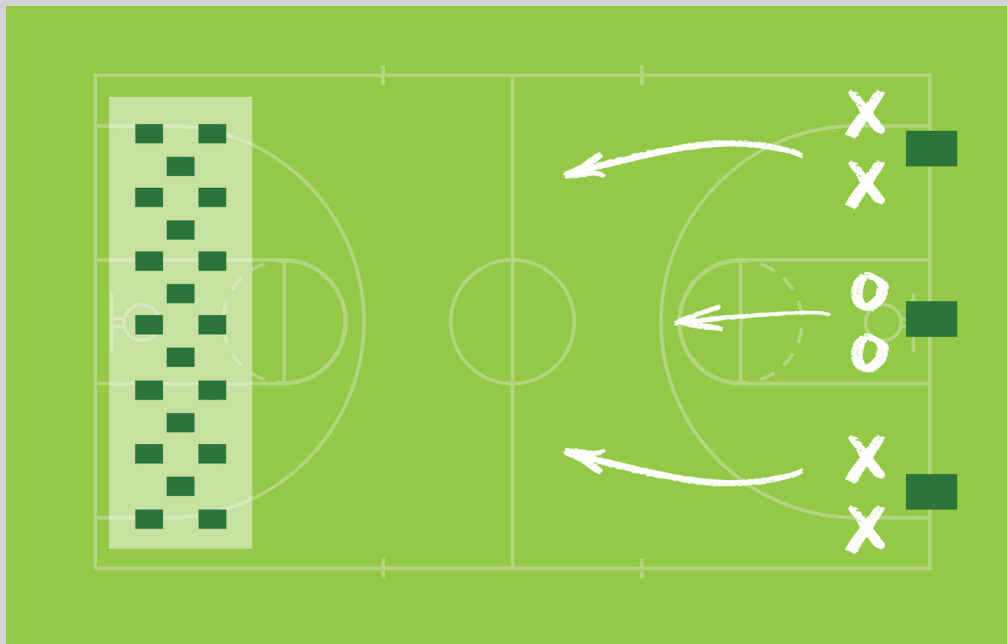


MYPLATE IN MOTION



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement

MATERIALS:

- Cones or Place Markers
- Food Cards
- MyPlate Meal Printable

OVERVIEW:

Teams do a relay activity to identify MyPlate food groups.

1. Each pair of learners will share a MyPlate diagram. The goal of the game is to select the foods to fill MyPlate.
2. Food cards are scattered face down, opposite the paired learner teams.
3. The instructor times the activity, allowing 1 to 3 minutes to complete the task.
4. One partner hops (or a movement selected by the teacher) across the play area and picks a food card. They return to their partner and place the food card next to the appropriate food group on the MyPlate diagram. Partners say the food group aloud and high-five one another.
5. The second partner repeats selecting a card, naming the food group, and high-five.
6. Play continues until time is up or one pair has four food sections and dairy complete.
7. Replace cards and repeat play, with partners rotating to a new set of cards. Challenge pairs to make a plan and set a goal to improve their time to complete the task.

MYPLATE IN MOTION



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that choosing to use MyPlate to guide your food choices means that you will get great nutrition to go, grow, and know.

Explain to learners that you are going to read a story and that their job is to listen carefully and do the actions that go along with it.

“Today, we’re taking a trip to the grocery store. **WALK IN PLACE.** Let’s fill MyPlate with healthy foods. **OPEN THE DOOR AND CARRY YOUR SHOPPING BASKET.** **MOVE** to the produce section to fill half your plate with fruits and veggies. **SQUAT OR REACH DOWN** to pick potatoes, lettuce, carrots, and broccoli. Now, let’s grab some fruits. **REACH FORWARD** to pick apples and bananas for your basket. We’ve got our fruits and veggies! Now, **MOVE** to the meat section. **LOOK HIGH AND LOW** for chicken drumsticks. **LOOK SURPRISED** when you find them and **REACH FORWARD** to grab a package. Just one section left – grains! **MOVE** to the rice aisle and **REACH UP** to get a package of whole grain rice from the top shelf. MyPlate is full! Let’s check out. **POINT TO YOUR HEAD**—what else do we need? **MOVE QUICKLY** to the dairy section and **REACH FORWARD** for a carton of milk. Now that our plates are full, let’s **MOVE** to the front of the store and pay for our food.”

REFLECTION AFTER THE GAME:

Q: How would you explain MyPlate to a friend?

A: MyPlate is a tool to identify healthy food. It includes fruits, vegetables, proteins, whole grains, and dairy.

Q: Which fruits will you choose for breakfast, lunch, snack, or your evening meal? Which vegetables? Proteins? Grains? Dairy?

A: Name specific fruits, vegetables, proteins, whole grains, and dairy.

MODIFICATIONS:

Older Learners

- Incorporate rounds where learners create their own food cards with their favorite MyPlate food choices.

Sensory Modifications

- Offer fewer food cards for each round to reduce decision-making pressure. Allow the learner to choose from a smaller selection of cards.

Find more modifications at fit.sanfordhealth.org.

