# Hot Veggie Soup

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

Available at www.greatactivitiesonline.com

<table>
<thead>
<tr>
<th>Unit</th>
<th>Instant MyPlate Activities</th>
<th>Target Grade Level(s)</th>
<th>3-6</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
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<tr>
<td><strong>Fitness, nutrition and fun – all stirred together!</strong></td>
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<td></td>
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</tbody>
</table>

### Student Targets

<table>
<thead>
<tr>
<th>Skill</th>
<th>Cognitive</th>
<th>MyPlate Objectives</th>
<th>Academic Language</th>
<th>Standards &amp; Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will move quickly</td>
<td>I will talk about the benefits</td>
<td>I will identify the</td>
<td>MyPlate, Food Groups, Fruits,</td>
<td>Standard 2 E3: Speed, Direction, Force</td>
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<tr>
<td>when appropriate</td>
<td>of physical activity and</td>
<td>five main food</td>
<td>Vegetables, Grains, Protein, Dairy,</td>
<td>Standard 3 E6: Nutrition</td>
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<tr>
<td>and slowly when</td>
<td>healthy eating with a partner</td>
<td>groups during the</td>
<td>Speed, Benefits, Physical</td>
<td>Standard 3 E1: Physical Activity</td>
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<td>appropriate</td>
<td>during the Talk About It</td>
<td>Talk About It</td>
<td>Activity, Active Participation</td>
<td>Knowledge</td>
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<tr>
<td></td>
<td>session at the end of the instant activity.</td>
<td>session at the end of the instant activity.</td>
<td></td>
<td>Standard 5 E1: Health</td>
</tr>
</tbody>
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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. 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:
  