

**EatHealthy**

I eat (and drink) the best foods for my body every day.

MyPlate Relay

GRADE LEVEL:
PrimaryTIME:
20 minutesGROUPING STRUCTURE:
Whole groupSUBJECTS:
**Health
Science
English Language Arts**
– listening and speaking**Objective****Students will classify foods into food groups.****Materials/Preparation****Classroom Materials**

- Chart paper (two pieces)
- Markers

Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster
- Food Cards

Before the Activity

- Post poster
- Make two sorting mats using the chart paper:
 - Turn chart paper horizontally
 - Using a dark marker, draw a five-column sorting chart
 - Label each column with the name of a food group
- Set up for the relay:
 - About 15 feet from the front of the room, make two starting lines side by side on the floor with masking tape
 - Place MyPlate sorting mats on the floor in the front of the room directly across from each of the starting lines
 - Shuffle Food Cards and divide equally into two piles

Grains	Fruits	Vegetables	Dairy	Protein

**Opening the Activity****1. Introduce the Healthy Steps for Healthy Lives MyPlate poster to the class.**

- The poster is a tool to help us learn how to think, eat, and move healthy.
- There are pictures, symbols, and messages that tell us about nutrition (which means eating healthy) and physical activity (which means moving healthy).
 - One very important symbol on the poster is the MyPlate icon.

2. Introduce the MyPlate icon.

- MyPlate illustrates the five food groups using something we see at mealtimes, a place setting.
- MyPlate tells us, "Before you eat, think about what and how much food goes on your plate or in your cup or bowl."
- MyPlate shows us how to build a healthy plate by choosing foods from the five food groups.
- MyPlate reminds us that we need to eat foods from all food groups every day at every meal.

3. **Introduce the five food groups.**
 - The food groups are represented by different colored portions on the plate and in the cup.
 - In the cup: the blue portion is for Dairy.
 - On the plate: orange is for Grains; green is for Vegetables, red is for Fruits, and purple is for Protein.

4. **Point to each food group and have students name the group out loud.**

5. **Tell students that they're going to play a game to help them remember which foods belong in each of the food groups.**



Leading the Activity

6. **Divide students evenly into two teams.**

7. **Have the teams make two lines facing the front of the room with the first person standing on the starting line.**

If one line has an extra person, designate someone in the shorter line to go twice.

8. **Place a stack of the food cards (turned face down) on the floor in front of each team.** Cover or take down the poster during the race.

9. **Explain the directions for MyPlate Relay (steps 10 - 13) and start the race.**

10. **Have student #1 (in each line) bend down, pick up one food card, and walk very quickly to the front of the room.**

Decide which food group the food on the card belongs in. Lay the card onto the MyPlate sorting mat underneath the food group name.

11. **Student #1 returns to the end of the line and silently acts out (i.e., mimes) their favorite physical activity while standing in place (e.g., running, kicking a soccer ball, walking their dog) to show that they have taken their turn.**



12. **Student #2 starts their turn.** Continue process until each person on the team has taken a turn.

13. **Once every person on one of the teams has had a turn, check their mat to see if they have sorted the food cards correctly.**

If they have, then you have your winner. If they have not, then send student #1 to make adjustments. Continue to provide feedback until they have correctly completed the sort.

14. **The object of the game is to be the first team to have everyone take a turn and finish the sort correctly.**

Give both teams a chance to complete the sort correctly before returning to seats.



Closing the Activity

15. **What does the MyPlate icon remind us?**

- Ideal response: It reminds us that we can build a healthy plate by choosing foods from the five food groups.

16. **Why is it important to know which food groups the foods we eat belong to?**

- Ideal responses: We need to eat a rainbow every day; Eat foods from all food groups every day; Every color every day.



Modifications

Make this activity more interactive by conducting MyPlate Relay with smaller teams. If you place students into teams of three or four students (make more sorting mats and divide food cards into smaller sets), then each student would have several turns during the race. Challenge students by having them verify (instead of you) that the other team's food cards have been sorted correctly.

