



Activity #2: MyPlate BINGO!

Directions for Teachers

Health, Language Arts

Objective: Students will learn how to eat a wide variety of healthy foods from the five food groups making up MyPlate.

Directions:

Part I:

1. Review **Background Information, pages 1-4.**
2. Talk with your students about the different food groups, their health benefits, and examples of foods found in each group.
3. Discuss the differences between GO and WHOA foods, with examples from each food group.
4. Now it's time to start **MyPlate BINGO**. Tell students that you will be naming pairs of foods. One food in each pair will be a GO food, and the other will be a WHOA food. Have them decide which is the GO food. Then, find the food group to which it belongs and draw its picture in the correct section of MyPlate. Remember, GO foods are "anytime" foods, and WHOA foods are just "once in a while" foods.

(NOTE: If you can, show the pictures of each food by cutting out images from a magazine, finding them online, or drawing them on the blackboard.)

5. Read the following list of food pairs slowly, so that students have time to draw a picture of the GO food for each food group. Students who fill up their plates with GO foods can call out "BINGO!" and win the game! We hope everyone will be a winner!

Pairs of GO and WHOA foods (**GO foods** are printed in **bold**):

Fresh Grapes / Grape Fun Fruit Snax (FRUITS)

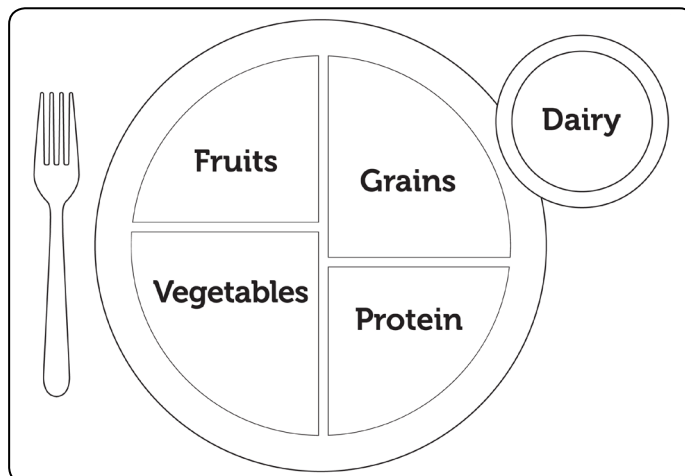
French Fries / **Baby Carrots** (VEGETABLES)

Fried Chicken / **Grilled Chicken** (PROTEIN)

Whole Wheat Bread / Donut (GRAINS)

Low-fat Milk / Chocolate-Flavored Milk (DAIRY)

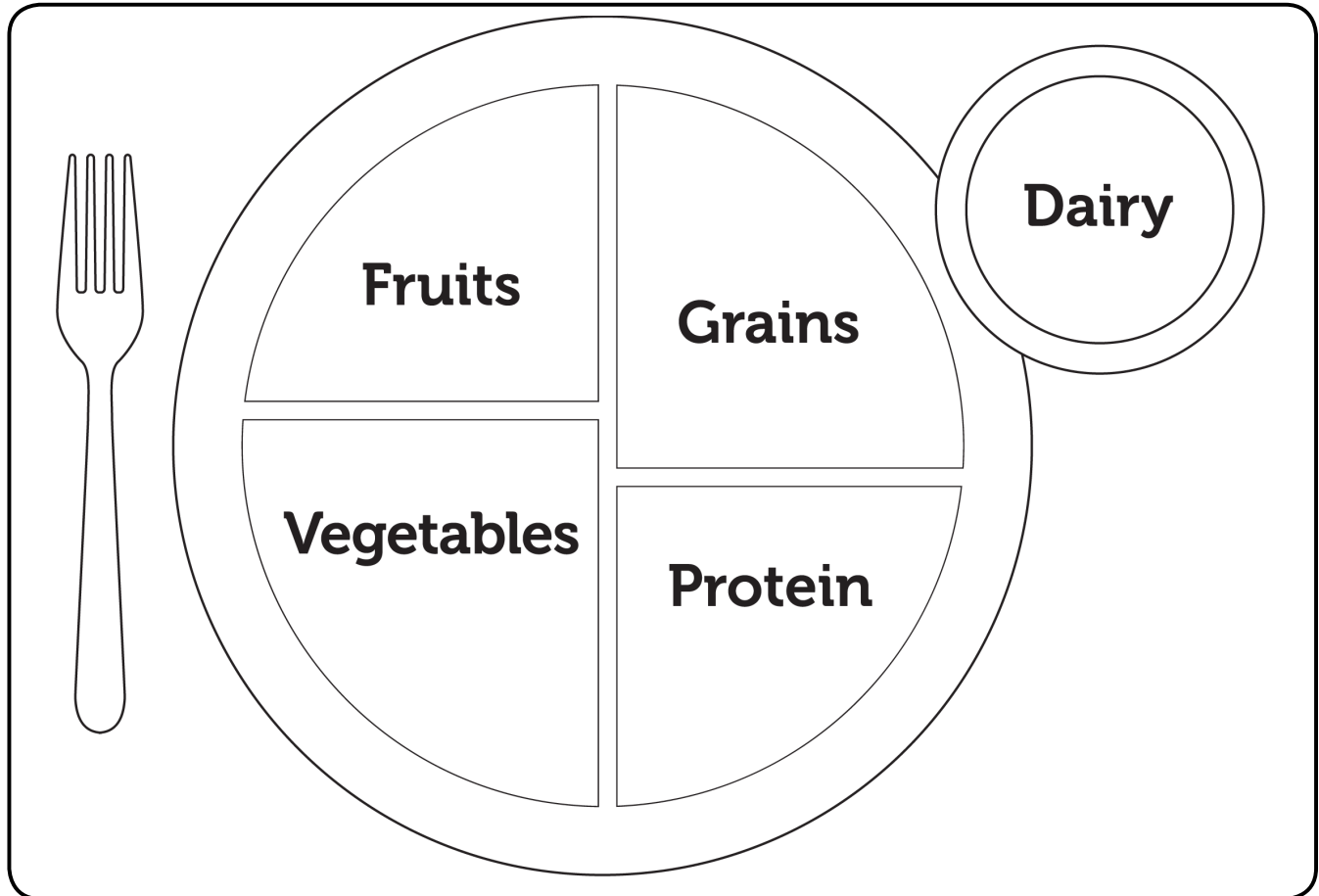
Part I: At the bottom of the activity sheet, have students fill in the missing vowels of the names of the five food groups.



Activity #2: MyPlate BINGO!

Name: _____

Part I. Your teacher will call out the names of two foods for each food group. One food will be a GO food, and one will be a WHOA food. When you hear the name of the GO food, draw its picture in the correct food group in the MyPlate below! When you fill out all five food groups with GO foods, call out "Bingo!"



Part II. After MyPlate Bingo, fill in the missing vowels in the box below to complete the names of the five food groups. Look at the "health benefits" for clues!

Food Groups

V _ _ g _ _ t _ _ b l _ _ s:

F r _ _ _ t s:

G r _ _ _ n s:

P r _ _ t _ _ _ n:

D _ _ _ r y:

Health Benefits

Keep us healthy, and are full of vitamins, minerals, and fiber!

Mother Nature's sweet treats packed with vitamins, minerals, and fiber!

For longer lasting energy and fiber, go for whole grains!

Builds our bodies, and helps us grow big and strong!

For strong bones and teeth!