



Power Path Activity

Age Group:

- 6-12 year olds

Objective:

- Children will be physically active and able to determine in which food group specific foods belong.

Materials:

- Power Path station cards (5)
- Eat Smart to Play Hard handout

Discussion:

SAY→ Today we are going to learn about eating smart and playing hard. We are also going to try some fun exercises together.

ASK→ Can anyone name the five food groups? (*fruits, vegetables, grains, protein and dairy*)

SAY→ The healthiest foods from these food groups are low in added sugar and unhealthy fats.

SAY→ Let's name some healthy foods from each food group. (Refer to the table on the back for suggestions.)

SAY→ Let's start with fruits and vegetables. When you name fruits or vegetables, try to name different colors.

ASK→ Why is it important to eat fruits and vegetables that are different colors? (*the different colors help different parts of your body*)

SAY→ When we name foods from the grains group, try to name foods that are whole grains.

ASK→ Why are whole grains important for your body? (*Whole grains contain fiber which helps move food through your body and makes you feel full.*)

ASK→ How do foods in the protein group help your body? (*they help build strong muscles*)

ASK→ What are some foods in the protein group?

ASK→ How do foods in the dairy group help your body? (*they contain calcium which is important for healthy bones and teeth*)

ASK→ What are some foods in the dairy group?

Directions:

Place the Power Station cards in different areas of the room. Divide the children into five groups. Switch stations approximately every three minutes.

Fruits	Vegetables	Grains	Protein	Dairy
Watermelon	Tomato	Whole wheat bread	Nuts	Low-fat milk
Cherries	Red Pepper	Whole wheat tortilla	Seeds	Low-fat cheese
Banana	Cauliflower	Whole wheat bagel	Peanut butter	Low-fat yogurt
Brown Pears	Potato	Brown Rice	Beans	
Cantaloupe	Carrots	Oatmeal	Fish	
Pineapple	Corn	Quinoa	Chicken	
Plum	Eggplant	Barley	Turkey	
Blueberries	Purple Cabbage		Lean meat	
Kiwi	Zucchini		Tofu	
Avocado	Asparagus		Eggs	

Modified from "Summer Food, Summer Moves" Activity Guide, USDA