



Use the Fuel Food/Idle Food activity cards to play the following games.

MyPlate in Motion

Goal: Further explore the five food groups and work together to build a complete plate in a short amount of time.

Materials: 1 set of activity cards (large cards), FUEL food cards (set aside IDLE food cards for this game)

- Shuffle the cards and place the stack face down (hiding the food names from view). Each student should pick one card. Don't look
- Start the timer. Scramble to find other students with the other 4 food groups to create a balanced plate. (Five students/Five different food groups total in each group). Shout "MyPlate". Stop the timer and record the winning time.
- Have the winning team share their MyPlate foods with the entire class
- Read back the winning time. This time indicates the number of exercises(of teacher or students choice) the ENTIRE class will complete (exp. 37 seconds= 37 jumping jacks)
- Reshuffle, redistribute the cards and repeat.

Variation: You can now add in the idle cards and they have to find all six (6) elements of a balanced plate.



MyPlate Relay

Goal: For each team to fill their team's placemat with at least one of each of the five food groups and one idle food. There may be multiple cards within each group before the relay game ends. The game ends when one team's placemat is complete.

Materials: 1 full set of activity cards; 1 MyPlate placemats per team (min of 2 teams)

- Divide students and line up into single-file lines
- Place the laminated placemats at the opposite end of the gym or classroom, one placemat in front of each relay team.
- Scatter cards face down around the placemat.
- When you say go, the first student will run to the placemat, pick a card and place it on the correct food group or on the side of the placemat if it is an idle food. They will run back and the next student goes.
- The first team to fill their MyPlate placemat with all five foods and an idle food wins.



Fuel Food, Idle Food (Twist on Red Light, Green Light)

Goal: Students will work together to move across the gym with their team quickly and correctly while reviewing fuel and idle foods.

Materials: 1 full set of Activity Cards

- Line students up shoulder to shoulder on the back wall, divided into no less than 2 teams.
- Pick a finish line (ex: other side of the gym, cones across the room, etc.) to reach.
- Announce how the students will move forward (ex: baby steps, skipping, lunges, heel-to-toe, etc.). A different movement can be chosen for each game.
- A captain is chosen to read the cards.
- One card is read at a time by each captain and the group advances per the number stated in the red bar on left of card.
- The first team to have all of its members cross the finish line wins.