

Nutrition in PE 1.0

PreK	K
<ul style="list-style-type: none"> • Snack Attack • Poly Spot Nutrition • Toss a MyPlate 	<ul style="list-style-type: none"> • Poly Spot Nutrition • Toss a MyPlate • Food Group Pantry Tag
1 st	2 nd
<ul style="list-style-type: none"> • Toss a MyPlate • Food Group Pantry Tag • Nutrition Agility Relay 	<ul style="list-style-type: none"> • Toss a MyPlate • Nutrition Agility Relay • Food Collaboration
3 rd	4 th
<ul style="list-style-type: none"> • Food Group Pantry Tag • Nutrition Agility Relay • Roll-6 MyPlate 	<ul style="list-style-type: none"> • Nutrition Agility Relay • Food Collaboration • Roll-6 MyPlate
5 th	
<ul style="list-style-type: none"> • Food Group Pantry Tag • Nutrition Agility Relay • Roll-6 MyPlate 	



Nutrition in PE 1.0

Grades: PreK – 5th Grade (3rd – 5th in red)

Oklahoma Academic Standards for Physical Education

- Locomotor (S1.E3)
- Locomotor (S1.E4)
- Personal Responsibility (S4.E1)
- Accepting Feedback (S4.E3)
- Health (S5.E1)

Oklahoma Academic Standards for Health Education

- Identify the recommended amount of physical activity for children. (1. PA.2.1)
- Identify ways to increase daily physical activity. (1. PA.5.1)
- Explain how physical activity can be incorporated into daily life without special exercise equipment. (1. PA.8.1)
- Identify a variety of healthy foods and snacks. (1.NU.2.2)
- Explain the importance of eating a variety of foods from multiple food groups. (NU.5.2)

Health Behavior Outcomes

- Eat lots of fruits and vegetables. (FN-3)
- Choose a variety of options within each food group. (FN-2)

Objectives:

By the end of this lesson students will be able to:

- Identify the recommended amount of physical activity.
- Demonstrate ways to incorporate physical activity into daily life.
- Identify a variety of foods from each of the 5 food groups.
- Explain the importance of eating a variety of foods from multiple food groups.

Introduction:

Hello my name is (insert here)! I work for the Tulsa Health Department School Health Program, and I am a health teacher.

Health Definition:

Today we are going to be talking about nutrition, which is a part of our health. Our definition of health is:

- Health is when my body feels good, my brain feels good, and I feel safe to learn, grow and play.



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Nutrition Introduction:

Nutrition is about the food we eat and how it helps our bodies. Eating healthy foods gives us the vitamins, minerals, and energy we need to grow, play, and feel good. Some foods help our bodies become strong and stay healthy, while others don't give us what we need.

Ask and Discuss:

- Have you ever heard of MyPlate?
 - MyPlate is an accurate and reliable health resource that puts food into categories. The categories are fruits, vegetables, grains, protein, and dairy.
- Show me with your fingers how many food groups are part of MyPlate.
 - 5 food groups
- MyPlate has different colors that represent the five food groups. Name a food from each food group.
 - Fruit (red)- strawberry, banana, peach, pineapple
 - Vegetable (green)- broccoli, carrots, asparagus, potatoes
 - Protein (purple)- chicken, steak, beans, fish
 - Grains (orange)- whole grain bread, pasta, oatmeal
 - Dairy (blue)- milk, cheese, yogurt
 - Sometimes Foods (yellow) candy, chips, ice cream

MyPlate.gov represents what and how much to eat from each of the food groups over the course of the day. It's important to eat a variety of foods from each of the five food groups every day. A variety means eating different types of foods.

References:

Blaydes, J. (2000). Thinking on Your Feet. Action Based Learning.

USDA. "Fruits." *MyPlate*, www.myplate.gov/eat-healthy/fruits. Accessed 30 May 2023.

USDA. "Vegetables." *MyPlate*, www.myplate.gov/eat-healthy/vegetables. Accessed 30 May 2023.

USDA. "What is MyPlate." *MyPlate*, <https://www.myplate.gov/eat-healthy/what-is-myplate>. Accessed 30 May 2023.



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Snack Attack

Grades: PreK – 2nd

Objectives:

- Students will reinforce their understanding of the importance of balanced snacks and the five food groups through interactive play and hands-on learning

Materials:

- Hula hoops
- Bean bags

Set-up:

- Spread out hula hoops (snack plates)
- Spread out bean bags outside the hoops (snack foods)

Directions:

- Students will be assigned as snack builders or a snack attacker.
- Snack builders will pick up one bean bag at a time and place it on the snack plate (hula hoop).
- Students who are assigned to be a snack attacker will be removing the snacks (bean bags) from the snack plates (hula hoops).
- Switch snack builders and snack attackers as needed.



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Poly Spot Nutrition

Grades: PreK – 2nd

Objectives:

- Students will practice identifying colors.
- Students will practice identifying food groups.
- Students will practice locomotor skills and follow instructions.

Materials:

- Nutrition poly spots
- Food group die
- Speaker

Set-up:

- Spread the food group poly spots throughout the play area.

Directions:

- Play music and instruct students to use a locomotor movement in a circle around the food group poly spots.
- When the music pauses, students will freeze in place.
- The instructor will roll the food group die and will announce the food group/food group color to the students.
- Students will find the food group/color called by standing on the food group poly spot.
- More than one student can stand on a food group poly spot at a time.
- Ask students to name foods that are in the food group called.
- Instruct students to do an exercise together spelling the food group that was called.
- Repeat steps.



