



## MyPLATE SPIN & STRETCH

**TYPE OF ACTIVITY:** Outdoor

**KEY CONCEPT:** Eat a variety of foods

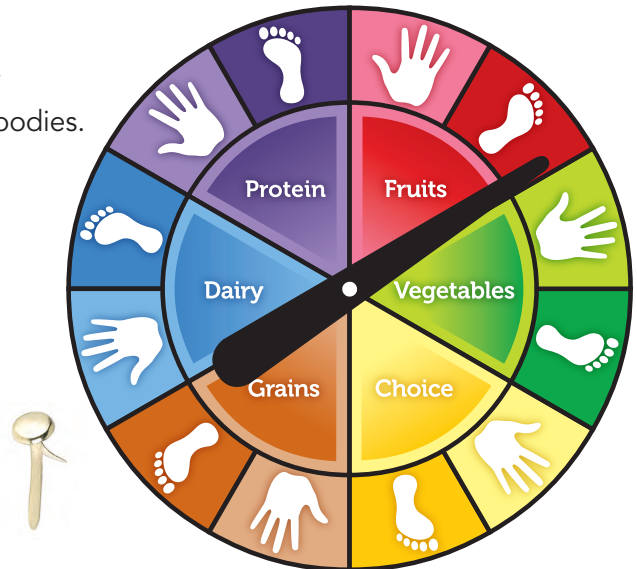


### OBJECTIVES:

- › Children will name the food groups on MyPlate.
- › Children will identify foods and their food groups.
- › Children will use gross motor skills to move their bodies.
- › Children will work together to play the game.

### MATERIALS:

- › MyPlate poster
- › Plastic floor mat with colored circles
- › Pictures of foods from the food groups
- › Spinner (see template) and metal brad fastener
- › Tape

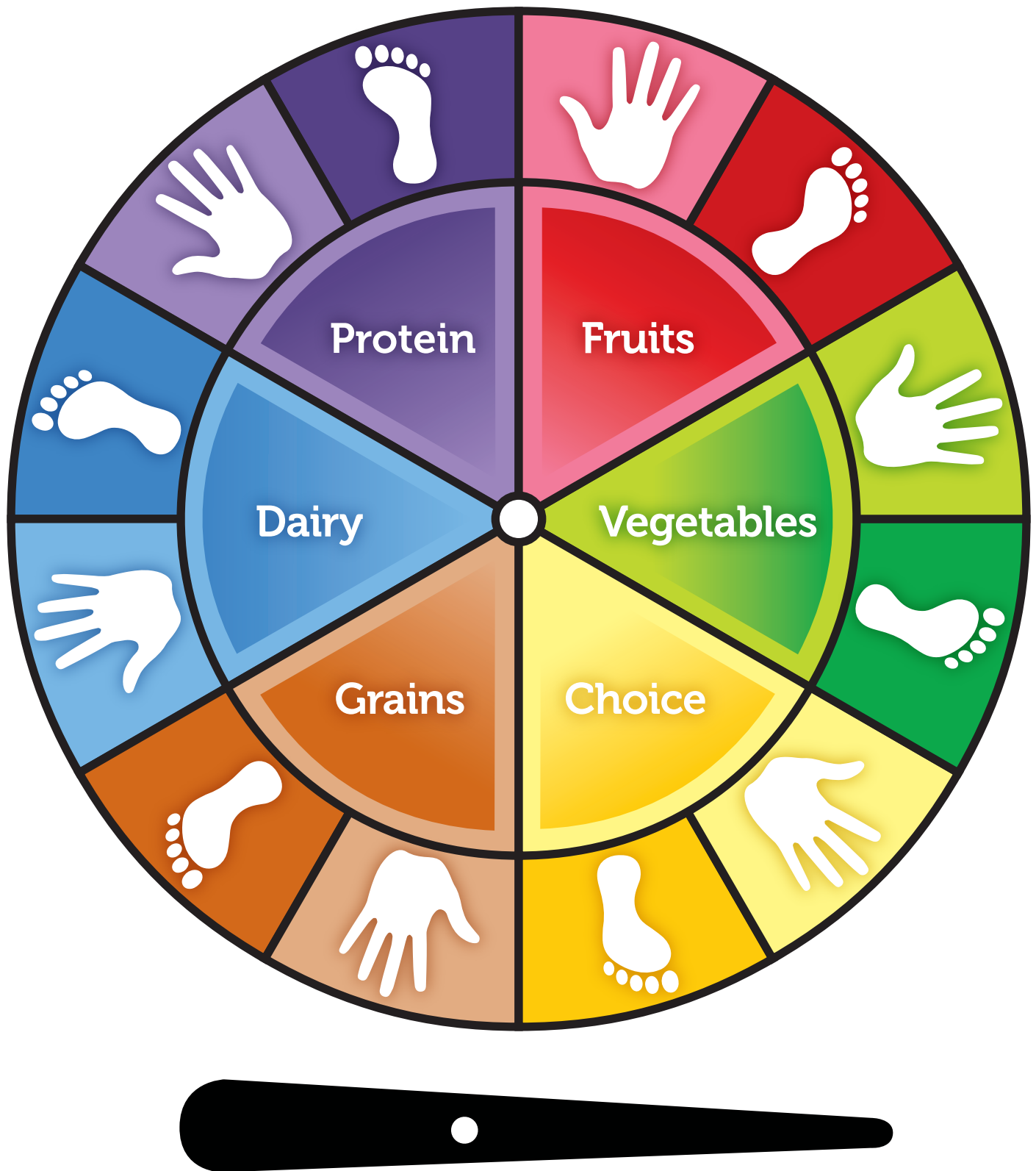


### PROCEDURE:

1. Set-up: Tape the pictures of the foods to the circles of the floor mat. Create a spinner (see template) by copying the pieces on cardboard, cutting out the arrow, and attaching it to the center with a metal brad fastener.
2. Gather a small group of about 3-4 children to play the game. Explain that you are going to play a game called MyPlate Spin and Stretch. Suggested phrases:
  - a. *In this game, you will stretch your body and put a hand or foot on one of these foods.*
  - b. *I am going to spin the spinner and tell you whether to use your hands or feet, and what kind of food to find.*
  - c. *If the spinner lands on fruit, which of the pictures on the mat could you choose? Which ones are fruits?*
  - d. *Try to stay on your feet as you reach for a food. If you lose your balance, get up and try again.*
3. Start the game by spinning the spinner. Call out "hand" or "foot" and the food group. Encourage children to play by placing a hand or foot on a food that is in the food group you call.

### ADAPTATIONS/EXTENSIONS:

**Thinking skills:** Encourage children to think of new rules for MyPlate Spin and Stretch, or have them come up with another game to review the food groups and their foods. Play the children's games.



**Day 14: Review – Healthy Eating**

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