



PICK A CARD

STUDENT TARGETS

- ✔ **Fitness:** I will identify foods from each food group.

TEACHING CUES

- ✔ The 5 food groups that make up a healthy diet are: Fruits, Vegetables, Grains, Protein, Dairy

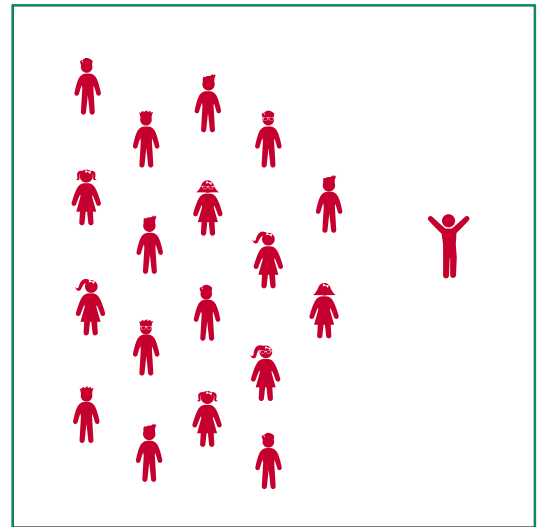
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ Deck of Cards
- ✔ Pick a Card Challenge Posters

Set-Up:

1. Students are scattered in personal space.



Activity Procedures:

1. Today we're going to warm-up and practice naming foods for each food group with a game called Pick a Card.
2. I'll walk around and let one student pick a card from the deck. We'll complete different challenges depending on what suit the card comes from. The number on the card will tell us how many of each challenge we must complete.
3. Spades: Do (card #) Invisible Jump Ropes; Clubs: Do (card #) Jumping Jacks; Hearts: Name (card #) Fruits and Veggies; Diamonds: Name (card #) Grains, Protein, Dairy.
4. *Examples: 7 of Hearts = Name 7 Fruits and Veggies; Jack of Clubs = 10 Jumping Jacks.*

Grade Level Progression:

- K – 1st:** Play the game as described above. Teacher names the foods while students repeat.
- 2nd – 3rd:** Students name foods individually and aloud (this will sound a little chaotic).
- 4th – 5th:** Add fitness equipment into the challenges. Students take turns naming foods while classmates repeat.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E6.1]** Recognizes that food provides energy for physical activity (K); Differentiates between healthy and unhealthy foods (1); Recognizes the “good health balance” of nutrition and physical activity (2).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What are the 5 food groups?
- ✔ **DOK 2:** Who can tell the class why it's important to eat foods from the different food groups throughout the day?