



EGG BALANCING GAME

TYPE OF ACTIVITY: Outdoor

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will practice gross and fine motor skills by walking and balancing an egg on a cup or spoon.
- › Children will name foods, including eggs, in the protein group.
- › Children will state that eggs are protein foods.

MATERIALS:

- › Enough hard-boiled eggs for every child to have one (if eggs will be eaten afterward, be sure to keep refrigerated until it is time for the activity).
- › Measuring cups with handles or large spoons/ladles
- › Large bowl
- › MyPlate poster



PROCEDURE:

1. Show the children the MyPlate poster and review the protein group. Name foods that are in the protein group. Suggested phrases:
 - a. *Who remembers what foods belong in the protein group? Meat, nuts, seeds, beans, and eggs.*
 - b. *It's good to eat protein foods because they help your muscles grow strong.*
2. Show the children the large bowl. Explain that they will be filling the bowl with eggs. Place the large bowl somewhere in a grassy area not too far from the eggs. Give each child an egg and either a cup, spoon, or ladle.
3. Explain that they are going to balance their eggs in a cup or on a spoon, while walking to the bowl. Tell them to try not to drop their eggs.
Suggested phrases:
 - a. *Try to get to the large bowl without dropping the egg.*
 - b. *Once you get to the bowl, put your egg in.*
 - c. *If you drop your egg, pick it up and keep trying.*
4. Allow children to repeat the game as long as they are interested.

ADAPTATIONS/EXTENSIONS:

Nutrition/Science: When the game is finished, allow children to peel the shell off their eggs. Wash the peeled eggs, and then allow children to eat them. Talk about what the eggs look and taste like.

Day 3: Proteins

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