

## MyPlate Memory

**Overview:** A simple memory game that reinforces MyPlate food groups and balanced meals.

**Subject area:** Nutrition

**Grade level:** 1<sup>st</sup>-3<sup>rd</sup>

**Objectives:** Children will reinforce knowledge of MyPlate food groups and balanced meals.

**Prep time:** 5 minutes

**Lesson time:** 20+ minutes

**Materials needed:**

- Assorted food items (real or fake)
- Large tray
- Towel large enough to cover food items
- Large piece of paper or poster board
- Easel or wall
- Marker

**Space needed:** Room for children to sit and see the food items

**Staff needed:** 1

**Preparation steps:**

1. Draw MyPlate (including the milk glass) on a large piece of paper or poster board.
2. Label the five different food groups.
3. Post on an easel or wall for children to see and write on.

**Presentation steps:**

1. Place food items on a tray. Identify each food item and which MyPlate food group it belongs to. Discuss the importance of balanced meals, including the importance of calcium intake. Discuss what foods contain calcium (e.g. milk, yogurt, cheese, etc.) and why you need calcium (to build strong bones and teeth).
2. Now we're going to play a memory game!
3. Cover the tray and discreetly remove one item.
4. Uncover the tray.
5. Allow the children to silently observe and to remember the missing item.
6. Ask them which item they think is missing and reveal the correct answer.
7. Return the item, cover with the towel, and discreetly remove another food item.
8. Repeat with as many other items as desired.