

Catch Healthy Foods

Learning Objectives

- I can catch different types of healthy foods (cones) by rolling my plate (hula hoop).
 - I can identify at least 1 food or drink item that belongs to each category.
- 1.1 The student will identify the basic components and functions of human body systems and the importance of safe practices, positive interpersonal relationships, and environmental health.
- Nutrition
- b) Identify why it is important to consume a variety of foods and beverages from the five MyPlate food groups (i.e., fruits, vegetables, grains, protein, dairy).

Teacher Notes

- Post a [MyPlate Diagram](#)
- 50+ food and drink cards
- Equipment needed: 48+ cones (even amount for each food group with matching color), 12 hoops (2 of each color: red, orange, green, blue, purple, yellow), Music. **I use yellow to represent the limit group if I do not have pink equipment.*

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- While looking at the MyPlate diagram ask students if they can name a food or drink item that belongs to each category. Point to 1 category at a time.

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Introduce MyPlate.
 - Why do we use it? (eat a balanced diet and be aware of the amount we eat)
 - Why do we need different categories? (different minerals and nutrients from different foods)
 - Review each category on MyPlate by identifying the name, color and examples of each. (Example: Blue is the Dairy group containing milk, yogurt and cheese)

Step 3 (Application – how student will apply/practice new learning)

- Catch Healthy Foods
 - On “go” signal, first person in each line will roll their “plate” (hula hoop) towards the center of the play area to catch “healthy foods” (cones). Earning only the cones that match their assigned food group. Teacher assigns 1 color per group and scatters cones in middle of play area prior to play. If you catch a cone that matches your food group, bring it back. If not, or if you miss, simply retrieve your hoop. Continue until all cones are gone. Use yellow to represent the limit group for fun.

- Variations: play versus teacher, teacher uses yellow cones to represent junk food which cancels out the healthy choices. Switch food groups. Change movement to collect cones and hoops.

Assessments

- See if the students can identify their food group by bringing back the correct color cone.

Extensions/Connections

- Switch cones out for food and drink cards and collect all cards that belong to your category. More choices = more identification = more learning.
- Ask students to name a food or drink that belongs to their category for each cone they catch.

Resources/References

- This game is my modified version, original source is not able to be located.
- myplate.gov