# FROZEN VEGGIE TAG
(Aaron Hart – US Games - @nyaaronhart)

<table>
<thead>
<tr>
<th>Unit</th>
<th>Instant MyPlate Activities</th>
<th>Target Grade Level(s)</th>
<th>K-6</th>
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A nutrition-twist on the classic game of Freeze Tag.

## Student Targets

<table>
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<tr>
<th>Skill</th>
<th>I will be able to change speed and directions safely during the game of Frozen Veggies.</th>
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<tbody>
<tr>
<td>Cognitive</td>
<td>I will identify at least 2 vegetables that are healthy foods during the game of Frozen Veggies.</td>
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<tr>
<td>Fitness</td>
<td>I will actively participate in the game of Frozen Veggies.</td>
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<tr>
<td>Social / Emotional</td>
<td>I will follow teacher directions for safe participation in Frozen Veggies.</td>
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<tr>
<td>MyPlate Objectives</td>
<td>I will give examples of foods to eat more of and explain why (Level 1).</td>
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<tr>
<td>Academic Language</td>
<td>MyPlate, Food Groups, Healthy Foods, Vegetables, Speed, Directions, Active Participation</td>
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## Standards & Outcomes

- Standard 2 E3: Speed, Direction, Force
- Standard 3 E6: Nutrition
- Standard 3 E2: Engages in Physical Activity
- Standard 4 E6: Safety

## 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: