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| **MyPlate Walk/Jog Course**  (Credits) | | | |
| **Unit** | Instant MyPlate Activities | **Target Grade Level(s)** | K-6 |
| *Quick Blurb* | | | |
| **Student Targets** | | | |
| Skill | I will complete laps by jogging or briskly walking. | | |
| Cognitive | I will talk with my partner about healthy and “sometimes” food choices. | | |
| Fitness | I will demonstrate a warm-up by walking/jogging for 4 minutes. | | |
| Social / Emotional | I will exhibit conversational etiquette during discussions with my partner or group. | | |
| MyPlate Objectives | I will give examples of foods that belong in each food group (Level 1).  I will discuss “sometimes” food choices, and will provide at least one healthier food choice (Level 2).  I will discuss at least one nutrition concept related to MyPlate essential questions (Level 3). | | |
| Academic Language | MyPlate, “sometimes” foods, Food Groups, Fruits, Vegetables, Grains, Protein, Dairy, Speed, Benefits, Physical Activity, Jog, Warm-up | | |
| Standards & Outcomes | Standard 1.E2 Jogging, running  Standard 3.E6 Nutrition.  Standard 3.E4 Fitness Knowledge  Standard 4.E5 Rules & Etiquette | | |
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| **Equipment / Resources**   * 4 Cones * Food Group Posters * MyPlate Poster | | | |
| **Activity Set-up**   1. Create a MyPlate walk/jog course using cones to outline the perimeter lap. 2. Place Food Group Posters at each cone. | | | |
| **Now Move!**   1. As soon as you enter the activity area, find a partner or small group and begin walking or jogging around the perimeter of the MyPlate Course. 2. This is a walk and talk activity. Each time you pass a MyPlate poster talk with your partner(s) about the following topics:    1. Level 1: Give examples of foods that belong in the food group shown on the Food Group Posters.    2. Level 1: Build a healthy meal, adding a food from each group as you pass the Food Group Posters.    3. Level 2: Discuss why it’s important to eat foods from each group as you pass the Food Group Posters.    4. Level 2: Discuss one “sometimes” food choice, and one healthier food choice from each group as you pass the food group posters.    5. Level 3: Describe the nutrition concept shown on each Food Group Poster. When you get to the next poster, begin discussing the next topic. | | | |
| **Talk About It (Debrief Q’s)**  I heard some great discussions as you were walking/jogging and talking.   * What are some foods that you talked about? What food groups are those foods in? * What’s a “sometimes” food and who will give us an example of one? * Looking at the MyPlate Poster, how does MyPlate remind us to eat from each food group? | | | |
| **How to *Serve Up* more *MyPlate***   * Download *Serving Up MyPlate* curriculum: <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> | | | |

