

## Station 11 Nutrition- Dining Detective

**Objective:** Athletes will collect food to make a balanced plate.

### Materials:

- 15 Clue Cards- 1 for each food item
- 15 Artificial Food Items or Food Cut Outs (30 items is ideal - 2 of each food item)
- 1 set of four Food Group Signs
- 15 Food Label Signs
  - Food labels and items may need to be altered to fit the food in your region.
- 2 Balanced Plates- one at the beginning of the activity, one at the end.

**Time:** 5 minutes

### Volunteers:

- Required: 2 volunteers
  - Volunteer Station 1- goes over the balanced plate with the athlete
  - Volunteer Station 2- takes the athlete through the activity
- Ideal: 4 + volunteers
  - If multiple foods are available at each food group station, add volunteers to each volunteer station, allowing multiple athletes to do the activity at one time.
  - Additional balanced plates will also be required.

**Setup:** Ideally this station should be setup on a table but can also be setup on the ground. See attached diagram for setup of food labels. Place food item(s) by the label that it corresponds with. Place a balanced plate and the meal clue sets in front of the meats and beans food group station and then place a second balanced plate after the dairy food group station.

### Steps:

1. Briefly review the information that the athletes learned at the Jump Start Your Meal and Food Toss stations.
  - a. **At the 'Jump Start Your Meal' and 'Food Toss' stations, you learned how to use a balanced plate to make sure you are eating different food groups.** Review the sections and colors of the plate and the functions of each food group.
    - i. **Meats and Beans- red, make your muscles and body strong**
    - ii. **Grains- orange, gives you energy**
    - iii. **Fruits and Vegetables- green, keeps you healthy**
    - iv. **Dairy- blue, makes your teeth and bones strong**
2. Play Dining Detective.
  - a. **We are going to play a game where you are the detective trying to figure out each part of a healthy meal. After I read the clue card your job is to guess which food I am talking about.**
  - b. Before the activity begins, pick up a set of clues (meal 1, 2, or 3) and use the clues from the set you chose at each food group station.

- i. Meal 1: Egg, Pancake, Strawberries, Banana, Milk
  - ii. Meal 2: Turkey Lunch Meat, Bread, Apples, Celery, Cheese
  - iii. Meal 3: Chicken, Roll, Peas, Carrots, Milk
- c. At each food group station there will be food items. Read the clue card from your meal clue set that corresponds with the food group station you are at. There is one clue card for each food group station, except the fruits and vegetables station where there are two clues.

**i. Meats and Beans**

1. Read the clue card allowing the athlete a chance to guess what meat and bean item it would be after each clue is read.
2. Once they have guessed correctly (*if they guess wrong, ask them to guess again*), take the food item and move on to the **Grains** station.

**ii. Grains**

1. Read the clue card allowing the athlete a chance to guess what grain item it would be after each clue is read.
2. Once they have guessed correctly (*if they guess wrong, ask them to guess again*), take the food item and move on to the **Fruits and Vegetables** station.

**iii. Fruits and Vegetables**

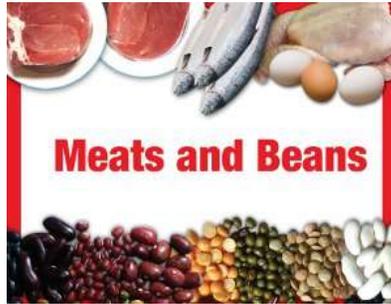
1. Read the clue card allowing the athlete a chance to guess what fruit or vegetable item it would be after each clue is read.
2. Once they have guessed correctly (*if they guess wrong, ask them to guess again*), take the food item.
3. Repeat steps 1 and 2 for the second clue card. Move on to the **Dairy** station.

**iv. Dairy**

1. Read the clue card allowing the athlete a chance to guess what dairy item it would be after each clue is read.
2. Once they have guessed correctly (*if they guess wrong, ask them to guess again*), take the food item and move on to the balanced plate station.

**3. Make a balanced plate.**

- a. Go over each section of the balanced plate one more time, reminding the athlete again of the color and function of each food group.
- b. Have the athlete use the food items that they guessed during the Dining Detective game to make a balanced plate.
  1. If they do not make the plate correctly the first time, explain the sections again and help them make it correctly.
- c. Ask them if they have any questions, and then send them on to the next station.



**Meats and Beans**

**Turkey Lunch  
Meat**

**Chicken**

**Egg**

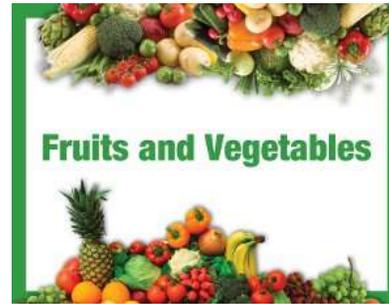


**Grains**

**Bread**

**Pancake**

**Roll**



**Fruits and Vegetables**

**Apples**

**Peas**

**Banana**

**Celery**

**Carrots**

**Strawberry**



**Dairy**

**Cheese**

**Milk**

**FOOD LABEL LAYOUT**