



MyPlate Walk/Jog Course

(Credits)

Unit	Instant MyPlate Activities	Target Grade Level(s)	K-6
<i>Quick Blurb</i>			
Student Targets			
Skill	I will complete laps by jogging or briskly walking.		
Cognitive	I will talk with my partner about healthy and “sometimes” food choices.		
Fitness	I will demonstrate a warm-up by walking/jogging for 4 minutes.		
Social / Emotional	I will exhibit conversational etiquette during discussions with my partner or group.		
MyPlate Objectives	I will give examples of foods that belong in each food group (Level 1). I will discuss “sometimes” food choices, and will provide at least one healthier food choice (Level 2). I will discuss at least one nutrition concept related to MyPlate essential questions (Level 3).		
Academic Language	MyPlate, “sometimes” foods, Food Groups, Fruits, Vegetables, Grains, Protein, Dairy, Speed, Benefits, Physical Activity, Jog, Warm-up		
Standards & Outcomes	Standard 1.E2 Jogging, running Standard 3.E6 Nutrition. Standard 3.E4 Fitness Knowledge Standard 4.E5 Rules & Etiquette		
Equipment / Resources			
<ul style="list-style-type: none"> ✓ 4 Cones ✓ Food Group Posters ✓ MyPlate Poster 			
Activity Set-up			
<ol style="list-style-type: none"> 1. Create a MyPlate walk/jog course using cones to outline the perimeter lap. 2. Place Food Group Posters at each cone. 			
Now Move!			
<ol style="list-style-type: none"> 1. As soon as you enter the activity area, find a partner or small group and begin walking or jogging around the perimeter of the MyPlate Course. 2. This is a walk and talk activity. Each time you pass a MyPlate poster talk with your partner(s) about the following topics: <ol style="list-style-type: none"> a. Level 1: Give examples of foods that belong in the food group shown on the Food Group Posters. b. Level 1: Build a healthy meal, adding a food from each group as you pass the Food Group Posters. c. Level 2: Discuss why it’s important to eat foods from each group as you pass the Food Group Posters. d. Level 2: Discuss one “sometimes” food choice, and one healthier food choice from each group as you pass the food group posters. e. Level 3: Describe the nutrition concept shown on each Food Group Poster. When you get to the next poster, begin discussing the next topic. 			
Talk About It (Debrief Q’s)			
I heard some great discussions as you were walking/jogging and talking.			
<ul style="list-style-type: none"> • What are some foods that you talked about? What food groups are those foods in? • What’s a “sometimes” food and who will give us an example of one? • Looking at the MyPlate Poster, how does MyPlate remind us to eat from each food group? 			
How to Serve Up more MyPlate			
<ul style="list-style-type: none"> ✓ Download <i>Serving Up MyPlate</i> curriculum: http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum 			

