

## Station 4 Nutrition - Jump Start Your Meal

**Objective:** Athlete will learn which food groups belong in which section of the portion plate.

**Materials:**

- 2 Balanced Plates
- 1 Set of four Food Group Signs
- 15 Food Labels
- 15 Artificial Food Items, or Food Cut Outs (30 food items is ideal - 2 of each food item)
  - Food labels and items may need to be altered to fit the food in your region.

**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 label, add volunteers to each volunteer station, allowing multiple athletes to do the activity at one time. Balanced plates will also need to be added so that there are two at the Volunteer 1 station and two at the Volunteer 2 station.

**Setup:** Set up Jump Start Your Meal by placing the food labels on the floor as shown by the attached diagram. Place the food items by each corresponding food label sign.

**Steps:**

Volunteer 1:

1. Introduce the athlete to the balanced plate by teaching the athlete what each section of the plate represents.
  - a. **This is a balanced plate.** (*Hold up the balanced plate for the athlete to see.*)
  - b. **You can use it to make sure that you are eating different food groups at each meal.**
  - c. **The green section represents fruits and/or vegetables. This is the biggest section of our plate because fruits and vegetables have nutrients in them that keep you healthy.** (*Point to each section of the plate as you explain*)
  - d. **The red section represents meats and beans. Meats and beans help build strong muscles.**
  - e. **The orange section represents grains. Grains give you energy.**
  - f. **The blue circle in the middle is for dairy. Dairy makes your bones strong.**
  - g. **We are now going to practice using the balanced plate by making a healthy plate with the food items that we have here.** (*Send the athlete to volunteer 2*).

## Volunteer 2:

### 2. Play the game.

- a. Explain to the athlete that they will be making a healthy meal using the balanced plate. Have the athlete pick their favorite foods from each food group. If they do not like any of the choices of food items at the food group, ask them what foods they do like from that food group and pick the item that looks most similar.
- b. Have the athlete jump, hop, or walk to each food group. At each food group tell the athlete how the food helps their body.

#### **Meats and beans- Helps build strong muscles.**

- Have the athlete pick one of the options and place it on the section of the plate where it belongs. If they have a hard time placing the food item remind them that the meats and beans portion of the plate is red and guide them to that section of the plate.
- Move onto Grains.

#### **Grains- Give you energy.**

- Have the athlete pick one of the options and place it on the section of the plate where it belongs. If they have a hard time placing the food item remind them that the grains portion of the plate is orange and guide them to that section of the plate.
- Move onto Fruits and Vegetables.

#### **Fruits and Vegetables- Keep you healthy.**

- Explain that because the section for fruits and vegetables is bigger on the plate that they will need more of these in their meal.
- Have the athlete pick two of the options and place them on the section of the plate where they belong. If they have a hard time placing the food items on the plate remind them that the fruits and vegetables portion of the plate is green and guide them to that section of the plate.
- The athlete's may pick any combination of fruits and vegetables: two fruits, two vegetables, or a fruit and a vegetable.
- Move onto Dairy.

#### **Dairy- Makes your bones and teeth strong.**

- Remind them dairy is placed in the center of the plate because it can be added to any food group by putting cheese on a hamburger, adding yogurt to fruit, or added to the meal by drinking milk.
- Have the athlete pick one of the options and place it on the section of the plate where it belongs. If they have a hard time placing the food item remind them that the dairy portion of the plate is blue and guide them to that section of the plate.

- c. Ask them if they have any questions, and then send them on to the next station.



Beans

Lunch Meat

Meatballs



Pancake

Bread

Spaghetti



Strawberries

Grapes

Orange

Tomato

Carrots

Celery



Milk

Cheese