

Supplemental Activity: Healthy Heart Challenge

Supplies Needed:

- 2.5_SW_Healthy-Heart- Worksheet
- 2.5_SV_Word-Banks
- Crayons or colored pencils

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to complete worksheet

Audience (grades): 2nd

Common Core Standards Taught:

- Math: Geometry: 2.3
 - Partition circles and rectangles into two, three, or four equal shares, describe the shares using the words halves, thirds, half of, a third of, etc., and describe the whole as two halves, three thirds, four fourths. Recognize that equal shares of identical wholes need not have the same shape.

Lesson:

MyPlate makes it simple to eat a healthy diet. Instead of counting serving sizes or measuring our food, we can just use our plate as a guide.

Let's look at an empty plate. **(Make a circle on the board.)** If I draw a line down the middle **(Vertically)**, my plate is split into two pieces. What is each piece?

(Half a plate or 1/2 of a plate)

(Write 1/2 on the board, emphasizing the "2" in half because there are 2 pieces.)

Now, if I draw another line through the circle going the other way, How many pieces do it have now? **(Draw a horizontal line through the circle.)**

(Four) **(Count out the four pieces.)**

Do you know what one of the four pieces is called?

(One Fourth or a quarter)

If there are 4 pieces how do I write that?

(Write $\frac{1}{4}$ on the board.)

Each piece of the plate is one fourth of the total plate because there are 4 pieces.

Raise your hand if you can tell me the food groups that are found on MyPlate

(Vegetables, fruits, grains, protein and dairy)

What does a balanced plate look like?

- *(Half of the plate is filled with fruits and vegetables.)*
- *(Half of the plate is filled with grains and protein.)*
- *(The plate includes a serving of dairy or dairy substitute.)*

Today, we are going to work on a MyPlate Math Worksheet. **(Distribute MyPlate Math Worksheet.)**

Using your crayons or colored pencils, you will divide the plate according to what each student ate. **(Demonstrate the following example on the board.)** For example, if the student filled half of his plate with protein and the other half with fruit, you would divide the plate into two equal halves and shade one half red and the other half purple.

Answer Key:

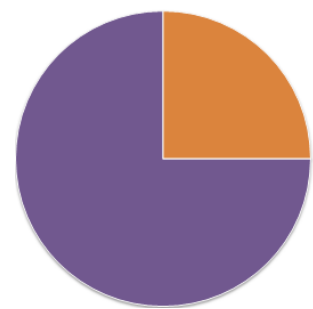
Matt



Kate



Dan



Which student ate the most vegetables? Kate

Which student ate the most fruit? Matt