

## “Jump Start January”

### LOWER ELEMENTARY TICKLER:

#### Nutrition Lesson:

“Food Group Colors” The lesson identifies colors that relate to each food group and incorporates math concepts (Located on page 31 of the MNTT Binder under Lower Elementary Lessons)

#### Physical Activity Lesson:

#### Food Pyramid Tag

**Academic content:** Health

**Purpose of Activity:** The purpose of this activity is to reinforce what children have learned in the classroom about healthy eating habits and physical activity.

**Prerequisites:** Prior knowledge of the food pyramid, including the different food groups and suggested servings per day.

**Suggested Grade Level:** 3-5

**Materials Needed:** • 4 blank food pyramid charts • laminated pictures of food that represent each food group • poly spots • two colored pennies

**Physical activity:** Dodging, Fleeing, Locomotor Skills

#### Description of Idea

Divide the class into four equal groups and assign each group to a separate food pyramid. In the center of the gym create a large circle with poly spots. Place pictures of the different foods for the pyramid in the circle. Place each of the food pyramid charts on the outside edge of the gym from the center circle.

Choose two students to be taggers, who will wear pennies. On the signal, students from each team will move to the center of the gym and attempt to retrieve an item of food to take back to their food pyramid chart - without being tagged. If they are tagged during their attempt, they must hand over the food item to the tagger who places the food back in the pyramid circle. During the activity, when the whistle/drum sounds everyone must freeze and the teacher will instruct the students on a different locomotor movement to perform when the whistle/drum is sounded again to restart the activity. The game is over when one team has completely filled the food pyramid chart.

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8144>

**Recipe:** Purple Party Parfait – Get your food group colors in one tasty snack.

[http://www.fruitsandveggiesmorematters.org/?page\\_id=35&iRID=251](http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=251)

