

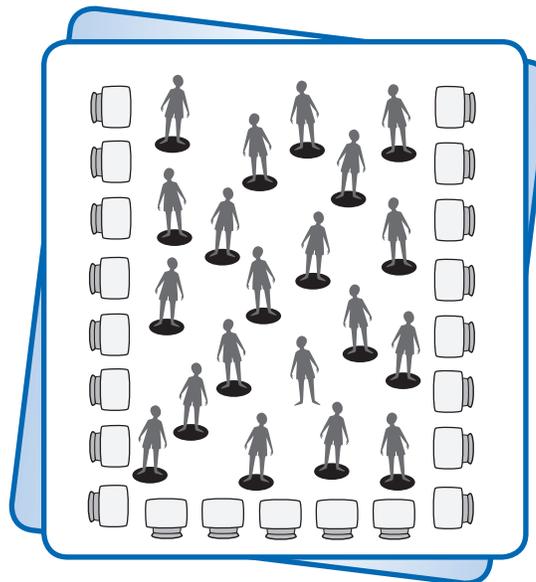
# NUTRITION MIX-UP

## Ready

- 1 spot marker or half cone per student (minus 1)

## Set

- Create a safe activity area by ensuring there is enough floor-space to be physically active.
- Scatter spot markers/half cones throughout the area; 1 student per spot/cone, with 1 student without a spot.
- Divide students into 5 equal groups: Fruits, Veggies, Grains, Proteins, Dairy.
- Each student will identify themselves as a specific food within that group (e.g., someone in the Dairy group could be Yogurt.)



## GO!

1. Today's activity is called *Nutrition Mix-up*. The object is to learn about the 5 MyPlate food groups while getting active and having fun. You'll do that by identifying yourselves as different foods, then moving quickly from your spot to another when your food group is called. I will call out an activity like Invisible Jump Ropes for you to do on your spot while you wait for a group to be called.
2. To start, I will call out a food group. If you belong to that food group, leave your spot and find another that is open. When you arrive begin Invisible Rope Jumping.
3. There will be 1 student who does not find a spot. That student will call a different group, then quickly move to an open spot. In that way a new student will call a group each time we play.
4. Freeze when you hear the stop signal.
5. **Challenges**
  - When you arrive at a new spot, tell your neighbor the name of your food and why you like it.
  - Can you think of a new food in your group each time you change spots?
6. **Discussion**
  - What foods did we think of for each group?
  - Why is it important to have a balanced meal with foods from each group?
7. **Quick Cues**
  - Move quickly and safely to an open spot. (*Start with a fast walk.*)
  - If someone moves to a spot before you, quickly change directions and try for a different spot.

# NUTRITION MIX-UP

## MIND/BODY CONNECTION

**Phytonutrients protect memory function** – Phytonutrients help give fruits and vegetables their colors. Eating a variety of colors provides phytonutrients, which are important for the repair and protection of neurons. They neutralize free radicals and protect memory function.



## HOME PLAY

Mixing up smoothies are fun and delicious. Plus, fresh fruit smoothies are really good for you. Grab a grown-up and try this quick and easy recipe: Add 1 banana, 1 cup strawberries, ½ cup vanilla yogurt, ½ cup milk, 1 cup ice to a blender. Mix it up until it's smooth and delicious. Now drink. Yum!



## STANDARDS ADDRESSED

- Speaks clearly
- Identifies foods from 5 basic food groups
- Is physically active

### NOTES




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## TEACHING TIPS

- Students will naturally speed up during the activity; provide feedback that ensures safe movement.
- During instruction, use a slow and clear demonstration to help students visualize the activity.

### NOTES

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