

Healthy Island

Learning Objectives

- I can identify and collect a variety of healthy food and drink items while limiting unhealthy choices.
- I can correctly identify at least 3-4 food and drink items on a MyPlate assessment.
- 1.3 The student will identify specific rules and practices to promote personal safety and socially responsible behaviors.

Nutrition

b) Explain that all foods can fit into a healthful diet through balance, variety, and moderation.

Teacher Notes

- MyPlate diagram
- 200 food and drink cards
- 5 sets of buckets, hoops, cones and scooters (red, orange, green, blue, purple)
- 1-2 XL or L hoops
- 2 pink scooters and noodles
- Assessment materials 1 MyPlate diagram and 5 food/drink cards (1 per category)

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Review 5 food groups of MyPlate (name, color, examples of each)
- Discuss the pink category which represents the limit group.

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

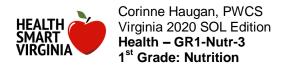
 Sharks in game are a reminder that we can maintain a healthy diet through balance, variety, and moderation. We don't need to eat everything or all of what we want or see.

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

- Healthy Island
 - On "go" signal, one player from each team (each team represents a category of MyPlate, and their equipment matches the color) will "swim" on a scooter to the center island (hoop holding all the food/drink cards), grab 1 card and bring it back to group bucket without being tagged by a shark (on pink scooters holding pink noodles). If tagged, you must return your card to the center and switch with a teammate. Switch taggers often. Rotate groups to different categories.

Assessments

 As a class, review the cards the teams collected for each category and correct the ones that are wrong.



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

Resources/References

- Adapted from **Dawn Burke** in Virginia Beach, VA <u>pecentral.org</u>
- myplate.gov