

Show Me Your Plate Game-Day

Summary

Teaching students basic information about the needs of nutritious foods to eat and put into their body: Vegetables, Fruits, Grains, Dairy, Meat and the portion sizes of each that are applicable for the their age group. Including what foods will provide energy and what foods will decrease the amount of energy.

Main Core Tie

Health Education - 3rd Grade

[Strand 5 : NUTRITION \(N\) Standard 3.N.2:](#)

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

- 5 major food groups poster
- Show me Your Plate Game
- 52 card deck of good/bad foods
- Show me your plate (2)Papers
- Two different gender runners
- 7 day food journal
- Pencils

Background for Teachers

Choose myplate.gov for necessary information about the 5 major food groups and dietary needs for children at whatever age group.

Student Prior Knowledge

Digestive System

Intended Learning Outcomes

The students will learn what types of food are best for them by introducing them to the new standards of food from choosemyplate.gov

Instructional Procedures

Explain to the students that they are going to partake in a two team game that deals with different types of foods called, "Show Me Your Plate!".

Draw a "100 meter dash" on the whiteboard in increments of 5 with a finish line drawn at the end.

Print off two runner's clip art (one female and one male) and tack them to the board with either tape or magnets

Divide the class into two different teams (i.e. boys/girls, one half/one half, row one/row two, etc)and explain to the children that they will be coming up one by one to flip a card over to state whether their little runner will move forward or backwards dependent upon the food projected on the card.

If a food is drawn that is apart of one of the 5 major food groups; vegetables, fruits, grains, meat, and dairy they will be able to move forwards between 5-10 tally marks.

If they draw a food that is an "energy zapper" have the child read what is written on the card and then move the runner back the stated number on the card.

Play the game until there is a winner who crosses the drawn finish line at the end of the 100 meter run.

Possible treat or reward for winning team: Apple slices, Carrots, etc.

Assessment Plan

At the end of the game pass out a week long food journal for the children to take home to be filled out with their parents, followed by a discussion of why certain foods gave energy and why others reduced or took away energy. The students will be expected to participate in the journal and bring back in one week's time.

If filled out they receive full points, if not than they receive individual points based on the amount of journal filled out.

Authors

[Brianna Pettit](#)