**Materials** 

Copy this page or have paper and

Download a copy of the Digestive

System Relay word search for each

Tips

Visit ChooseMyPlate.gov for meal and

Food Groups/Laps

Check Off Each Time

You "Eat" A Food Group

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MyPlate

▲ Protein

**★** Grains

■ Fruits

Dairy

Vegetables

group at LearnAboutAg.org/

agbites.

pencil to keep track of laps and food

• Ag-Bite game board

1 Die (for each group)

Space for Physical Activity

Markers for game board



# Track Your Nutrition

ON YOUR MARKS, GET SET, GO! Join the track meet! To win the race, you must "eat" from all five food groups and complete at least three laps. Learn fun facts about the food groups and how your body uses the foods you eat. Get ready to get active!

# Game

- 1. Gather materials to play the game. You can play with the whole class or make copies and play in small groups.
- 2. Roll the dice, move that number of spaces, read the fact and do the activity.
- 3. Keep track of your laps and what food groups you've eaten. Make a copy of this page or use another sheet of paper to record.
- 4. You're finished when you've eaten all 5 food groups and have made at least 3 laps.
- 5. OPTION: Do the Digestive System Relay word search activity with your class when you land on the space.

#### activity ideas. Beef is high in ZIP: Zinc, Iron, Visit LearnAboutAg.org/factsheets for and Protein! Zinc helps maintain energy levels, Iron helps more information about commodities One acre Blueberries metabolize proteins, and grown in California! of Wheat can are a rich source of Proteins help build muscle be turned into mass and stabilize blood

sugars. Do 10 tricep

A diet rich in whole dips to build muscle grains has been shown to mass in your arms. reduce the risk of heart disease Name the benefits type 2 diabetes, obesity, and of eating foods some forms of cancers. Mill your high in ZIP. wheat while you do 10 windmills!

1,500 loaves of bread

The green in your Lettuce is from chlorophyll used by plants in photosynthesis. Reach up to the sun like a sprouting plant and do 2 sun salutations. Remember to focus on your breathing.

Granola grains

such as Wheat, Oat,

Corn, Barley, and Rice

are good sources of healthy

fat. Healthy fat helps lower

cholesterol and blood pressure.

Aerobic exercises also help lower

cholesterol and blood pressure.

Get your aerobic exercise by

powerwalking one lap.

Milk is a dairy product and is used to produce cheese, ice cream, and yogurt. All high in calcium! Calcium helps make your bones strong. Do a 25-second wall sit

> an antioxidant, which is good for your cells. While holding a plank, come up with ten meals that you can eat tomatoes with and enjoy!

> > Carrots are high in vitamin A - good for your eyes! Harvest your carrots - do 10 jumping jacks!

A laying hen can produce

about 250 Eggs per year! Eggs contain choline - an important nutrient used to build cell membranes. 90% of Americans don't get enough choline. Do your best chicken dance for 10 seconds! Cheese can help reduce the risk of osteoporosis. Osteoporosis is a bone disease that causes bones to become weak.

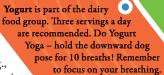
Exercise reduces the risk of osteoporosis. Run in place for 30





BLUEBERRIES. grain and is good for digestion! Do the Digestive System Relay word search with your class or make up your own physical activity and do it for 1 minute!

Chicken is a protein and helps you build muscle. Do 10 jump squats and help build those leg muscles.



help fight heart disease. Heart

disease is a leading cause of death

in the U.S. Do Citrus Sit-ups!

Say the citrus fruits instead of

counting!

Strawberries are high in

vitamin C. Eating strawberries may

improve memory! Strawberries

are considered a super food.

Be a superhero and do

10 superman holds

- 5 seconds

SCIENCE • Create a science fair project related to food science (e.g., preserving foods, having Mandarins, oranges, taste tests, creating new lemons, grapefruit, and recipes). Have a family kumquats are all citrus fruits science night to share projects and contain antioxidants that with your class and community.

## **ENGLISH LANGUAGE ARTS &** PHYSICAL EDUCATION

- Create your own game. Write instructions and include physical activities.
- Make an individual and class challenge to eat better and be more active. Write out your goals and keep track.

### MATH & VISUAL ARTS

Classroom

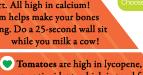
Activities

- Plan a meal and calculate how many calories are in the meal. Draw an illustration of your meal.
- Create, design and illustrate a restaurant menu with a variety of food choices. Include prices and all food groups.

#### California Standards

- ELA CC: W.9-12.4, 7, 10; SL.9-12.4; WHST.9-12.7, 10
- Math CC: HS.N-Q.1; HS.S-ID.1
- High School Physical Education Content: 1.2, 1.3, 2.2, 2.11, 3.2
- High School Visual Arts Content: 5.0











products such as

seconds!

