

MyPlate Mania!

Creative Health Related Fitness Activities Integrating MyPlate



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MyPlate Activities

MyPlate Connections Cooperative Activities:

PE Standards: 2, 3, 4

Equipment: Fitness Cards or Move Cubes, Veggie/Fruit Bean Bags, MyPlate or Skillastics Nutrition Cards, Mini-parachutes, Food Group buckets, MyPlate game boards

Directions:

Form Small Groups

- When the music starts, students move around the activity area using designated locomotor or health related fitness skills.
- The teacher blows a whistle a number of times, and the students form groups consisting of that many students. (ex. If a teacher blows a whistle four times, students form groups of four.)

Form Fruit/Veggie Groups (k-2)

- Give each student a food photo card, food word, or fruit/veggie bean bag. Repeat steps above.
- When the whistle blows to form groups, students must form groups according to similar food groups. Start with only two food groups, such as fruit and vegetables. When signal is given, have students find a partner with a similar food group.
- Students that don't have a group go to the front and use this as a teachable review by asking students which group they should join. Have a group include this student.
- Swap food cards or veggie/fruit bean bags and move again.
- After doing "similar" match ups, have students match up with the opposite food item.

MyPlate Groups (3-5)

- Hand out Skillastics Nutrition Cards or any other set of nutrition cards you have
- Select a health related fitness activity card (create your own) or use Move Cubes.
- Roll a Move Cube, pick a fitness card, or call out a HRF component, and have students complete the activity.



- When signaled to stop, students should match up in a group to form a balanced MyPlate.
- In MyPlate groups, students should ask each other the Skillastic Nutrition Card questions.
- At end of food group activity, have students sort the HRF activity cards into the health related fitness components and discuss the importance of integrating a variety of different foods into our diet.
- **Discussion emphasis:**
Food Groups
Meats (proteins/fats)- Repair and help our muscles grow; give us energy
Fruits/Vegetables (carbohydrates)- Contains carbohydrates that give us energy and provides lots of vitamins and minerals that help our body grow. Half of MyPlate should be filled with fruits and veggies.
Grains (carbohydrates)- Provides us with sustained energy. Whole grain food items are more nutrient dense than white, processed food items, and provide more complex carbohydrate energy that we need to function well.
Dairy (protein/carbohydrates)- Provides energy and helps the body grow, particularly the bones, due to calcium found in dairy items.

MyPlate Cooperative Parachute Challenge

- Form four small groups. Two groups will work together while the other two groups do the same.
- **1st/2nd** - Pass a food bean bag from one group's parachute to the other. If bean bag is successfully tossed and caught, it can then be put in the appropriate food group bucket. Challenge students to see how many they can get, OR challenge them to get one or two from each food group.
- **3rd-5th** - Pass a food bean bag from one group's parachute to the other. If bean bag is successfully tossed and caught, it can then be placed on the MyPlate board. Challenge students to create a balanced plate.

MyPlate HRF Challenge:

PE Standards: 2, 3, 4

Equipment: 6 MyPlate Mats, MyPlate Nutrition Cards/Activity Cards, Move Cubes, Pulse Hand Held Heart Rate Monitors

Directions:

- Divide students into small teams, lined up behind their team cone.
- Spread food cards out near the front of the line. Spread fitness cards or move cubes near the second spot.
- Team member 1 selects a nutrition card, runs/skips/cariocas down to the MyPlate game board and places it in the appropriate place on the MyPlate game board. Team member 1 should repeat this activity with a second card.
- Team member 2 selects a fitness card or rolls a Move Cube to determine a fitness activity to do while waiting for turn.
- Team member 3 uses Pulse Monitor to determine heart rate, and then joins Team member 2's activity if there is still time.



- Team member 4 jump ropes at the back end of the group.
- Continue until all each person has gone at least once.
- **First Time:** Food items in correct spots. After the first round, go to the game boards and have students observe if there were any areas of their plate that were unbalanced.
- **Second Time:** Do this as a cooperative activity, and challenge the group to create a BALANCED MyPlate.
- Discuss which health related fitness components were emphasized in the physical activities.

MyPlate Relay Variations:

- Create your own differentiated health related fitness cards to use.
- Compare how many cards were placed by each team. Team with most cards wins.
- Make this a partner adventure! Two people go to place the cards at a time, and work together.

MyPlate True/False Game: Verbal or Written Assessment

PE Standards: 2, 3

Equipment: 1 MyPlate Mat for review, MyPlate Nutrition Cards, Activity Cards

Directions:

After sharing information about food groups and MyPlate, incorporate cardiovascular locomotor movements or health related fitness activities in this true/false game.

When the music stops, ask students these questions.

True= Stay standing (or pushup plank), False= Sit down (or curlups)

For those that have learned how to use **Plickers**, these could be used to answer the questions as a formative assessment.

Do one question at a time and get students moving again quickly.

