

## Healthy Junk Tag

### Learning Objectives

- I can identify different food and drink items for each MyPlate category.
- K.1 The student will identify and describe key health and safety concepts.
- Nutrition  
c) Identify the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains) and a variety of foods and beverages from each group.
- K.2 The student will identify healthy decisions.
- Nutrition  
c) Describe healthy meal, snack, and beverage options that include food from the MyPlate food groups (i.e., dairy, proteins, vegetables, fruits, grains).

### Teacher Notes

- [MyPlate diagram](#)
- [My Plate Concept Posters](#)
- 50+ food and drink cards
- 5 buckets (1 to represent each food group color: red, orange, green, blue, purple)
- 12 yarn balls (2 of each color red, orange, green, blue, purple, pink)

### Lesson Steps

#### *Step 1 (Engage learners/access prior knowledge)*

- Q and A (1 minute) Who can name a food group on MyPlate? (show MyPlate diagram)
- Hold up a food or drink card – who can tell us which food group it belongs to?

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

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

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

- Healthy Junk Tag
  - On “go” signal, the “junk” (taggers holding pink yarn balls) will try to tag other students to slow them down just like junk food does to your body. If you get tagged, you sit or move very slowly. The “healthy food” (taggers holding red, orange, green, blue or purple yarn balls) will save you and give you energy so you can move again. Switch taggers often. Add more taggers if you’d like.

### Assessments

- Once tagged, each student is given 1 or more food/drink cards and must place them in the correct MyPlate food group category. Teacher will correct them if they are wrong.

### Extensions/Connections

- Once students have been tagged, they can call out a healthy food or drink to get back in.

### Resources/References

- MyPlate posters at [OPENphysed.org](http://OPENphysed.org) By Aaron Hart October 8th, 2014
- [myplate.gov](http://myplate.gov)