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Toss a MyPlate

Grades: PreK – 2nd

Objectives:

- Students will identify and recognize the five food groups represented by beanbags and understand their role in building a balanced meal on MyPlate.
- Students will develop and refine underhand tossing skills, hand-eye coordination, and gross motor movement through running and tossing activities.

Materials:

- Hula hoops
- Bean bags (MyPlate colors)
- Poly spots
- Cones

Set-up:

- Place cones at one end of the playing area (baseline).
- Place 5 poly spots in front of cones with equal distance apart. (MyPlate colors)
- Place a beanbag on each poly spot. (MyPlate colors)
- Place a MyPlate (hula hoop) at the end of the poly spots and beanbags.

Directions:

- The first student in line will go to the first poly spot closest to the hoop and try to toss it underhand into the MyPlate (hula hoop).
- If the student makes the bean bag into the MyPlate, the student will run back to their line and high five the next student.
- The next student will run to the poly spot and toss the bean bag to the MyPlate.
- If the student misses the MyPlate, they will pick up the beanbag and place it on the poly spot.
- This play continues until a team gets all 5 beanbags/food groups into their MyPlate.



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Food Group Pantry Tag

Grades: PreK – 5th

Objectives:

- Students will practice identifying fruits and vegetables.
- **Students will practice identifying foods in each food group.**

Materials:

- Food group bean bags
- Food group bags (red, blue, orange, purple, green, yellow)
- Tagging sticks (2)

Set-up:

- Set-up the 6 food group bags at one end of the playing area.
- Put the food group bean bags at the opposite end of the playing area.
- Taggers will start in the center of the playing area.
- Students will line up in front of the food group bags.

Directions:

- Students will try to run to the opposite end of the playing area to pick up a bean bag without getting tagged.
- If students are tagged, they will return to the starting point and try again.
- Once a student has a bean bag in their hand, they are “safe”.
- Students will return the bean bag to the “pantry” (corresponding food group bag).
- Once all bean bags are collected, the “pantry” is full.



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Nutrition Agility Relay

Grades: PreK – 5th

Objectives:

- Students will identify and categorize foods into the correct food groups (Fruits, Vegetables, Grains, Protein, Dairy, etc.).
- Students will perform various exercises (e.g., jumping jacks, squats, lunges) to enhance their cardiovascular endurance, muscular strength, and overall physical fitness.
- Students will collaborate with their team to collect a variety of food group bean bags to build a balanced plate, encouraging cooperative play and communication.
- Students will understand the importance of eating a variety of foods by actively engaging in a game that reinforces knowledge of the five food groups.

Materials:

- Station cones (6)
- Food groups cone labels (6)
- Exercise sheets (6)
- Food group dice/or dice (6)
- Food group bean bags (1 set)
- MyPlate mats (6)
- Agility ladders (1)
- 4lbs weighted bars (2)
- Jump ropes (2)

Set-up:

- In the playing area, set-up six stations.
- Each station should have food group bean bags, exercise sheets, and exercise equipment.

Stations:

Station 1: Fruit	Station 2: Vegetables	Station 3: Protein	Station 4: Grains	Station 5: Dairy	Station 6: SOMETIMES foods!
Agility Ladder	10 Jump Ropes	10 Mountain Climbers	Crab walk to cone	10 Barbell curls	10 Knees to Elbow



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- Create teams of three to five students.
- Each team will line up behind their assigned cone at the baseline (perimeter of the playing area).
- Each team will need a die.
- The first student in line will roll the food group dice. They will run to the food group station that matches the color/food group they rolled.
- At the station, students will complete the exercise on the cone, then grab a food group bean bag that matches the station they are at to take back to their team.
- The next person in line will start the process again.
- Each bean bag is a point. The yellow (sometimes foods) bean bags are negative points.



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Food Collaboration

Grades: PreK – 5th

Objectives:

- Students will practice identifying fruits and vegetables.
- Students will practice identifying foods in each food group.

Materials:

- MyPlate laminated handouts (6)
- Food group die (1)
- Cones (6)
- Dry erase makers (6)
- Nutrition bean bags

Set-up:

- Put 6 cones at one end of the playing area.
- Divide the students into 6 teams.
- Each team line up behind the cones.
- Spread out nutrition bean bags at other end of playing area.
- Put MyPlate laminated handouts with dry erase maker on opposite end of cones.

Directions:

- Instructor will roll the food group die and name the food group for students to find (i.e. protein).
- The first student in line will run down to the bean bags and grab a bean bag that matches with the food group rolled.
- The first student will run down to the MyPlate laminated handout and will circle a food from the food group rolled (i.e. chicken breast).
- Repeat the process for each student on the team.



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Roll 6 MyPlate

Grades: 3rd – 5th

Objectives:

- Students will practice identifying food groups.
- Students will practice creating a balanced meal.
- Students will practice locomotor skills and following instructions.

Materials:

- Food group beanbags
- Food group dice
- 5 Cones (red, blue, orange, purple, green)
- MyPlate handout (at each cone)

Set-up:

- Set five cones at one end of the playing area.
- Each cone will need a food group die and a MyPlate handout.
- Put 6 food group bean bags (including sometimes foods) across the playing area from the cones.
- Students will stand in line behind their team cone.

Directions:

- The first student in each line will roll the die. If the student rolls a fruit, they will run down and get a fruit beanbag and bring it back to their team.
- Students are trying to get all 6 bean bags to their MyPlate.
- If a student rolls a food group they already have, they must take the bean bag back down to other end of the playing area.
- Once all bean bags are on their team's MyPlate, students on the team will sit down.



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