

My Plate Frenzy

Learning Objectives

- I can describe energy balance as good nutrition (energy in) and physical activity (energy out).
- I can correctly identify at least 3 food or drink items on the MyPlate Assessment.

5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

Nutrition

- b) Explain Recommended Dietary Allowance (RDA) and the concepts of eating in moderation and energy balance in relation to healthy weight.

Teacher Notes

- [MyPlate diagram](#)
- Several balls in each color (red, orange, green, blue, purple, pink), 4 goals, 10 cones
- Assessment materials: handout and pencil

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Review 5 food groups of MyPlate (name, color, examples of each)
- Discuss the pink category which represents the limit group

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

- Teacher explains energy balance as good nutrition (energy in) and physical activity (energy out). The pink ball during the game is a reminder to eat a balanced diet and eat the limit items in moderation.

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

- MyPlate Frenzy
 - Students are divided between 2 teams, cones to separate. 2 goals per team and several balls scattered around play area. On “go” signal, attempt to throw balls (represented by the colors on MyPlate) into your team goal (on opposite side of gym) to fill your plate with healthy foods. Assign opponents to throw pink balls (representing a limit food or drink item). If a pink ball lands in the goal, everything must be dumped out and now that team is slowed down by the fats and oils from “junk food” and must complete 10 exercises of their choice before returning to the game. Once all the balls are gone the round is over.

Assessments

Mrs. Haugan's My Plate Assessment (Nutrition) for P.E.

Name: _____ Date: _____

Classroom Teacher: _____

Directions: Write the correct food group that the food item belongs to.

Food Group Choices: Fruit, Vegetables, Dairy, Grains, Protein

FOOD ITEM	FOOD GROUP
1.) Low-fat Yogurt	
2.) Apples	
3.) Egg	
4.) Potatoes	

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Extensions/Connections

- Teacher can provide activity logs from OPENphysed.org:
 - [2 Week Activity Log](#)
 - [DEAM \(Drop Everything And Move\) month activity calendars](#)
- Nutrition Resources: [Nutrition from the hart](#)
- Teacher can also provide nutrition logs.

Resources/References

- [OPEN PE Curriculum](#)
- myplate.gov