

MyPlate Cone Hole

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.
- I can underhand throw a beanbag into a target with accuracy.

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](#)
- Equipment: Several bean bags, hoops, cones and poly spots in each color (red, orange, green, blue, purple, pink).
- Underhand throwing cues: Step, Swing, Throw
 - Step with opposite foot, swing hand back while holding item, throw towards target
- 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 group 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 Cone Hole
 - Setup before class. 2 students per set of equipment. Each student is standing on their own poly spot with their own beanbag next to an opponent, both facing a shared target. On “go” signal, the students play rock, paper, scissors to see who throws first. One-person underhand throws at a time at their target (cone on its side with hole facing students, inside of a hoop about 15-20 feet away) Students are attempting to underhand throw beanbags into their goal (in the middle of the gym) to fill their plate with healthy foods. Each group is assigned their own color to represent the colors/food groups on MyPlate. Set a timer and play 3-5 minute

rounds. Teacher sets a goal for each round to determine how many healthy food and drink items they are trying to collect.

- Example: you are trying to score 21 points or collect 21 healthy food and drink items to eat a balanced diet
 - Points earned: beanbag lands on hoop = 1pt, lands in hoop = 2pts, in hole of cone = 3pts
 - Variation: 1 student at each set represents the limit group and uses a pink beanbag to cancel out the healthy food and drink items.
- [MyPlate Cone Hole Video](#)

Assessments

Mrs. Haugan's My Plate Assessment (Nutrition) for P.E.											
Name: _____ Date: _____											
Classroom Teacher: _____											
<i>Directions: Write the correct food group that the food item belongs to.</i>											
Food Group Choices: Fruit, Vegetables, Dairy, Grains, Protein											
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">FOOD ITEM</th> <th style="width: 50%;">FOOD GROUP</th> </tr> </thead> <tbody> <tr> <td>1.) Low-fat Yogurt</td> <td></td> </tr> <tr> <td>2.) Apples</td> <td></td> </tr> <tr> <td>3.) Egg</td> <td></td> </tr> <tr> <td>4.) Potatoes</td> <td></td> </tr> </tbody> </table>	FOOD ITEM	FOOD GROUP	1.) Low-fat Yogurt		2.) Apples		3.) Egg		4.) Potatoes		<div style="border: 1px solid black; width: 100px; height: 100px; margin: 0 auto; display: flex; align-items: center; justify-content: center; font-size: 2em;">/4</div>
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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