Name/Title: Fishing for Good Nutrition

Purpose of Event: To help students identify the food group that various foods fit into according to the food guide pyramid.

Suggested Grade Level: K-2

Materials Needed: Yard stick, string, magnet, food cards, poster of food groups, paper clips

Note: Food cards are simply 3 X 5 cards with pictures or words representing a wide variety of common foods.

Description of Idea

Arrange the students so they are sitting in a circle. If you can have several circles set up as opposed to the entire class. In the middle of the circle place food cards (a large variety) face down (food cards must have a paper clip attached to them).

Explain to the students that this is the fish pond and the food cards are the fish. Attach the string to the yard stick and a magnet to the end of the string. Give each student a turn to "fish" in the pond by putting the yard stick over the pond and attaching the magnet to the paper clip. The student will then reel in the food card and look at it to decide which food group on the food guide pyramid that it belongs to. The student will then ask the group if they agree.

Variations:

The number of servings per day for each food group can also be incorporated into this lesson.

Can also be used with items for a first aid kit or safety cards.

Submitted by **Jill Yarkey** who teaches at Dryden Memorial in Springfield, MA. Thanks for contributing to PE Central! **Posted on PEC: 11/11/2002**.

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