

HOTT ACTIVITIES



Lesson Plan

Food Pyramid Tag

Name: _____

Date: 6-11-12

Grade Level: K-6

Professions: Nurse, Physician, Dietician

References: www.mypyramid.gov

All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.

Purpose: Students will learn about ChooseMyPlate and what foods belong in each food group.

Materials needed:

- Large space for students to play tag (example-school gym, playground)
- Identification for taggers to wear (example-referee shirts)
- Food models - attached
- [ChooseMyPlate Poster](#)
- Colored sheets of paper for each segment of the pyramid (orange, green, red, blue and purple)

Duration: 30 - 45 minutes

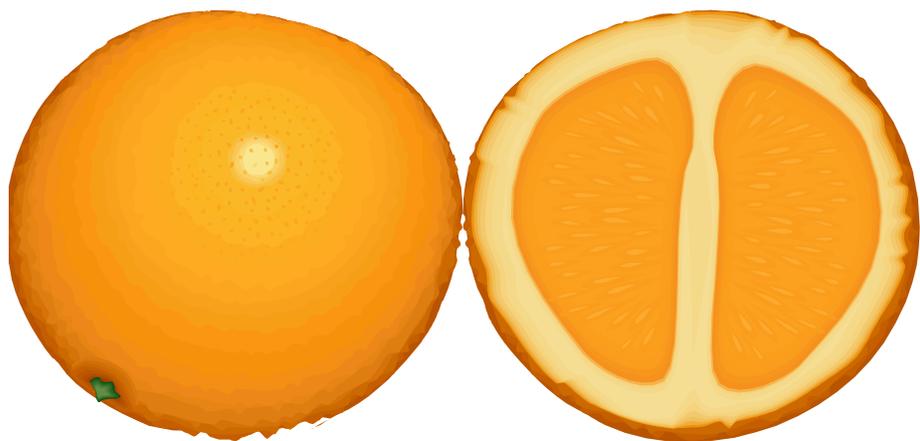
Instructions:

- Begin by reviewing the ChooseMyPlate. Discuss what each color of the plate represents and what foods would fall under each section. Also, touch on the importance of daily physical activity. Visit www.choosemyplate.gov for more information.
- Choose 2 taggers who will wear some type of identification. Use referee shirts if available. You can also use 2 students that are wearing the same color shirt.
- Divide the rest of the students into 4 to 6 equal groups (4-6 students per group works best).
- In the center of the large space, place food models. Mix all models together so they have to search for specific food groups they need.
- Next, set up a station for each team an equal distance from the center.
- Give each team a copy of the ChooseMyPlate for reference and a colored sheet for each food group color coded according to ChooseMyPlate. These sheets will be used to place their food models on.
- Each group will form a line by their station. This is the order they will be allowed to visit the center to obtain a food model at the center of the space. Only one student from each team is allowed to visit the center at a time.
- On signal, students from each team attempt to run to the center circle to retrieve a food model to take back to their team without getting tagged.

- If they are tagged by the taggers going to or coming back, they must place their food model back in the center, return to their team and allow the next person in line to attempt.
- The center circle is a “Safe Zone”. Once the runner enters that safe area they are free to look through and decide on a food model to take back to their team without worrying about being tagged. As soon as the runner leaves the center circle to return to their team they again become fair game for the taggers to go after.
- If they successfully make it back to their team without being tagged, the team decides what food group the model belongs in and places it on the corresponding colored sheet of paper.
- The first team to get a food model in each food group wins.
- The losing teams must do some type of locomotive activity, i.e. 10 jumping jacks.



