Name/Title: **Food Pyramid Tag**

Academic content: Health

Purpose of Event: 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.

Variations:

To make the game more difficult you could increase the number of taggers.

Assessment Ideas:

After one team has completed their pyramid chart, bring the class together to review the foods that were selected to see if they are in the correct sections. Quiz the students on additional foods that can be placed in the pyramid.

Teaching Suggestions:

To make the activity easier to complete, one can shorten the distance from the center to each pyramid.

Submitted by **Kristin Juergens** in Depew, NY. Thanks for contributing to PE Central! **Posted on PEC: 2/3/2008**.

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