

PE Activity: MyPlate Tag – Level 2

Supplies Needed for a Class of 25:

- 30 Bean bags – 6 each of red, green, orange, blue, purple
- 2 Pinnies
- 11 Hula hoops
- 2.2_PV_Food-Group-Signs

Length of Time to Complete:

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

Audience (grades): 2nd and 3rd

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 – okay symbol with hand, because fruits keep us feeling okay
- Grains – pump arms like you are running in place, because grains give us energy

- Protein – flex your bicep muscles, 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 five food groups and show the symbol of how they help our bodies.

(Vegetables - smile, fruits - okay 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 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 **(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 **(Make okay 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.

Set-Up:

- Scatter six hula-hoop “grocery carts” around the gym.
- Place five hula-hoops, one for each food group, around the perimeter of the gym and place one food group sign in each. Place the six bean bags of corresponding color in each hula-hoop: red (fruit), green (vegetable), orange (grain), purple (protein) or blue (dairy).
- Assign two students to be food cops.
- Assign remaining students to one of five food group teams and have them stand by their food group hula hoop.

Rules:

- The goal is to get one of your team’s bean bags into each “grocery cart” to create a balanced meal.
- 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 hula-hoop and do five jumping jacks (or mountain climbers, high jumps etc.) before you can rejoin the game.
- The team that gets all six bean bags into the grocery carts win.

Note: If there’s time, go through each cart to make sure food groups are represented and there are no doubles.