



November PE Activity: MyPlate Tag

Nutrition Lesson(s) Supported:

- MyPlate

Supplies Needed:

- 30 Bean bags – 6 each colored red, green, orange, blue, purple
- 2 Pennies
- 11 Hula hoops
- 5 Signs to designate each 'start cart' with the appropriate food group
- MyPlate

Length of Time to Complete:

- 3 minutes to introduce activity
- 10 minutes to play the game

Audience (grades): 2nd grade

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 2.1
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 2.3
 - Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

Background:

MyPlate was created by the United States Department of Agriculture (USDA) to help Americans understand the foundation of a healthy diet. To learn more about MyPlate, please visit: www.choosemyplate.gov

The Nurture curriculum reinforces general nutrition guidelines as set forth by the USDA 2010 dietary guidelines. It does not promote the exclusion of any food group, nor strict consumption of select 'super' foods. The Nurture nutrition message is broad; its primary goals are to emphasize balance and promote a healthy relationship with food.

Children have a hard time remembering the benefits of the various food groups. To help them remember, Nurture uses specific food group actions every time a food group is mentioned. We encourage the students to use these symbols as well.

Vegetables – Smile because they make our bodies happy

Fruits – OK symbol with hand because fruits keep us feeling okay

Grains – pump arms like your running in place because grains give us energy

Protein – flex your muscles (biceps) because muscles are made of protein

Dairy – point to your teeth because dairy helps build strong teeth and bones

Lesson:

Raise your hand if you can list all 5 food groups and show the symbol of how they help our bodies.

(Vegetables **smile**, fruits **OK sign**, grains **pump arms**, protein **flex biceps** and dairy **point to teeth**).

(Show MyPlate) All five of these food groups can be found on the new food guide, MyPlate. Eating foods from all five food groups helps our bodies get the nutrients we need to stay healthy and grow strong. Each color on MyPlate color represents a different food group.

The green section represents the vegetable group (**Smile**). The vegetable group consists of foods such as cucumbers, lettuce, broccoli, and carrots. Vegetables provide our bodies with vitamins, minerals, and fiber! Vegetables make our bodies happy!

The red section represents the fruit group (**OK sign**). The fruit group includes foods such as bananas, apples, oranges and berries. Fruit provides our bodies with vitamins, minerals, and fiber! Fruits keep us feeling okay.

The orange section represents the grain group (**pump arms**). The grain group includes foods such as oats, rice, pasta, and bread. Grains provide our bodies with energy!

The purple section represents the protein group (**flex biceps**). The protein group consists of foods such as meat, fish, eggs, nuts, and seeds. Our skin, hair, finger nails, muscles, and organs are made of protein.

The blue section represents the dairy group (**point to teeth**). The dairy group contains foods such as milk, yogurt, cheese, and cottage cheese. Dairy contains calcium and vitamin D which helps build strong bones and teeth.

Today, we are going to play MyPlate tag. I'm going to assign you to a food group team. We will have: a red team (fruit group), a green team (vegetable group), an orange team (grain group), a purple team (protein group), and a blue team (dairy group).

Each team will be given 6 bean bags. Your bean bags start in your team's starting hula hoop. I've scattered 6 hula hoop grocery carts around the gym.

The goal is to get one of your team's bean bags into each 'grocery cart' to create a balanced meal.

However, there will be two food cops patrolling the grocery store. If they tag you, you have to return your bean bag to your team's 'start' hula hoop and do 5 jumping jacks (or mountain climbers, high jumps etc.) before you can rejoin the game.

The team that gets all 6 bean bags into the grocery carts win.

(If there's time go through each cart to make sure food groups are represented and there are no doubles.)