

Food Group Relays

Learning Objectives

- I can collect food and drink items to create a shopping list.
- I can create a shopping list that has a variety of foods and drinks from MyPlate.

K.3 The student will describe and demonstrate behaviors that promote health and prevent injury and disease.

Nutrition

- c) Create a shopping list that includes foods from each MyPlate food group.

Teacher Notes

- [MyPlate diagram](#)
- 50-100 food and drink cards
- 5 cones and 5 buckets (red, orange, green, blue, purple)
- Assessment materials – 1 MyPlate diagram and 5 food/drink cards (1 per category)

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Q and A (1 minute) Who can name a food group on MyPlate? (show MyPlate diagram)
- Hold up a food or drink card – who can tell us which food group it belongs to?

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Review 5 food groups of MyPlate (name, color, examples of each)
- Discuss the pink category which represents the limit group not on MyPlate

Step 3 (Application – how student will apply/practice new learning)

- Food Group Relays
 - The class will help create a “shopping list” by collecting a variety of food and drink items. Students will be evenly divided into 5 lines behind cones. Each team is assigned a food group (team cone matches the categories on MyPlate). On the “go” signal, the first person from each line will run to the other side of the gym and grab 1 food or drink card that belongs to their category. If the card doesn’t belong, hand it to the next person in line to return and exchange. When your group thinks they have all their cards, sit down. Change categories and repeat.

Assessments

- As a class, review the cards the teams collected for each category and correct the ones that are wrong. Ask if they think all items make a healthy and balanced grocery list.
- My Plate Assessment (Nutrition)
- Use the food/drink item cards and place them in the correct food group on the MyPlate diagram.



S+	S	S-	N
The student can identify all (5 out of 5) food groups on My Plate using the cards provided.	The student can identify most (3-4 out of 5) food groups on My Plate using the cards provided.	The student can identify some (1-2 out of 5) food groups on My Plate using the cards provided.	The student cannot identify any (0 out of 5) food groups on My Plate using the cards provided.

Extensions/Connections

- Discuss different [portion sizes](#).
- Offer a nutrition log or the “MyPlate Grocery Store Treasure Hunt” handout below.

Resources/References

- <http://teamnutrition.usda.gov/>
- Portion Sizes: [US Department of Health & Human Services](#)

Handout

- USDA: [MyPlate Grocery Store Treasure Hunt](#)
- myplate.gov