- There are five food groups on MyPlate. (True)
- Half of your plate should be Fruits and Dairy. (False)
- Beans are part of the dairy group. (False)
- You should drink water instead of sugary juices. (True)
- Grains are divided into two subgroups, whole grains and refined grains. (True)

Fitness Skillastics/MyPlate Challenge:

PE Standards: 2, 3, 4

Equipment: 6 MyPlate Mats, Fitness Skillastics, Skillastics Nutrition Cards

Directions:

- Divide students into six teams. Assign each team a color for the Fitness Skillastics activity and assign each team member a number.



- Assign each team an area of the gym and place Fitness Skillastics board in the middle of the gym.
- Spread Skillastics Nutrition cards out around perimeter of gym (but inside running track).
- Have student #1 go to the Fitness Skillastics board and roll the dice. That student should report back to the team what fitness activity they should do. That student should then pick a nutrition card for the group to answer together as a group. Student 1 should then place it in the appropriate place on the MyPlate game board and join the team as quickly as possible.
- Play the Fitness Skillastic activity until a team makes it around the board or for a designated time. For a competitive spin on the activity, count how many nutrition cards were placed on the MyPlate board.
- Review what constitutes a balanced MyPlate.
- Discuss which health related fitness components were emphasized in the physical activities.

Fitness Skillastics/MyPlate Challenge Variations:

- Create four or five teams instead of six, so that there are more people on a team.
- Everyone stays together for the fitness activity, but when the students leave to go roll the dice or place a nutrition card, use a Move Cube to do another fitness activity while they are waiting, or do a fitness activity of the student's choice.

MyPlate Formative/Summative Assessments:

Visual Observations (Individual)

- While doing matching and pairing up activities, observe individuals to assess whether students are secure or developing their understanding of the MyPlate concepts and food groups.

Visual Observations (Group Work)

- Check for team understanding of MyPlate concepts. Did the group coordinate a "balanced" plate?



Written Assessments/Exit Tickets or Plickers

- See MyPlate True/False Game above. Use activities like this to monitor student understanding via video tape of student responses to questions, written assessments, or exit ticket questions.

Check out <http://www.ChooseMyPlate.gov> for student nutrition information!



Macronutrient Checkup:

What are Carbs/Protein/Fat/Fiber?

Macro-Nutrient Pursuit:

PE Standards: 2, 3, 4

Equipment: Nutrition Cards, Activity Cards

Directions:

- Divide students into small teams.
- Spread nutrition food cards out.
- Have students, one by one or in pairs, pick a card and place it in under the appropriate macronutrient.
- After they set the food card down, they should pick an activity card for their group.
- The group does the exercise while another person in the group goes to place a new food card in the proper macronutrient category. Continue until all cards are sorted.
- Discuss which health related fitness components were emphasized in the physical activities.

Variations:

- Scatter cards and play like the game “Concentration”. If student picks two cards from a similar macronutrient, they “win” that set of cards.
- Scatter cards and have all students sort the food items under one set of macronutrient categories as a class.
- Use Move Cubes, physical activity lists or 4 corners of fitness activities to create different physical fitness experiences.

Macro-Nutrients

Carbohydrates: 4 calories/gm

Carbohydrates are one of the main types of nutrients. They are the most important source of energy for your body. Your digestive system changes carbohydrates into glucose ([blood sugar](#)). Your body uses this sugar for energy for your cells, tissues and organs. It stores any extra sugar in your liver and muscles for when it is needed.

Carbohydrates are called simple or complex, depending on their chemical structure. Simple carbohydrates include sugars found naturally in foods such as fruits, vegetables, milk, and milk products. They also include sugars added during food processing and refining. Complex carbohydrates include whole grain breads and cereals, starchy vegetables and legumes. Many of the complex carbohydrates are good sources of [fiber](#). For a healthy diet, limit the amount of added sugar that you eat and choose whole grains over refined grains.

Proteins: 4 calories/gm

Protein is in every living cell in the body. Our bodies need protein from the foods we eat to build and maintain bones, muscles and skin. We get proteins in our diet from meat, dairy products, nuts and certain grains and beans. Proteins from meat and other animal products are complete proteins. This means they supply all of the amino acids the body can't make on its own. Plant proteins are incomplete. You must combine them to get all of the amino acids your body needs.

It is important to get enough dietary protein. You need to eat protein every day, because your body doesn't store it the way it stores fats or carbohydrates.

Fats: 9 calories/gm

Fat is a type of nutrient. You need some fat in your diet but not too much. Fats give you energy and help your body absorb vitamins. Dietary fat also plays a major role in your [cholesterol](#) levels. Not all fats are the same. Try to avoid:

- Saturated fats such as butter, solid shortening, and lard.
- Trans fats. These are found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils.

