

MyPlate Treasure Hunt

- I. Learning Objectives:
 1. Students will be able to build their own myplate.
 2. Students will know the different parts of myplate.
 3. Students will know how to get physical activity and for how long they need it.
- II. Introduction
 - a. Say that there are 5 different sections of the myplate and that it looks like Mickey Mouse without an ear and then show them the plastic myplate.
 - i. Fruits
 1. Ask the children what they think goes here
 2. Give examples of what belongs to this section that they already haven't said (strawberries, kiwi, starfruit, rhubarb, pineapple)
 - ii. Vegetables
 1. Ask the children what they think goes here
 2. Tell the children other examples that they have not already given (radishes, eggplant, cabbage, beets)
 - iii. Protein
 1. Ask the children what they think goes in this section
 2. Tell the children other examples that they haven't already named (nuts, beans, lentils)
 - iv. Grains
 1. Ask the children what goes into the grain section
 2. Tell the children other examples that they have not already said (bulgar, oatmeal, popcorn)
 - v. Dairy
 1. Ask the children what goes into the dairy group
 2. Tell the children that there are also other foods (skim milk, cheese, low fat yogurt)
 - b. State that the myplate helps us to build a healthy plate every meal by having the 5 food groups present. This will help us to stay healthy and grow up strong.
 - c. State that physical activity is important to stay healthy and strong
 - d. Ask the children what they do for physical activity and answer accordingly
 - e. Tell the students that they do not have to be on a sports team to get physical activity
 - f. Encourage them to get up and play during the day
 - g. Tell them that they can go to the park and play with their family also tell them they don't need to get an hour of physical activity at once
 - h. Encourage them to play and say they are going to get some fun physical activity today with the treasure hunt.
- III. Materials needed
 - a. Treasure Boxes
 - b. Myplate pieces
 - c. Plates
 - d. MyPlate plastic plate
 - e. Food models to put on the plate
- IV. Procedure
 - a. Introduce the game to the children as the myplate treasure hunt and tell them they will be making their own myplate after they collect the pieces from the treasure boxes
 - b. Explain to them that they will be finding the way to go from one box to another by reading the clue on the boxes cover
 - i. Directions from one box to another
 1. Start → Plate= skipping

2. Plate →Fruit=lunges
 3. Fruit →vegetables=frog hop
 4. Vegetables →protein=walk backwards
 5. Protein →grains= crab walking
 6. Grain →dairy=butt kicks
 7. Dairy →end=grape vine (karaoke)
- c. Show them how to do each exercise before beginning the treasure hunt
 - d. Begin the game by setting the empty plate box at the back of the room and the fruits at the front.
 - e. Read the first direction to the children which is to skip from the front of the room to the empty plate box
 - f. Let the children go a few at a time so that they are all not bumping into each other
 - g. Make sure the children are reading the clues under the covers of the boxes
 - h. Once the children have picked up their empty plates switch the box with the vegetable box
 - i. Keep switching the boxes once the children have collected the pieces
 - i. Boxes for the front of the room go in this order
 1. Fruits
 2. Protein
 3. Dairy
 - ii. Boxes for the back of the room go in this order
 1. Plate
 2. Vegetables
 3. Grains
 4. MyPlate box
 - j. Once the students have gotten all of the pieces show them the way to make their myplate
 - k. While they are gluing and labeling their myplates show them the MyPlate plate with food models on it and then get out a plain paper plate and create a MyPlate meal on it using models to show the children that the plate does not have to be sectioned to make it look like myplate you can do it yourself modeling after the myplate you made.

V. Wrap up

- a. Tell the students the myplate main messages
 - i. Make half your grains whole
 - ii. Make half your plate fruits and vegetables
 - iii. Switch to skim or 1% milk
 - iv. Vary your protein choices
 - v. Be physically active in your own way
 - vi. Cut back on foods high in solid fats, added sugars and salt
 - vii. Eat the right amount of calories for you