Apple



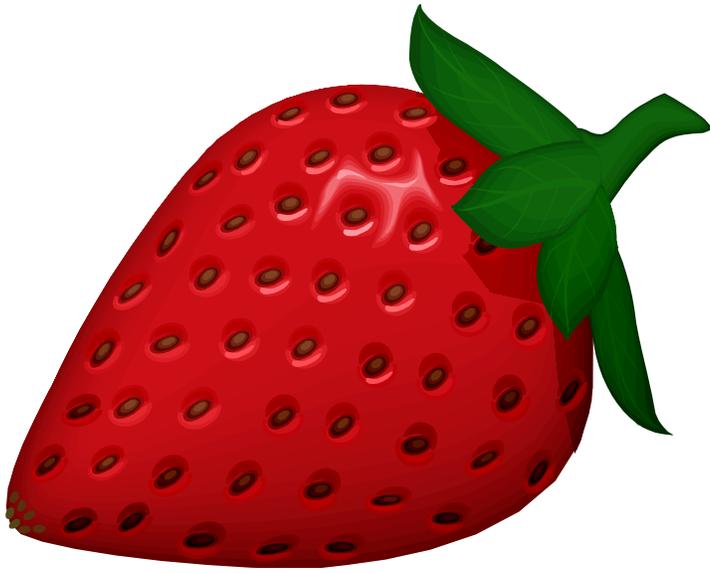
Orange



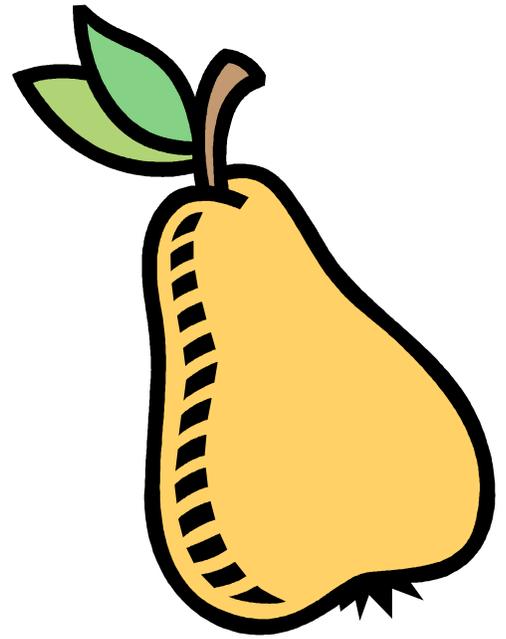
Grapes



Banana



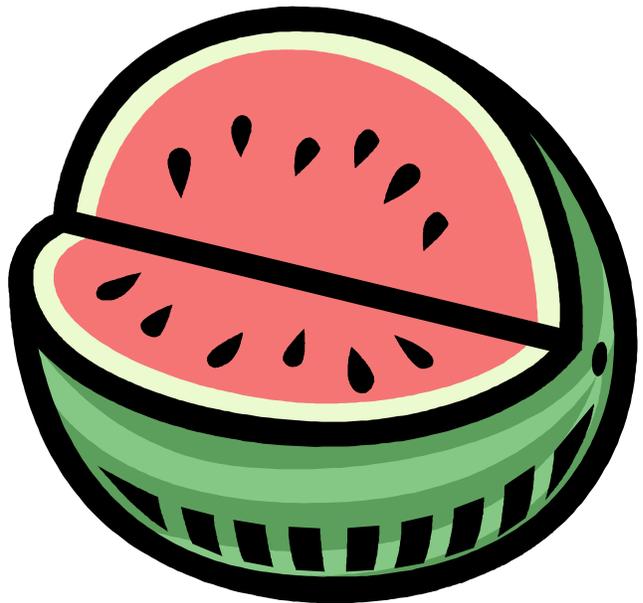
Strawberry



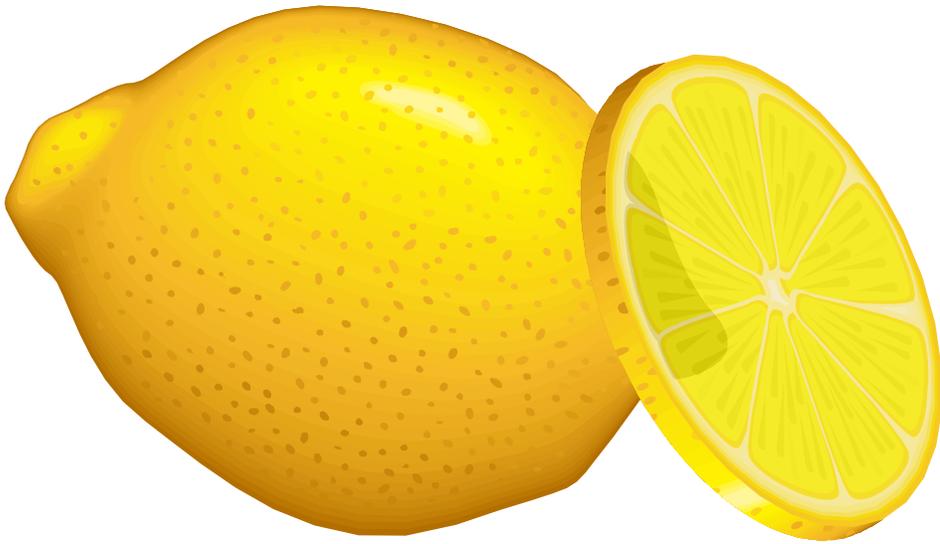
Pear



Peach



Watermelon



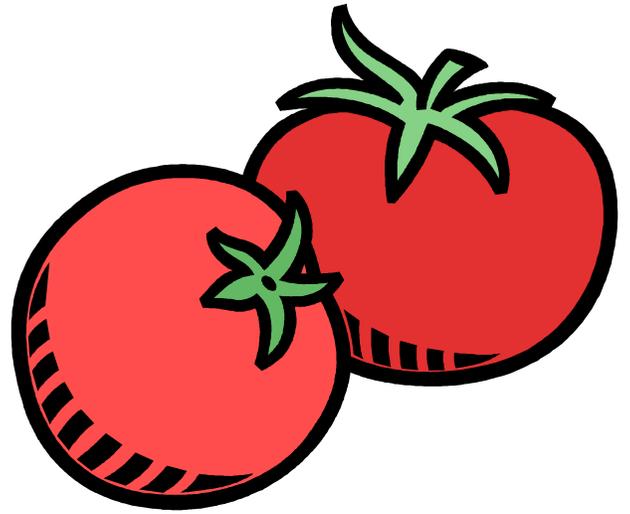
