Name/Title: Food Group Craze

Purpose of Event: To learn or reinforce prior learning of the food groups within the food guide pryamid.

Suggested Grade Level: K-12

Materials Needed: Clean food labels or packages from the various food groups (have different classes bring labels from the different food groups), 2-4 large boxes, 12-14 large cones, 6-8 deck rings (deck rings are sized and shaped like frisbees with the center cut out (they look like very skinny donuts), 6 hula hoops, posters of the various food groups.

Description of Idea

Placement of equipment:

1) Put the 2-4 large boxes containing the food labels/packages at one end of the activity area (evenly divide the labels throughout the boxes).

2) Put 6-8 large cones evenly spaced at the center of the gym and place a deck ring on each cone.

3) Put the posters of the food groups on the other 6 large cones (if you do not have posters, just make your own by gluing various labels on posterboard) and space the cones evenly at the opposite end of the gym. The cones will have the posters showing the various food groups:

- Breads/cereals/rice/grains
- Fruits
- Vegetables
- Milk
- Proteins
- Sweets/Fats/Oils

4) Put one hula hoop in front of each poster cone.

Divide the class into teams of 3-5 and have each team stand behind one of the cones at the center of the gym. On the signal, the first person in each team will take the deck ring, move to the boxes, pick a label from the box, return to their team and as a team decide where the label should go.

Once the team has decided, the person with the deck ring will move to the appropriate food group and place the label in that hoop. They then return to their team and pass the deck ring to the next person. The deck ring reminds the students when it is their turn (Only those students

with the ring can be moving).

The class is working on this game as a whole although they are divided into smaller sub-groups to allow for more movement. If a student sees that an item has been placed in the wrong food hoop, he/she can choose to correct it when it is his/her turn (instead of going to get another label). Continue the activity for as long as you like.

Variations:

An additional idea might be to add a hula hoop for those items on which the students cannot agree. Then, at the end of the class, decide as a whole group where that "controversial" item might go.

Assessment Ideas:

At the end of the activity, the teacher and students will review what items were placed in the various food hula hoops. If an item is incorrect, have the students work together to determine the correct placement of a food label. If an item falls within several food groups, have students explain why. You may also use this opportunity to discuss the ingredients in the food.

Submitted by **Teri Charpenel** who teaches at Fulton Elementary School in Tinley Park, IL. Thanks for contributing to PE Central! **Posted on PEC: 6/8/2002**.

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