

PE Activity: MyPlate Tag

Supplies Needed for class of 25:

- 4 EP_MyPlate-Visual
- 3 sets of EP_Food-Group-Food-Cards
- EP_Food-Cards-Information
- 2 pennies
- 2 hula hoops
- Whistle

Length of Time to Complete:

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

Audience (grades): 3rd – 5th

Lesson:

Raise your hand if you can list all five food groups.
(*Vegetables, fruits, grains, protein and dairy*)

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 represents a different food group.

The green section represents the vegetable group. The vegetable group consists of foods such as cucumbers, lettuce, broccoli, and carrots. Vegetables provide our bodies with vitamins, minerals, and fiber.

The red section represents the fruit group. The fruit group includes foods such as bananas, apples, oranges and berries. Fruit provides our bodies with vitamins, minerals, and fiber.

The orange section represents the grain group. 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. The protein group consists of foods such as meat, fish, eggs, nuts, and seeds. Protein helps build strong muscles.

The blue section represents the dairy group. 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.

Okay everybody, we are going to play MyPlate Tag.

Set Up:

- Show four MyPlate charts and a bunch of food cards.
- Divide class into four teams and assign two taggers. Give taggers pinnies.
- Put four MyPlates on the four corners of the gym and show class.
- The food cards will be in the middle of the gym in the hula hoops.

Rules:

- Each team will try to get as many food cards as possible and put them in the appropriate category on their chart.
- Each person can only take one food card at a time.
- Once a card is taken they should try to put it on their MyPlate as quickly as possible.
- If student is tagged before putting their food card onto their team's MyPlate, they must put the food card back into the middle, do 5 jumping jacks, and take a different card.
- When all the food cards are on the MyPlates count to see which team got the most correct placements. Ask the class how each food group helps their bodies. Then move to the next chart and repeat.

Variation:

To make things a bit more challenging, teacher will tell the taggers and students how to move for hopping, crab walk, running, skipping, etc. Teacher blows the whistle at random to direct them on how to move. Teacher blows the whistle a second time resume the game.

Activity adapted from: www.precentral.org