

## FOOD GROUP FUEL UP CHALLENGE

### LESSON 3 THREE

- Correctly identify each food group and its key nutrient.
- Work together as a team to accomplish a goal.
- Demonstrate proper form for three bone builder fitness activities.



**FOOD GROUP FUEL UP CHALLENGE**

Names: \_\_\_\_\_

At each station:

1. Collect a sticker and place it in the correct triangle.
2. Move to Homebase using the directions in the arrows.
3. Write the name of the food group in the box below the triangle.
4. Circle the key nutrient for the food group and what it does.

Station 1: Food Group: \_\_\_\_\_  
 Vitamin C or B Vitamins  
 Turn Food into Energy or Healthy Immune System

Station 2: Food Group: \_\_\_\_\_  
 Protein or Fiber  
 Strong Muscle or Good Digestion

Station 3: Food Group: \_\_\_\_\_  
 B Vitamins or Calcium  
 Turn Food into Energy or Build Strong Bones & Teeth

Station 4: Food Group: \_\_\_\_\_  
 Protein or Vitamin A  
 Healthy, Strong Muscles or Healthy Eyes & Skin

Station 5: Food Group: \_\_\_\_\_  
 Calcium or Vitamin C  
 Turn Food into Energy or Build Strong Bones & Teeth

Homebase

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<b>Lesson Title</b>	Lesson 3: Food Group Fuel Up Challenge	
<b>Lesson Overview</b>	Team challenge to identify the Five Food Groups and match key nutrients.	
<b>Estimated Time</b>	30-45 minutes	
<b>Grade Level Learning Standards</b>	<p><b>3<sup>rd</sup> Grade:</b></p> <ul style="list-style-type: none"> <li>Participate in developmentally appropriate activities to improve overall fitness. PE3.6.3</li> </ul> <p><b>4<sup>th</sup> Grade:</b></p> <ul style="list-style-type: none"> <li>Classify nutrients found in foods. H1.N1.4b</li> <li>Demonstrate working cooperatively with others. PE4.4.3a</li> <li>Participate in developmentally appropriate activities to improve overall fitness. PE3.6.4</li> </ul> <p><b>5<sup>th</sup> Grade:</b></p> <ul style="list-style-type: none"> <li>Describe how body function and composition are affected by food consumption. PE3.8.5b</li> <li>Participate in developmentally appropriate activities to improve overall fitness. PE3.6.5</li> </ul>	
<b>Learning Outcomes</b>	<p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Correctly identify each food group and its key nutrient.</li> <li>Work together as a team to accomplish a goal.</li> <li>Demonstrate proper form for three bone builder fitness activities.</li> </ul>	
	<b>Lesson Preparation</b>	<b>Equipment/ Resources</b>
	<p>Cut the Food Group Sticker sheets into individual stickers (you will need at least five stickers of each). Place five cones around the gym according to Food Group Fuel Up Challenge handout. Place the Food Group Stickers underneath each cone. Post Choose Fresh Kit posters around the gym. Determine what resources you may need to provide students to assist with matching food groups and key nutrients (see note in lesson).</p>	<ul style="list-style-type: none"> <li>5 large cones</li> <li>Five Food Group Stickers (<a href="http://eatsmart.org">available at eatsmart.org</a>)</li> <li>Choose Fresh Kit (<a href="http://eatsmart.org">available at eatsmart.org</a>)</li> <li>Bone Builder Fitness Cards (from Lesson 1)</li> <li>Food Group Fuel Up Challenge handout (included)</li> <li>Bean Bags</li> <li>5 pencils</li> <li>Optional: MyPlate Wheels (<a href="http://eatsmart.org">available at eatsmart.org</a>)</li> <li>Optional: MyPersonal Plate (<a href="http://eatsmart.org">available at eatsmart.org</a>)</li> </ul>

**Lesson Introduction**

**Estimated Time: 10-15 minutes**

**Step 1: Instant Activity & Fitness Development**

Have students line up on one side of the gym. Instruct students to inchworm the length of the gym once, then side shuffle down and back once before gathering for fitness development instruction.

Select three bone builder activities from the Bone Builder Fitness Cards (recommended activities: Sit-Ups, Push-Ups and Glute-Kickers). Demonstrate activities using the critical elements and cues from the Bone Builder Fitness Card instructions. Demonstrate modifications as necessary. After each demonstration, have students do ten of the activities and provide feedback on their form.

**Step 2: Food Groups & Key Nutrients Introduction**

Explain that today's lesson is the Food Group Fuel Up Challenge. The purpose of this activity is to correctly identify each food group and its key nutrient.

Review the information from the previous lesson by asking review questions such as:

- Why should I eat from all Five Food Groups each day?
- What does a balanced diet mean?

Review from Lesson 2:

- Our bodies need a variety of nutrients each day for all body systems to function properly.
- The best way to fuel up is to eat a balanced diet which includes eating a variety of foods from all Five Food Groups.
- Since each food group contains different and unique key nutrients, we miss out on nutrients our body needs when we are not eating foods from all of the food groups. For example, if I am not eating enough fruits in my diet, then I may not be getting enough vitamin C, since foods in the other food groups are not very high in vitamin C.

**Lesson Content & Activities**

**Estimated Time: 15 minutes**

**Step 1: Directions for the Fuel Up with Food Groups Challenge**

The objective of this activity is to work as a team to correctly identify food groups and key nutrients and complete the Food Group Fuel Up Challenge handout.