Lemon



Pineapple



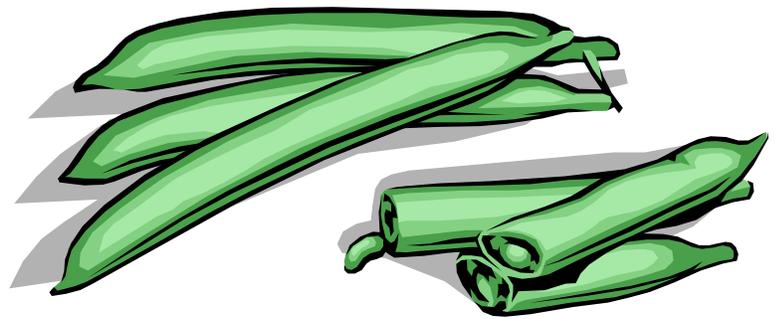
Carrot



Tomato



Potato



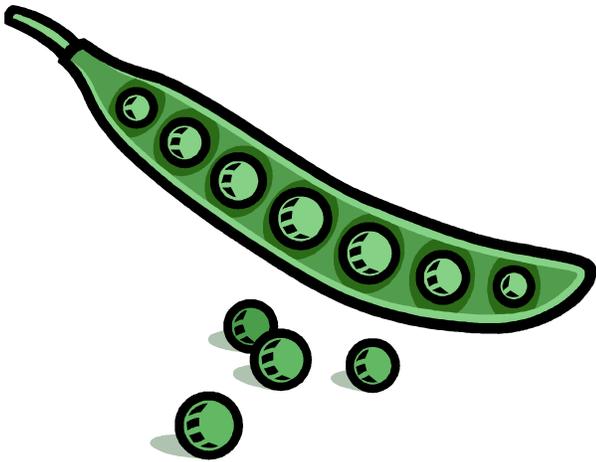
**Green
Beans**



Corn



Broccoli



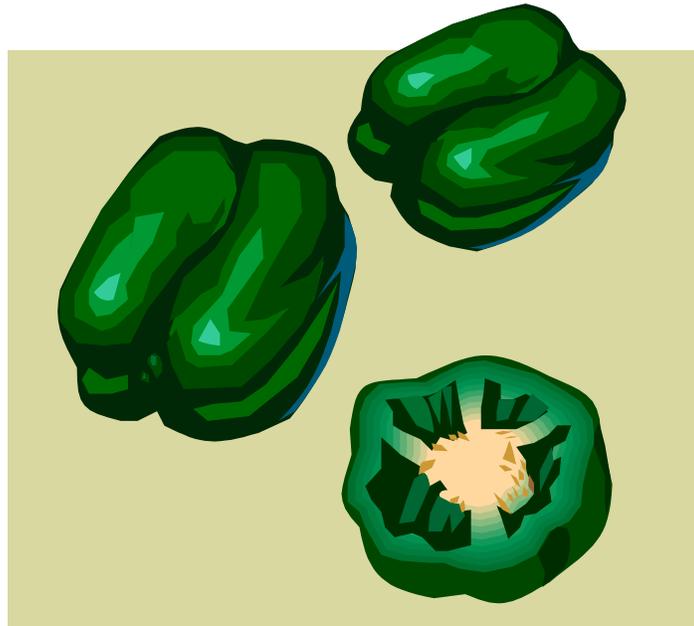
Green Peas



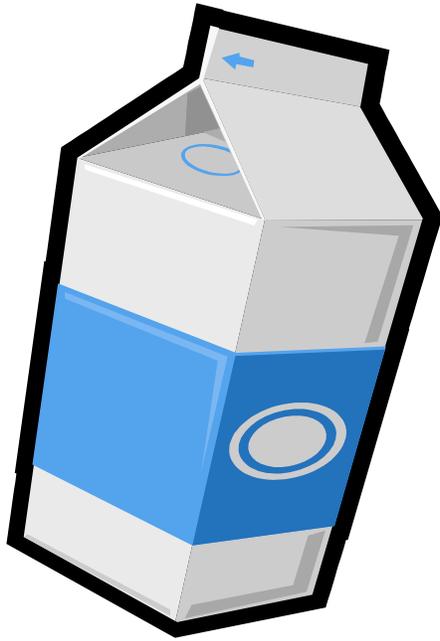