Replace these with oils such as canola, olive, safflower, sesame, or sunflower. Eating too much fat can increase one's weight, since fat has twice as many calories as proteins or carbohydrates.

Fibers:

Fiber is a substance found in plants. Dietary fiber is the kind you eat. It's a type of [carbohydrate](#). You may also see it listed on a food label as soluble fiber or insoluble fiber. Both types have important health benefits. Good sources of dietary fiber include:

- Whole grains
- Nuts and seeds
- Fruit and vegetables

Dietary fiber adds bulk to your diet and makes you feel full faster, helping you control your weight. It helps digestion and helps move food through your body.

Source: U.S. National Library of Medicine/National Institutes of Health NIH



Integrating Nutrition and Physical Activity in Your School Community

Family Wellness Night (See Sample Schedule)

- Highlight nutrition tips, healthy snacks, and physical activities that are available throughout the community.

FUTP60/Student Wellness Team www.fueluptoplay60.com

- Set and incorporate nutrition and physical activities “plays” throughout the school year to help promote and model healthy lifestyle choices
- Incorporate use of the online tracker.
- Have student wellness team help with wellness night and design activities for students to participate in.

Food Service Program/Local Farm

- Position fruit and veggie carts at the beginning of the lunch line to promote those healthy foods to students first.
- Work with a local farm and food service provider to share veggie taste tests with students, and/or teach some nutrition classes to select grade level.

Communications to School Community

- Website, newsletter, blog
- Bulletin board
- Student posters/veggie taste tests



Thorson Family Wellness Night Information

Friday, Jan 30th 5:30-8:00pm

Free for the whole family!

Thorson Wellness Activities-



Check-in/Raffle Tickets- Sign in at the Check-in Table
Receive a raffle ticket for each member of your family in attendance!

Wellness Passport- Earn additional raffle tickets for each 6 spots filled in on the passport!
These extra raffle tickets can be picked up near the raffle table.

FUTP60 Mason Crosby Autographed Football Drawing/Door Prize Drawings: (Gym- 7:45pm)

Scheduled "Action Station" Activities-

5:45-6:05pm/6:15-6:35pm/6:45-7:05pm

Zumba- (Room B/Mrs. Majinski)

Family Yoga- (Room S/Mrs. Anderson)



Drop-In "Action Station" Activities-

5:45-6:15pm

IAM Volleyball- (West Gym)

Koppa Tennis Academy/Solar Recreation- (East Gym)

6:15-6:45pm

CBC Basketball- (West Gym)

Pickleball- (East Gym)

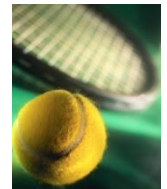
6:45-7:15pm

North Shore United Soccer- (West Gym)

Cedarburg Girls Fast Pitch- (East Gym)

7:30-7:45pm (As we get ready for the door prize drawings!)

YMCA Fitness Bootcamp- (Gym)



Strongest Muscles Contest- (East Gym)

Traverse Climbing Wall- (East Gym)



DDR - (Room A)

YMCA Family Fitness Challenge- (Room C)

Missing Links Golf and Mini Golf- (IMC)

Parisi Speed School Demo- (Near Room D/E)

Fitivities/Fuel Up to Play 60 Move Cubes- (Room T)

Fuel Up to Play 60 Obstacle Course- (Room U and V)



See other side for more information!



“Information Activity Station” Activities-

Health and Wellness Professionals and Local Businesses-Hallways/Presentation Area

Unified Body Wellness
Blue Sky Massage School
Ye Olde Pharmacy
Heart Safe Wisconsin
Columbia St. Mary's Dietician
Fisher Family Chiropractic S.C.
Aurora Sports Medicine Institute
Health in Balance
Aramark Food Service
Rare Earth Farm
Rein Dance
Town of Cedarburg Rec Department

American Heart Association
Swim America
Wellspring
Instep
Wildtree
Karate America
YMCA- Feith Family YMCA
YMCA- Metro
2 the Max Training
Trinity Irish Dance
Cedarburg Community Rec Department



Healthy Food Samples - Workroom Hallway

Piggly Wiggly Fruit Yogurt Parfaits
Out and Out Soups
Aramark Food Service Healthy Snacks

Stress Management Room- Presentation Area

Unified Body Wellness/Reiki
Blue Sky Chair Massages
Shiatsu Back Massage Chair
Lavender Aromatherapy/lavender aromatherapy
Relaxation chairs
Earth Songs DVD by *Brian Luke Seaward* Amazing nature photography...don't miss this!



Fitivities Games Available!



Purchase a **Fitivities** Game at the Family Wellness Night and help support the Thorson Athletic Field/Playground Fund!

Game costs \$39.99. \$10 will go back to Thorson Playground fund! Come check out the game at Family Wellness Night!

Make checks payable to: Thorson PTO

Please be sure students are accompanied by an adult throughout the event!

Come join the fun! Can't wait to see you there!