

Day 1: MyPlate

MyPLATE BEAN BAG TOSS

TYPE OF ACTIVITY: Outdoor

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will demonstrate improved gross motor skills by throwing bean bags onto MyPlate.
- › Children will identify the food on each bean bag and the food group where it belongs.

MATERIALS:

- › Sidewalk chalk or large drawing of MyPlate
- › Bean bags with pictures of different foods on them

PROCEDURE:

1. Set-up: Draw an outline of MyPlate using sidewalk chalk. Label the food groups.
2. Briefly review MyPlate as you point to the chalk diagram. Suggested phrases:
 - a. Remember MyPlate that we were learning about earlier? Well, I have drawn it here on the ground! Do you see all the different food groups?
 - b. Does anyone remember one of the food groups? That's right, grains are the orange food group. Can anyone name a food in the grain group?
3. Have children choose a bean bag, name the food, and throw the beanbag toward the correct food group. If the beanbag lands in the wrong food group, encourage the child to pick it up and move it to the correct group.
4. Challenge the children by having them stand further away so that they will have to throw the bean bags with more effort.



ADAPTATIONS/EXTENSIONS:

Art: Allow the children to draw fruits, vegetables, grains, dairy, and protein on the chalk diagram. Talk with them about the foods that belong in each food group.

Language: Give children sponges or empty milk cartons to toss. Have children name a fruit, vegetable, grain, protein, or dairy, and then throw the sponge or carton to the appropriate group.