Pumpkin



Lettuce



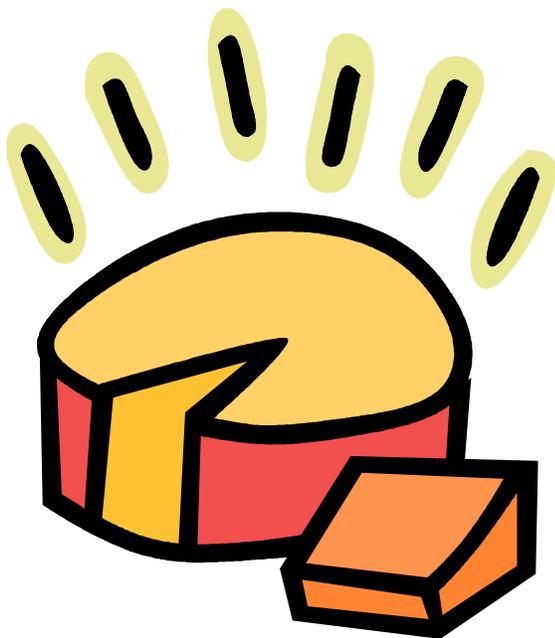
Green Pepper



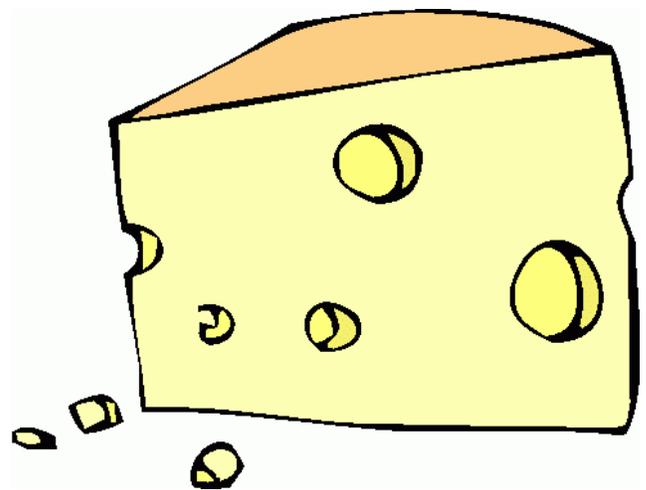
**Reduced Fat
(2%) Milk**



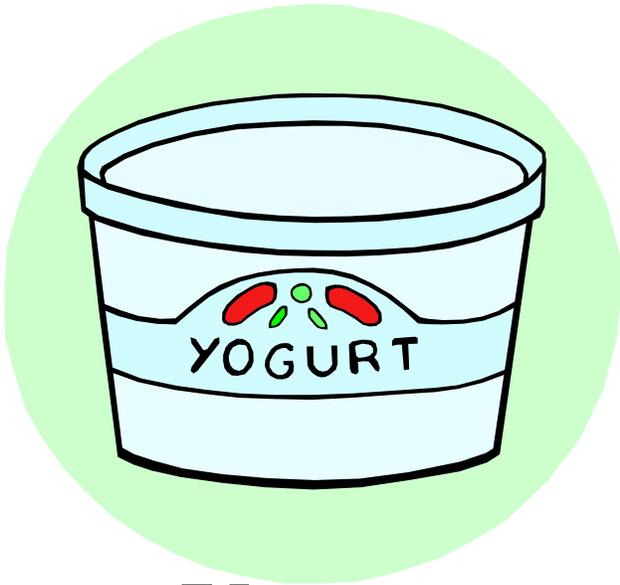
**Fat Free
(Skim) Milk**



**Cheddar
Cheese**



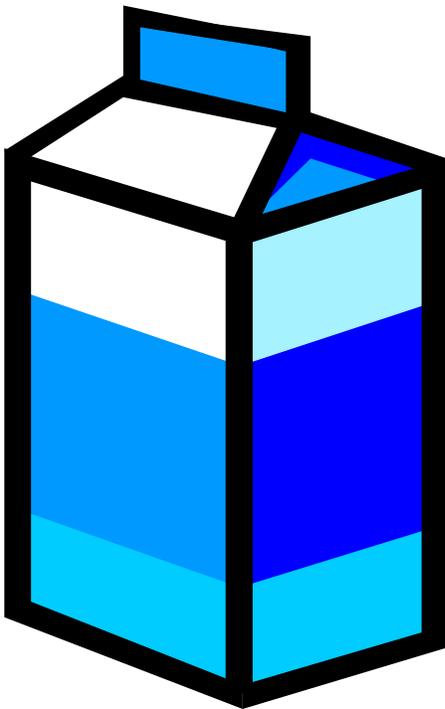
