



## October PE Activity: MyPlate Tag

### Nutrition Lesson(s) Supported:

-MyPlate Review

### Supplies Needed:

- 30 Bean bags
- 2 Pennies
- 11 Hula hoops
- 5 Signs to designate each 'start cart' with the appropriate food group

### Length of Time to Complete:

3 minutes to introduce activity

10 minutes to play the game

**Audience (grades):** 3rd grade

### Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 3.1
  - 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: 3.3
  - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

### Lesson:

Raise your hand if you can list all 5 food groups.  
(Vegetables, fruits, grains, protein and dairy).

All five of these foods 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.

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.