

Healthy Eating and Active Living Match-Up

In Grade 2, students learn that physical activity and healthy food choices work together to support well-being. This game helps you recognize words and ideas about staying active and eating well. You will match descriptions to the words that explain them. By playing, you explore how factors like culture, nutrition, and different types of activity influence your health ([Outcome](#), [Outcome](#), [Knowledge](#), [Knowledge](#)).

How to play

1. Look at the left side. You will see eight descriptions.
2. Look at the right side. You will see eight words.
3. Draw a line to match each description to the word it goes with.
4. Each description matches exactly one word.
5. Check your work with the answer key when you are done.

Match the pairs

Column A		Column B
A. fitness	_____	1. high energy movement
B. hiking	_____	2. preparation for activity
C. hunger	_____	3. land-based activity
D. allergy	_____	4. food reaction
E. culture	_____	5. traditions and practices
F. warmup	_____	6. healthy eating
G. nutrition	_____	7. stomach growling
H. vigorous	_____	8. physical literacy

Answer key

- Match 'physical literacy' with a description such as 'confidence and skill to stay active for life,' and use a separate term/description for 'fitness' if needed.
- **B** matches **3** (hiking: land-based activity)
- **C** matches **7** (hunger: stomach growling)
- **D** matches **4** (allergy: food reaction)
- **E** matches **5** (culture: traditions and practices)
- **F** matches **2** (warmup: preparation for activity)
- **G** matches **6** (nutrition: healthy eating)
- **H** matches **1** (vigorous: high energy movement)