

W10240 MyPlate Food Spots Activity Ideas



Caution: These spot markers are designed primarily as a visual aid. They will hold up to occasional stepping and jumping on by kids, but they are not meant to be used as bases that are continuously stepped on.

Contents: 38 – 6” diameter spot markers
9 – Fruit, 9 – Vegetable, 8 – grain, 8 – protein and 4 – dairy spots

Activity Ideas

Balanced Plate Race – Divide your players into 2 to 4 teams with an equal number of players. Assign each team a home area designated by a hula hoop or similar sized object (or use floor tape to mark out an area). In a gym or other large open play area, randomly place all the spot markers on the floor with the graphics side face down. At the start all team members must be inside or as close as possible to their home area. At a start signal all players exit their home area and race to find a spot from each food category. Players flip over a spot and can bring one spot back to their home base and place it inside the area face up. A player may only carry one spot at a time and a team may only have one spot from each food group in their home area. If they get to their home area and find that a spot from the same food group is already in their area they must return the spot they have to the place where they found it (as close as possible) and place it face down again. Once a team has 5 spots, with one spot from each food group, face up in their home area they must join hands, raise them up and shout “done”. The first team to shout done and have 5 spots in their area wins the round. Mix up the locations of the spots between rounds. For added difficulty have the players arrange their spots in a configuration like MyPlate with one spot in each quadrant and the dairy spot just outside their home area off to the right.

Food Fight Race - Divide your players into 2 to 4 teams with an equal number of players. Assign each team a home area designated by a hula hoop or similar sized object (or use floor tape to mark out an area) and a food group with a cool name like Goody Grains, Fabulous Fruits, Valiant Vegetables, and Popular Proteins (there is no dairy team). Remove one fruit and one vegetable, so that there are 8 fruit, vegetable, grain and protein spots. You can include the dairy spots or remove them. In a gym or other large open play area, randomly place all the spot markers on the floor with the graphics side face down. At the start all team members must be inside or as close as possible to their home area. At the start signal players race to gather all spot markers from their teams food group. Players peak at spots to determine if it is one in their food group, if it is they can pick up that spot and place it face up in their home area. If it is not, they leave it where it is face down. Once a team has all 8 of their spots face up in their home area they must join hands, raise them up and shout “done”. The first team to shout done wins the round.

Match Game - Divide your players into 2 to 4 teams with an equal number of players. In a gym or other large open play area, randomly place all the spot markers on the floor with the graphics side face down. Players from each team form a single file line. At a start signal, one player from each team goes to the floor and may look at two spot markers. If the two spot markers are from the same food category, the player picks up those spots and brings them back to their team. If the markers do not match, they leave the spots face down in their same position. The first team with 5 matches wins that round. Players will probably want to bend down and peak at the spots that they are looking at so that the other teams cannot see them. Players are allowed to communicate with their teammates throughout the game. For younger kids and or smaller group it might be easier to fewer spot markers and or lay the spot markers out in a grid format.

Favorite Food Gathering – This is more of a social activity than a game. Spread out all the spots face up in a large area. Call out a food group and have players gather near their favorite food spot from that food group. Make sure players go to a spot from the correct food group. If some are at a wrong type of spot, gently tell them that the spot they are at is in a different food group (be specific, for example: an apple is a fruit and your looking for a vegetable). Ask a few players to discuss what they like about their favorite food from that group, when they last ate it, how they like it cooked, have they ever cooked it or helped cook it, have they grown it in their garden, is it a healthy food, what types of vitamins does it provide and similar types of questions. For younger kids, you may want to call out both the food group and the color spot on the MyPlate graphic to look for.

Name That Food Category – This activity works best for a smaller group of 2 to 6 players. In a gym or other large open play area, randomly place all the spot markers on the floor with the graphics side face down. One at a time a player flips over a spot and attempts to name the food category for that spot. If they get the category right, they get to keep the spot. If they get it wrong the leave the spot where it is face down. Many variations are possible with this activity. For players that are new to the MyPlate colors and food categories, you could have the first person to get 5 spots correct win. Once players start to recognize the colors that are associated with each category, you could require the winner to find and correctly identify one and only one food spot from each food category so it becomes a bit more of a matching game.