Swiss Cheese



Yogurt



Ice Cream



Soy Milk



Whole Milk



Chocolate Milk



**Low Fat
(1%) Milk**



Steak



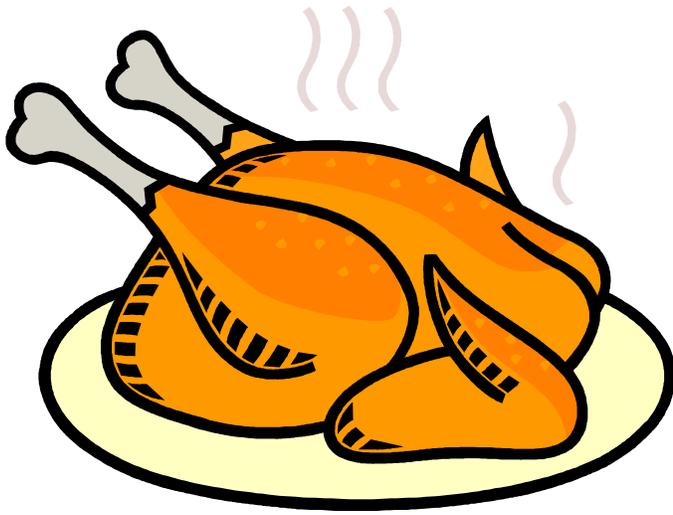
Eggs



Tuna



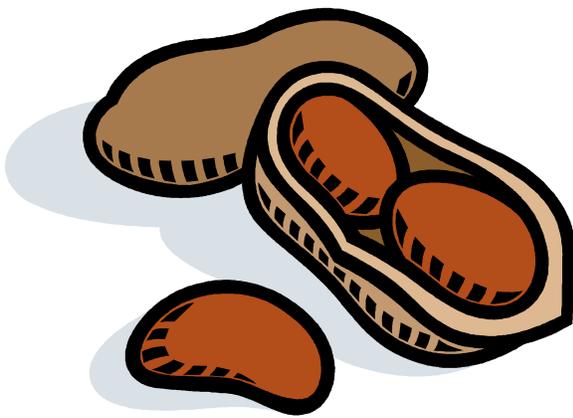
**Peanut
Butter**



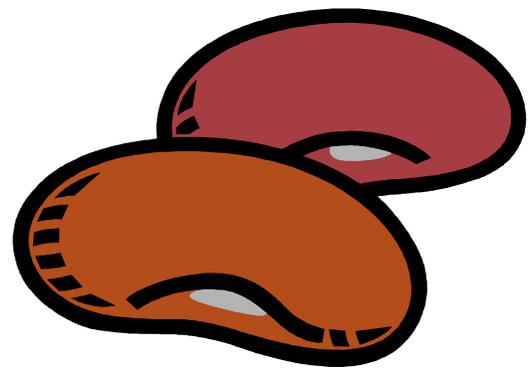
Chicken



