



MYPLATE TREASURE HUNT

TYPE OF ACTIVITY: Outdoor

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will identify foods and classify them into different food groups.
- › Children will practice motor skills by hunting for food models outdoors.

MATERIALS:

- › MyPlate poster
- › Models of foods from all MyPlate food groups (if models are not available, pictures can be used)

PROCEDURE:

1. Set-up: Hide the food models around the playground or outdoor space. Make sure to have enough models for each child to find at least one.
2. Show the children the MyPlate poster. Review the food groups, and name foods from each group.
3. Explain to the children that they will be going on a treasure hunt to find food models. Invite them to search the outdoor space to find foods. Tell them once they find one food, they should bring it back and place it on its group on the MyPlate poster. When they are done, encourage them to help their friends find a food. Suggested language:
 - a. *We are going on a treasure hunt to find foods from the different food groups.*
 - b. *Grains, vegetables, fruits, dairy products and meats are all foods that our bodies need to be healthy, so look for all of these foods.*



ADAPTATIONS/EXTENSIONS:

Outdoor activity: Allow a few children to hide the food models, then have others find them and place them on MyPlate. If children have trouble finding food models, encourage those who hid them to give "hot" and "cold" clues.