

MyPlate- Where do garden products fit in?

Resources and supplies for lesson:

- Choose MyPlate coloring page
- Kid-Friendly Veggies and Fruits Handout
- Hula hoops that are the colors of MyPlate (red, green, orange, purple and blue)
- Variety of plastic foods that can be grown in a garden or pictures of the foods glued/taped on blocks or other objects.

Lesson:

1. Print each student a copy of the Choose MyPlate coloring page. Have them color in the correct colors for the five food groups
 - a. Fruits- red
 - b. Vegetables- green
 - c. Grains- orange
 - d. Protein- purple
 - e. Dairy- blue
2. Have the students brainstorm what foods might fit into each food group. Which ones can be grown in gardens?
3. Divide the students up into teams (number will depend on how many students you have)
4. Find a location that is large enough to set up a running area (i.e. gym, outside, activity room)
5. Place the plastic food or the objects in a large bag or container so they can't see what they are picking.
6. Each team sends up one member to pick an object from the bag.
7. Once they select their object, they need to determine what food group it belongs in. You can determine if they can use their teams help or not.
8. They run down to where that color hula hoop is. You can decide if you want them to pick up the hula hoop and "hula five times" or just put the object in the hula hoop and run back.
9. When they reach their team, the next person runs up, selects an object and runs to the hula hoops. This is repeated for however long you want (i.e. 5 people per team have gone- first team done wins; you could time the teams and compare times it takes them to do five items; be creative in how you want to complete the contest).
10. After you have done the activity, discuss the foods and what groups they belong to.
11. Select one of the items from the Kid-Friendly Veggies and Fruits handout for a snack.