



## MyPlate Sample Lesson: Physical Education/Health

Learning Outcome: Identify the five **MyPlate** food groups and be able to decide which foods belong in each

Supplies: **Signs for each food group**

1. Designate 5 different spots in the gymnasium – one for each food group
  - **Fruits:** apples, bananas, pears, watermelon, berries, oranges, raisins
  - **Vegetables:** spinach, carrots, broccoli, cauliflower, red peppers, peas, corn, butternut squash, sweet potatoes, spinach
  - **Grains:** bread, tortilla, oatmeal, rice, popcorn
  - **Protein:** black beans, chicken, fish, lentils, tofu, chickpeas, black-eyed peas
  - **Dairy:** milk, yogurt, cheese
2. Have a list of at least 20 different foods (use the list above as a starting point)
3. Play music for 20-30 seconds while students run, dance, jump rope, hula hoop, etc.
4. Pause the music and call out a food. Students need to run to the spot in the gym that corresponds to the right food group for the food you called out.

