

MYPLATE SHOPPING CART ROCK, PAPER, SCISSORS

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- **Health Skills:** I will be able to identify the 5 basic food groups.
- **Nutrition Education:** I will be able to list nutritious foods from each food group.
- **Social & Emotional Learning:** I will work cooperatively with my team and compete fairly with others.

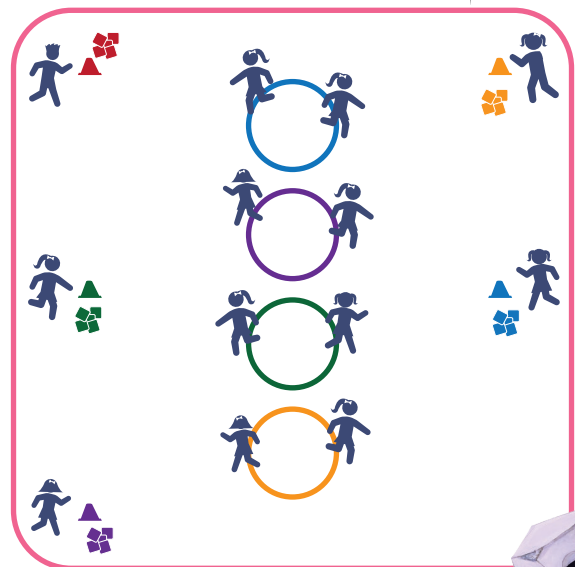
LEARNING TARGETS

What you need...

- 1 Hoop per team (shopping carts)
- 5 Different colored bean bags per team (Red, Orange, Green, Blue, Purple)
- 5 Different colored cones to match bean bag colors

How to set it up...

- Place 5 cones around the perimeter of the area.
- Place bean bags in piles next to cones of matching colors.
- Evenly space hoops in the center of the activity area.
- Create equal teams with 1 team per hoop.
- Assign 1 or more teams as check-out clerks behind cones.
- Easily modify this set-up for a smaller classroom.



This activity is MyPlate Shopping Cart RPS!

- The object is to fill your team's shopping cart with 1 food from each of the 5 food groups (5 total) to build a balanced meal. Do that by winning a game of Rock, Paper, Scissor (RPS) at each of the 5 check-out counters (cones).
- To begin, players must have a foot inside their hoops. On the start signal, all players scatter and go to different checkout counters (cones). Play RPS against the clerk. If you win, the clerk will give you a beanbag. If you lose, go to a different cone and try again. If you get to a cone and there is someone already playing, do jumping jacks while you wait.
- The round ends when a team collects all 5 food groups (colors).
- **Shopping list round:** Use a large white board with 5 color markers. When you collect a beanbag, quickly move to the whiteboard and write a food from that food group on the team shopping list. No food can be written on the list twice.
- The team that finishes first becomes the new check-out clerks.



HOW TO PLAY

Discussion Questions

- Why is it important to eat foods from each of the food groups?
- Can you name a food from each food group and 1 benefit of eating that food?

Universal Design Suggestions

- Allow pairs of students to work together – providing peer support for all students.