

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?

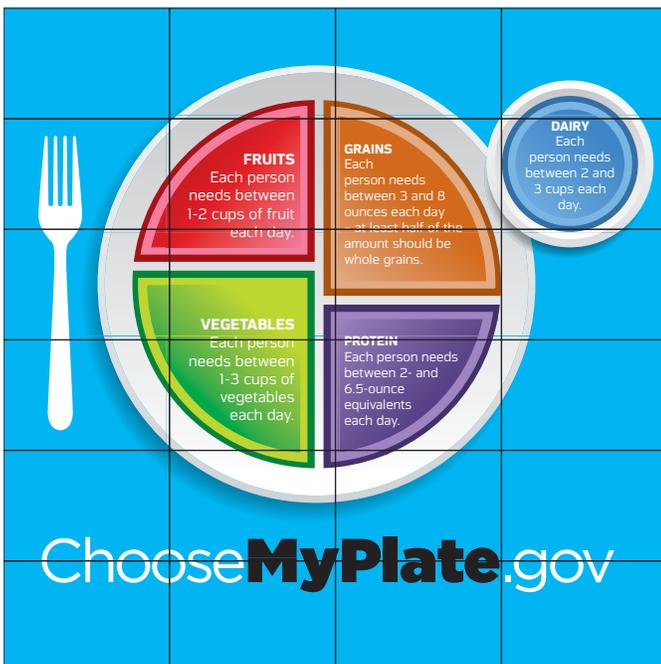
Discussion Questions:

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

Facilitator Tips:

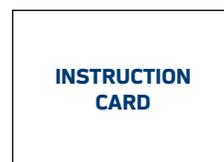
- Keep each puzzle set separate.
- Give a time limit for the competition.
- Encourage teamwork.
- Have the students write the facts from the puzzle in their student guide books.
- Variation: Round two - Students can race to beat their original time.

Answer Key:



What's Included:

- Instruction Card
- Two 24-Piece Puzzles (48 Total Pieces)



x1



x24



x24

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)



x1



x24



x24

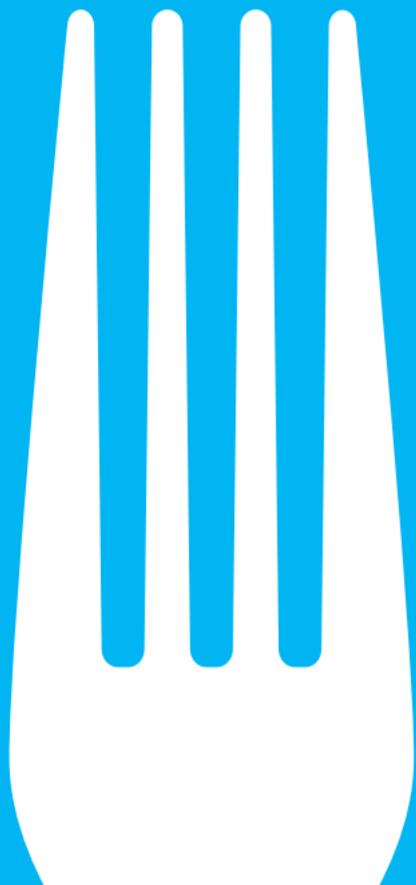


MYPLATE PUZZLE BATTLE
INSTRUCTION CARD









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

DAIRY

Each
person needs
between 2 and
3 cups each
day.



Fruit each day.

VEGETABLES

Each person

Half of the amount
should be whole
grains.

PROTEIN





needs between
1 and 3 cups of
vegetables
each day.

PROTEIN

Each person needs
between 2- and
6.5-ounce
equivalents
each day.



Choo





Plato

now

CMOC

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Plate

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