FAST-PACED ACTIVITIES

Three activities designed to provide an interactive way for students to get an overview of how food insecurity affects a community. Each activity is quick and easy to complete and provides a foundational knowledge that will begin the path to understanding food insecurity. Each activity addresses one critical factor in the challenge to be food secure.

MYPLATE PUZZLE BATTLE

In small teams, students will race to put together one of two MyPlate puzzles. The puzzles will contain facts about how to fuel the body using healthy foods.

Purpose: Engage in a fun competition that teaches what our bodies need to be healthy.

Pre-assessment Questions:
- What are nutrients and why are they important?
- Where can we find most of the nutrients that our bodies need?

Discussion Questions:
- What do all bodies need to be healthy?
- Besides food, what else helps to keep our bodies healthy?

Facilitator Tips:
- Keep each puzzle set separate.
- Give a time limit for the competition.
- Encourage teamwork.
- Have the students write the facts from the puzzle in their student guide books.
- Variation: Round two - Students can race to beat their original time.

Answer Key:

What’s Included:
- Instruction Card
- Two 24-Piece Puzzles (48 Total Pieces)
**MyPlate Puzzle Battle – Instruction Card**

**Overview:** Students will be divided into two teams and race to put together one of two MyPlate puzzles. The puzzles will contain facts about how to fuel the body using healthy foods.

**Directions:**
- Divide students into two teams.
- Each team will get one set of 24 puzzle pieces.
- When the facilitator says begin, teams will race to complete their puzzle.
- The team that completes their puzzle in the shortest amount of time, wins.
- Discuss with students the facts they learned about what all bodies need to be healthy.

**What’s Included:**
- This Instruction Card
- Two 24-Piece Puzzles (48 Total Pieces)
MYPLATE PUZZLE BATTLE
INSTRUCTION CARD
Each person needs between 1 and 2 cups of fruit each day.
Each person needs between 1 and 2 cups of fruit each day.
Each person needs between 2 and 3 cups each day.
Each person needs between 1 and 2 cups of fruit each day.
FRUITS

Each person needs between 1 and 2 cups of fruit each day.
GRAINS
Each person needs between 3 and 8 ounces each day – at least half of the amount.
Each person needs between 2 and 3 cups each day.
FRUITS
Each person needs between 1 and 2 cups of fruit each day.

VEGETABLES
Each person needs between 1 and 3 cups of vegetables each day.
FRUITS
Each person needs between 1 and 2 cups of fruit each day.

VEGETABLES
Each person needs between 1 and 3 cups of vegetables each day.
Each person needs between 2- and 6.5-ounce equivalents each day.

Each person needs between 3 and 8 ounces each day – at least half of the amount should be whole grains.
Each person needs between 1 and 3 cups of vegetables each day.
Each person needs between 1 and 3 cups of vegetables each day.
PROTEIN
Each person needs between 2- and 6.5-ounce equivalents each day.
Each person needs between 2- and 6.5-ounce equivalents each day.
Plate