

MyPyramid Tag

Exercise Outcomes:

- ♥ Improves cardiovascular capacity
- ★ Promotes balance and flexibility

Supplies Needed:

- Four blank MyPyramid Charts (see last page)
- Small Food Cards that support MyPyramid or Balanced Plates
- One or two pennies or scarves to distinguish the taggers
- MyPyramid Chart
- Whistle

Nutrition Lesson(s) Supported:

- Balanced Plates

Length of Time to Complete:

15 minutes

Audience (grades): 3-5

Lesson:

(Hold up MyPyramid) Many of you have probably seen this picture before. This pyramid is called Mypyramid and it was created to help teach us what a balanced diet consists of! Eating a well-balanced diet helps us stay healthy, grow strong, and helps us perform at our best!

There are 5 major food groups highlighted on the food pyramid. Each color represents a different food group:

Orange: Grains group. The grain group includes foods such as oats, rice, pasta, and bread. Remember that half of your grains should be whole grains.

Green: Vegetable group. The vegetable group consists of foods such as cucumbers, lettuce, broccoli, and carrots.

Red: Fruits. The fruit group includes foods such as bananas, apples, oranges and berries.

Blue: Milk or Calcium Rich group. The milk group contains foods such as yogurt, cheese, and cottage cheese.

Purple: Protein group. The protein group consists of foods such as meat, fish, eggs, nuts, and seeds.

If you notice, there is also a **yellow-strip** on the pyramid, but it is not a food group; this is the healthy oils category. It includes foods such as olive oil and other healthy oils found in nuts, oily fish and even coconuts! The reason this strip is so small (and is not a food group) is because it should only and make up a small amount of your diet.

Process:

Ok everybody we are going to play Food Pyramid Tag. I have 4 blank MyPyramid charts (Show Chart) and a bunch of food cards.

I'm going to divide you into 4 teams and assign 2 taggers. The blank MyPyramids will be in the four corners of the room (Show where you are putting them). The food cards will be in the middle of the room.

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 you take a card try to put it on your MyPyramid as quickly as possible.

If you are tagged before putting your food card onto your team's MyPyramid, you must put the food card back into the center of the room and take a different card.

As soon as all the food cards are on the MyPyramids we'll see which team got the most correct placements.

To make things a bit more challenging, I will tell you how you and the taggers must move. (Hopping, crab walk, running, skipping, etc). If I blow the whistle you must stop and listen for how you should be moving next. Then I will blow the whistle again to resume the game.

Ok to start, everyone will Hop. Ready, set (blow the whistle).

(After the cards are all placed, move to one of the MyPyramids, review where the foods were placed and if they were the correct categories. Ask them how each food group helps their bodies. Then move to the next chart and repeat.)

Orange - Grains – Grains are carbohydrates that give our bodies energy!

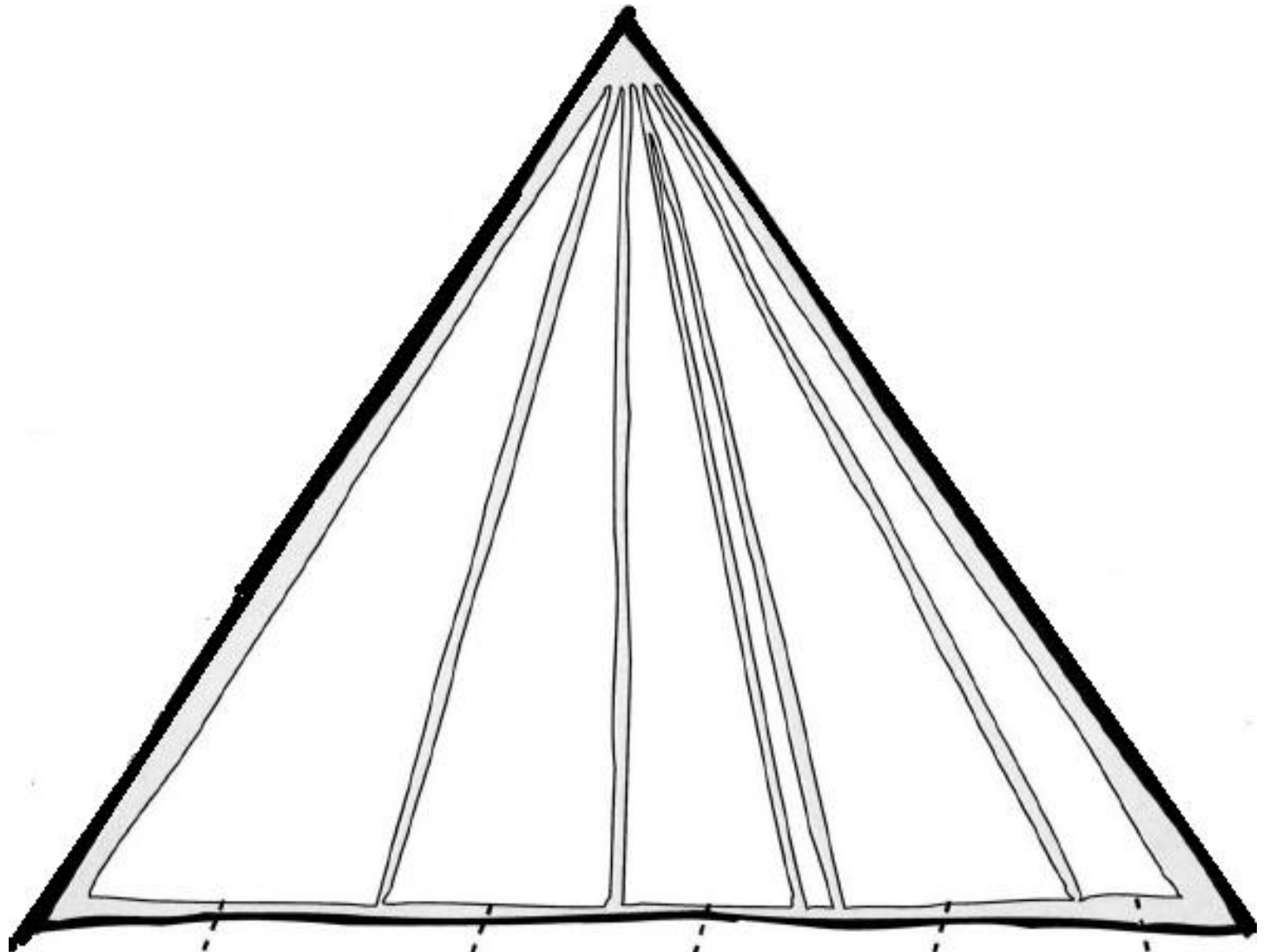
Green – Vegetables – Vegetables are an excellent source of fiber, vitamins, and nutrients. Fiber promotes a healthy digestive track, helps regulate blood sugar, and helps keep us full.

Red – Fruits – Fruits contain vitamins and nutrients that help keep us healthy.

Blue – Dairy or Calcium Rich – Calcium and Vitamin D help build strong bones and teeth.

Purple – Protein (Meat, Beans, Seeds, Nuts) – Protein helps build strong muscles and repair body tissues

Activity adapted from: www.precentral.org



grains	vegetables	fruits	milk	meats & beans