



Hot Veggie Soup

(Adapted from “Hot Chicken Soup” by Hal Cramer in the book *The First Six Minutes*.)
 Available at www.greatactivitiesonline.com

Unit	Instant MyPlate Activities	Target Grade Level(s)	3-6
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Fitness, nutrition and fun – all stirred together!

Student Targets

Skill	I will move quickly when appropriate and slowly when appropriate during <i>Hot Veggie Soup</i> .
Cognitive	I will talk about the benefits of physical activity and healthy eating with a partner during the <i>Talk About It</i> session at the end of the instant activity.
Fitness	I will actively participate in the game of <i>Hot Veggie Soup</i> .
Social / Emotional	I will talk about why it's fun to be physically active with friends during the <i>Talk About It</i> session at the end of the instant activity.
MyPlate Objectives	I will identify the five main food groups during the <i>Talk About It</i> session at the end of the instant activity (Level 2).
Academic Language	MyPlate, Food Groups, Fruits, Vegetables, Grains, Protein, Dairy, Speed, Benefits, Physical Activity, Active Participation
Standards & Outcomes	Standard 2 E3: Speed, Direction, Force Standard 3 E6: Nutrition Standard 3 E1: Physical Activity Knowledge Standard 5 E1: Health

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. Provide enough perimeter room for all students to complete a lap.
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 Hot Veggie Soup! When the music starts, travel using a skip (or other locomotor activity) and 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, the Tagger will hand you the beanbag (or critter). You become the Tagger.
3. When the music stops, we're going to stir the Veggie Soup! Taggers will go to the center of the area and do jumping jacks. Everyone else will slowly jog around the perimeter.
4. When the soup is stirred well the music restarts. Step into the activity area to restart tag game.
5. TEACHERS: Call out different locomotor skills and speeds as the students travel around the perimeter. Observe and provide feedback as students work towards the Skill target listed above.

Talk About It (Debrief Q's)

Hot Veggie Soup is made with foods from the Vegetable food group.

- Tell your partner what the other 4 MyPlate food groups are, with examples of foods from each.
- Talk with your partner about why it's important to be active and eat healthy foods.
- Do you think that it's important to be active with friends? Why?

How to Serve Up more MyPlate

- ✓ Download *Serving Up MyPlate* curriculum:
<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

