



# Senior Nutrition Program Activity Guide: Nutritionary

*This activity is a nutrition spin on the classic game Pictionary™. Socialization is one key to wellness, and this is a great way to get nutrition program participants engaged and connected—even at a distance!*

## Coordination

- Assign a coordinator to plan and manage the game.
- Identify three gameday volunteers – two team leaders and a time/score keeper.
- Select a time and date for the event.
- Set up a free virtual event on a video platform (e.g., [Zoom meeting](#)).
- Create a sign-up form and promote the event.
- Schedule a practice event to ensure team leaders are comfortable with the digital whiteboard.
- Remind participants the day before the event.
- Start the event 30 minutes early to troubleshoot any technical issues.

## Game Play

Once everyone has joined the meeting, the Coordinator should start the event with a quick overview of how the game works and roles of the team leaders and time/score keeper. Divide seniors into two teams. Below are basic steps for playing the game. You can also check the normal [Pictionary™ rules](#) for ideas.

- Decide which team goes first by having each team leader guess a number between 0 and 20. The closest without going over the number written down in advance by the moderator goes first.
- The coordinator sends a word to that team leader through private chat (make sure it is private!).

- The timekeeper starts timer (suggested: 60 seconds) and the team leader begins to draw. If anyone on that team guesses the word in time, they get one point.
- Teams continue to take turns drawing/guessing until one team wins the game. You can choose to end the game when one team reaches a predetermined number of winning points, you've played a preset number of rounds, or a certain amount of time has passed.

## Subject Ideas

Below are some easy food words to draw. Depending on your group, you may also want to use phrases (e.g., an apple a day keeps the doctor away), give hints before drawing (e.g., dairy), and/or award extra points for answering a follow-up question (e.g., how many servings of fruits/vegetables should you have each day?).

- Dairy Group: Milk, cheese, yogurt, ice cream
- Protein Group: Chicken, peanut butter, fish, eggs, hamburger, steak
- Vegetable Group: Broccoli, corn, carrot, potato, tomato, lettuce, asparagus
- Fruits Group: Grapes, orange, banana, strawberry, watermelon, cherries
- Grains Group: Bread, spaghetti, noodles, tacos, corn flakes, waffle