Fish



Peanuts



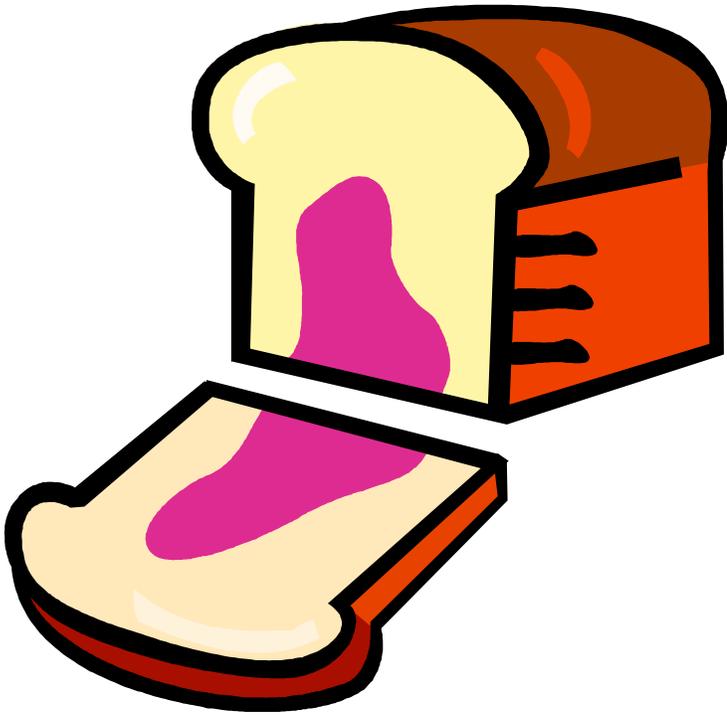
**Kidney
Beans**



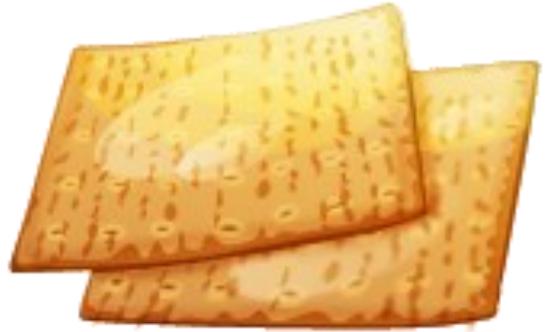
Shrimp



Ham



Bread



Crackers



Pasta



Cereal



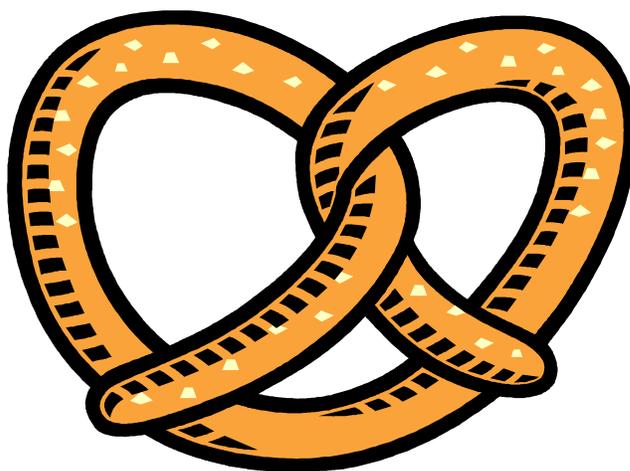
Popcorn



Rice



Flour



Pretzel



Rolls



Macaroni