

Understanding My Plate: Fruits & Veggies

Energizer – Food Shout Out

Target Grades: K-5

Goal: Name as many fruits or veggies!

Direct Teach:

- MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.*
- There are 5 food groups: fruits, veggies, dairy, protein and grains
- Fruits and veggies are delicious and provide nutrients for your body. Half of your plate at each meal should be fruits and veggies.

Activity:

- This activity is a great way to introduce names of new fruit and veggies (star fruit, plantain, brussels sprout, radish) Prior to teaching, select your fruits and veggies to name in advance and find an image of each to show during the activity.
- Have participants stand up, the instructor will call out fruit or veggie.
 - If the instructor says fruits, participants perform 10 bicep curls,
 - If the instructor says veggies, participants perform 10 tricep extensions.
- Second set
 - The instructor then calls out 1 fruit and 1 veggie. If a participant has eaten the fruit or veggie they should jog in place.
 - If a participant has not eaten either fruit or veggie, march in place.
 - Repeat the sequence 5 or 6 times.

Additional modifications or extensions for virtual classrooms:

- Begin the class by having students share what they ate yesterday and keep your list of fruits and veggies. Use this as your list for the activity above.
- Scavenger hunt: give students 2 minutes to bring a fruit or vegetable from their kitchen (it can be canned or fresh). See what they bring you and add it to your list.

- * <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>
- Professional Standards:
 - K-1 HE 115.2, b, 1, B; 115.3, b, 1, A
 - K-1 PE 116.2, b, 7, A; 116.2, b, 2, A; 116.2, b, 1, C; 116.3, b, 1, A
 - 4-5 PE 116.6, b, 1, E; 116.6, b, 3, E; 116.6, b, 7, A; 116.7, b, 7, A