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.

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.

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.