

MyPlate Obstacle Course

Overview: Children will give directions to help one blindfolded child find and place a food into the correct food group on an obstacle course.

Subject area: Nutrition

Grade level: K-5th

Objectives: Children will be able to decide which foods go in each of the five food groups. They will also practice giving precise directions and helping others.

Prep time: 5 minutes

Lesson time: 5 minutes per child

Materials needed:

- 5 hula hoops
- 5 signs, 1 for each food group (make signs easily visible from the sidelines)
- 4 cones
- At least one fake food item per child (fake food items should represent all five food groups)
- Obstacles such as additional hula hoops or cones, cardboard boxes, etc.
- 1 blindfold

Space needed: Field

Staff needed: 1-2

Preparation steps:

1. Set up the obstacle course with cones at each corner and the five hula hoops with the food group signs placed in each at the far end of the course.
2. Place obstacles throughout the course.

Presentation steps:

1. Review the five food groups.
2. Have children sit or stand in a line on one side of the course.
3. Choose one child to be blindfolded.
4. Place a fake food item somewhere on the course.
5. Children on the sideline take turns verbally directing the blindfolded child around the obstacles to the food (e.g. "Take 3 steps forward then stop." "Turn to your right and take 1 small step forward, "and so on).
6. Once the blindfolded child reaches the fake food, he or she can pick it up.
7. Before moving on, the blindfolded child has to guess what food it is. He or she may only ask yes or no questions (e.g. "Is it a vegetable?" "Is it green" "Is it a beverage?" and so on).

8. Once the food is identified, the blindfolded child has to say what food group it belongs to.
9. Next, children on the sideline direct the blindfolded child to the correct food group where they will place their food item.
10. Children take turns being blindfolded and completing the obstacle course.