Each team will have two bean bags, one pencil, and one Food Group Fuel Up Challenge handout. Explain that underneath the cones on one side of the gym are Food Group Stickers. Each team will need to collect stickers from all five of the food groups, correctly circle the key nutrients for each and match the nutrients to their function. The first team to complete the task wins the challenge. Part of the team’s strategy may be finding resources which answer the questions. **Note:** Based on the ability level of your class, point out the Choose Fresh Kit posters for spelling. Posters also reference key nutrients. Alternatively, provide Nutrition Facts labels (such as from food model cards or container labels) for students to analyze. Distribute other resources as necessary.

**Rules:**

- In order to compete the Food Group Fuel Up Challenge handout, each team must collect all five Food Group Stickers from underneath cones on the opposite side of the gym.
- A team member can only leave home base to collect a sticker or nutrition information with a bean bag on his/her head, the bean bag must remain on the head the whole time—if it drops then the team member must pick it up and return it to his/her head and return to home base.
- Since there is only one bean bag per team, teammates must take turns leaving home base. Once a student has left home base with the bean bag—they cannot go out again until everyone on their team has had a chance to go.
- Teams can only collect one sticker at a time.
- Each team member can only collect one sticker during the challenge.

**Activity Concept:** Students must develop a plan for how to get information the fastest. Posting nutrition information strategically around the gym will increase student activity level.

**Collect the student handouts and provide correct answers:**

(Dairy, Calcium, Strong bones & teeth) (Grains, B Vitamins, turns food into energy and keeps a healthy heart) (Vegetables, Vitamin A, Healthy eyes & skin)  
(Protein, Protein, Healthy, strong muscles) (Fruit, Vitamin C, Healthy immune system)

**Closure/Assessment**

**Estimated Time: 5-10 minutes**

Review how the Five Food Groups contribute to a balanced diet by having students talk with a partner.

Below are possible discussion questions:

- How does protein help me fuel up and be active (Possible answer: Helps the body build, maintain, and repair tissues/muscles)
- What did I eat or drink yesterday that had calcium?
- What food group has B Vitamins as the key nutrient? (Answer: Grains)

**Ideas for Differentiating Instruction**

**- Alternate Conclusion**

- Every person needs a different amount of each food group based on their age, gender, and how active they are. Use the MyPlate Wheel to demonstrate how many servings of each food group a student in the class would need (use student's age and moderate activity level). Remind students that we want to balance what we eat in order to get the right amount of nutrients from each food group. The MyPlate Wheel recommends a healthy diet, with the right number of servings for each food group for balance.

**- Take Home Activity**

- Distribute MyPlate Wheels and the MyPersonal Plate handouts for students to complete. Direct students to focus on "balance" based on their age, gender, and activity level. Students may return completed handouts for points for their team.

**The Team Challenge**

**Recommended Points:**

- 10 total points for having the handout filled out correctly (2 points for each box)
- 2 points for each person who returns a completed MyPersonal Plate handout

# FOOD GROUP FUEL UP CHALLENGE

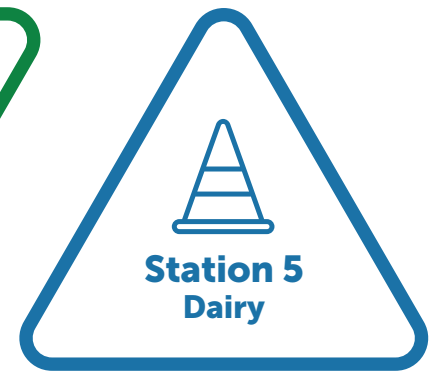
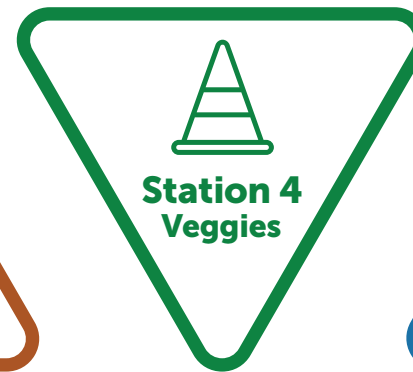
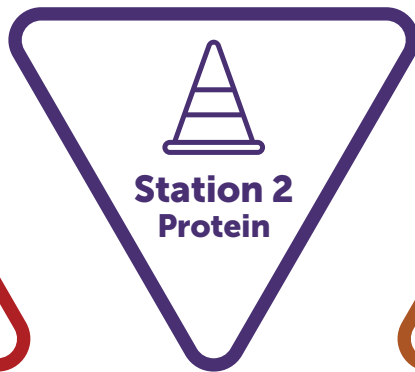
## Set Up & Answer Key

### Station Set Up:

1. Cut the sticker sheets into individual stickers.
2. Organize stickers by food group.
3. Place each food group stickers under the numbered cone corresponding the chart window.
4. Post nutrition information from "Choose Fresh Kits."

### Activity Instructions—At each station:

1. Collect a sticker and place it in the correct triangle.
2. Move to Homebase using the directions in the arrows.
3. Write the name of the food group in the box below the triangle.
4. Circle the key nutrient for the food group and what it does.



Food Group: Fruit

Food Group: Protein

Food Group: Grains

Food Group: Veggies

Food Group: Dairy

Vitamin C or B Vitamins	Protein or Fiber	B Vitamins or Calcium	Protein or Vitamin A	Calcium or Vitamin C
Turn Food into Energy or Healthy Immune System	Strong Muscle or Good Digestion	Turn Food into Energy or Build Strong Bones & Teeth	Healthy, Strong Muscles or Healthy Eyes & Skin	Turn Food into Energy or Build Strong Bones & Teeth



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Turn Food into Energy or Healthy Immune System	Strong Muscle or Good Digestion	Turn Food into Energy or Build Strong Bones & Teeth	Healthy, Strong Muscles or Healthy Eyes & Skin	Turn Food into Energy or Build Strong Bones & Teeth

