strawberries): Toss and catch a ball to yourself 20 times (if you don't have a ball, roll up a sock and make a ball)

Vegetable (carrot, broccoli, lettuce): shoot a basketball into a basket 10 times (if you do not have a basketball or a basketball net, find a small basket and shoot a rolled up sock into it).


Grain (cereal, bread, popcorn): 15 jumping jacks

Dairy (milk, yogurt, cheese): 10 sit-ups

Protein (chicken, beans, eggs): 7 push-ups

Oils, sugars, fats (candy, cookies, chips): jog in place for 45 seconds

Food Group Frenzy Log

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				