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| **FROZEN VEGGIE TAG**(Aaron Hart – US Games - @nyaaronhart) |
| **Unit** | Instant MyPlate Activities | **Target Grade Level(s)** | K-6 |
| *A nutrition-twist on the classic game of Freeze Tag.* |
| **Student Targets** |
| Skill | I will be able to change speed and directions safely during the game of Frozen Veggies. |
| Cognitive | I will identify at least 2 vegetables that are healthy foods during the game of Frozen Veggies. |
| Fitness | I will actively participate in the game of Frozen Veggies. |
| Social / Emotional | I will follow teacher directions for safe participation in Frozen Veggies. |
| MyPlate Objectives | I will give examples of foods to eat more of and explain why (Level 1). |
| Academic Language | MyPlate, Food Groups, Healthy Foods, Vegetables, Speed, Directions, Active Participation |
| Standards & Outcomes | Standard 2 E3: Speed, Direction, ForceStandard 3 E6: NutritionStandard 3 E2: Engages in Physical ActivityStandard 4 E6: Safety |
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| **Equipment / Resources*** 4 cones for boundaries
* 3-4 beanbags (or Critters) to designate Taggers
* Music (or other noisemaker) as a start/stop signal
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| **Activity Set-up**1. Create area boundaries with 4 cones.
2. Students scattered in general space.
3. Designate 3 to 4 students as Taggers with a beanbag or critter.
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| **Now Move!**1. This game is called Frozen Veggie Tag! When the music starts, try not to get tagged by a Tagger. Taggers, tag others on the shoulder with 2 fingers (not the beanbag or critter).
2. If you are tagged, get into “Freezer Position” with your feet apart, one hand on your hip and the other hand up for a high-5.
3. To get unfrozen, a classmate will come and say the name of a Frozen Veggie (examples = corn, peas, beans, spinach), and then will give you a high-5.
4. TEACHERS: Stop play after several minutes and choose new taggers.
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| **Talk About It (Debrief Q’s)**We heard our classmates name foods from the vegetable food group that we should eat more of. * Who can name one food that you heard and that you have eaten before?
* Who can name a food that you heard but you have not eaten before?
* Why is it important for us to eat veggies as often as we can?
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| **How to *Serve Up* more *MyPlate**** Download *Serving Up MyPlate* curriculum:<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
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