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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, Force  Standard 3 E6: Nutrition  Standard 3 E2: Engages in Physical Activity  Standard 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 | | | |
| **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. | | | |
| **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. | | | |
| **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? | | | |
| **How to *Serve Up* more *MyPlate***   * Download *Serving Up MyPlate* curriculum: <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum> | | | |

