



## FROZEN VEGGIE TAG

(Aaron Hart – US Games - @nyaaronhart)

<b>Unit</b>	Instant MyPlate Activities	<b>Target Grade Level(s)</b>	K-6
<i>A nutrition-twist on the classic game of Freeze Tag.</i>			
<b>Student Targets</b>			
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		
<b>Equipment / Resources</b>			
<ul style="list-style-type: none"> <li>✓ 4 cones for boundaries</li> <li>✓ 3-4 beanbags (or Critters) to designate Taggers</li> <li>✓ Music (or other noisemaker) as a start/stop signal</li> </ul>			
<b>Activity Set-up</b>			
<ol style="list-style-type: none"> <li>1. Create area boundaries with 4 cones.</li> <li>2. Students scattered in general space.</li> <li>3. Designate 3 to 4 students as Taggers with a beanbag or critter.</li> </ol>			
<b>Now Move!</b>			
<ol style="list-style-type: none"> <li>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).</li> <li>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.</li> <li>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.</li> <li>4. TEACHERS: Stop play after several minutes and choose new taggers.</li> </ol>			
<b>Talk About It (Debrief Q’s)</b>			
<p>We heard our classmates name foods from the vegetable food group that we should eat more of.</p> <ul style="list-style-type: none"> <li>• Who can name one food that you heard and that you have eaten before?</li> <li>• Who can name a food that you heard but you have not eaten before?</li> <li>• Why is it important for us to eat veggies as often as we can?</li> </ul>			
<b>How to Serve Up more MyPlate</b>			
<ul style="list-style-type: none"> <li>✓ Download <i>Serving Up MyPlate</i> curriculum:  <a href="http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum">http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum</a></li> </ul>			

