

MYPLATE ROCK, PAPER, SCISSORS (RPS)

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- **Health Skills:** I will discuss the importance of building balanced meals with nutritious foods.
- **Nutrition Education:** I will be able to name all 5 food groups.
- **Social & Emotional Learning:** I will demonstrate positive behaviors and use positive language while I compete with other teams.

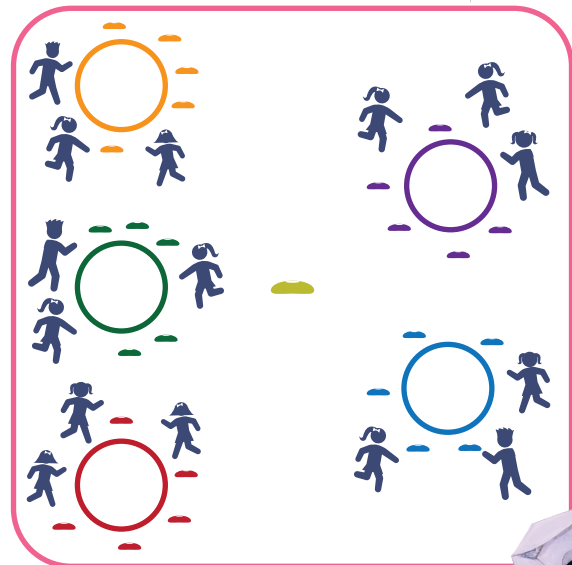
LEARNING TARGETS

What you need...

- 5 Low profile cones per team (1 each blue, red, purple, green, orange)
- 1 Yellow low profile cone
- 1 hoop per team for 5 or 10 teams (blue, red, purple, green, orange)

How to set it up...

- Spread hoops evenly in activity area with low profile cones of matching color surrounding the hoop.
- Place 1 yellow cone in the center of the area.
- Create 5 (or 10) equal teams – depending on class size.
- Send each team to a home base hoop.



This activity is MyPlate Rock, Paper, Scissors (RPS)!

- The object is to win games of RPS in order to collect all 5 food groups (cones), and then place them inside your team's hoop. Finally, compete for the "sometimes" food (yellow cone).
- On the start signal, send a teammate to another team to play RPS. If your team wins, take a cone from outside of their hoop and then place it inside of your hoop. As soon as you're back the next player can go.
- If you lose, return to your team right away so the next player can go.
- Once you gather the 4 other color cones, place your team's color cone in the hoop and then play the teacher in a game of RPS to try and win the yellow cone.
- The round ends when a team wins the yellow cone.

HOW TO PLAY

Discussion Questions

- What is a balanced meal? Why is it important to build balanced meals with nutritious foods?
- Can you name 1 nutritious food from each of the 5 food groups?

Universal Design Suggestions

- Allow students to travel and compete in pairs as a way of supporting students who may need it.
- Provide visual posters as reminders of the rules of Rock, Paper, Scissors.