MYPLATE TOSS AND GO
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**LEARNING TARGETS**

- **Health Skills:** I will discuss the 5 food groups and identify foods from each group.
- **Nutrition Education:** I will sort foods into the 5 food groups so I can build a healthy meal.
- **Social & Emotional Learning:** I will cooperate with my partner to build a healthy meal.

**What you need...**

- 1 Hoop per 2 students
- 1 Tossable object per 2 students (beanbag/spider ball)
- 1 MyPlate place mat per 2 students
- 1 Paper plate per 2 students
- Food Model Cards from USDairy.com

**How to set it up...**

- Place hoops along 2 sides of the gym parallel with each other to create large activity area.
- Scatter Food Model Cards throughout the center of the activity area.
- Pair students. Each pair in a hoop with a tossable object, a MyPlate Placement and a paper plate.

This activity is MyPlate Toss and Go!

- The object of the game is to build a healthy and balanced meal by collecting food cards from each food group.
- When the music starts, the first partner tosses the beanbag from your hoop and tries to land on a food card. Then, skip to collect your beanbag and card that it landed on. If the beanbag didn’t land on a card, come back empty-handed.
- Your partner can toss as soon as you return. If you land on a food from a group that you already have, leave the card and continue play.
- When you have all 5 food groups on your plate, quickly come to the plate cupboard to collect a new plate. Then return to your hoop and begin again.
- How many plates can you fill before you hear the stop signal?
- Challenge: If you hit a WHOA food, collect it and then you and your partner will perform 5 repetitions of your choice of exercise. Then, continue play.
- The game can be scored – 10 pts per plate; 1 point for each additional food card.

**Discussion Questions**

- What do you know about building a healthy meal?
- What is the name of a healthy food that belongs to each food group?

**Universal Design Suggestions**

- Move closer to food cards. Allow students to choose from a variety of tossable objects.