

Station 7 Nutrition - Food Toss

Objective: Athletes will learn which colors correspond to each food group represented on the plate.

Materials:

- 5 Frisbees- one for each food group. Each Frisbee has a picture of a food item from a specific food group taped on one side and corresponding tips about the food item taped on the other side.
 - 1 Meats and Beans Frisbee
 - 1 Grains Frisbee
 - 1 Fruits Frisbee
 - 1 Vegetables Frisbee
 - 1 Dairy Frisbee
 - The pictures and tips on the Frisbees may need to be altered to fit the foods in your region.
- 1 Set of four Food Group Signs
- 4 Boxes, Chairs, or Taped off Area
- 1 Balanced Plate

Time: 5 minutes

Volunteers:

- Required: 2 volunteers
 - Volunteer Station 1- goes over the colors on the portion plate
 - Volunteer Station 2- takes the athlete through the activity
- Ideal: 4+ volunteers
 - If additional Frisbees, boxes, chairs, taped areas, and balanced plates are available, add volunteers to each volunteer station, allowing multiple athletes to do the activity at one time.

Setup: See attached diagram.

Steps:

Volunteer 1:

1. Briefly review the information that the athletes learned at the Jump Start station.
 - a. **At the Jump Start Your Meal station, you learned that it is important to eat different food groups at each meal.**
 - b. **Meats and beans help build strong muscles.**
 - c. **Grains give you energy.**
 - d. **Fruits and vegetables keep you healthy.**
 - e. **Dairy makes your bones and teeth strong.**
2. Explain to the athletes that each color of the balanced plate represents a different food group.
 - a. **If you look at your plate you will see that it is divided into sections with different colors. Each color represents a different food group that you want to eat at every meal.**

- i. Red – Meats and Beans
- ii. Orange – Grains
- iii. Green – Fruits/Vegetables
 - **When making your plate, put the meats and beans on the red section of your plate, fruits and vegetables on the green section of your plate, and grains on the orange section of your plate.**
- iv. Blue – Dairy
 - **Dairy is a circle in the middle of our plate because it can be added to any food group; you could add cheese to broccoli or add yogurt to your fruit. It is also a reminder that you can get a dairy source by drinking milk with your meal.**

Volunteer 2:

3. Play the “Food Toss” game.

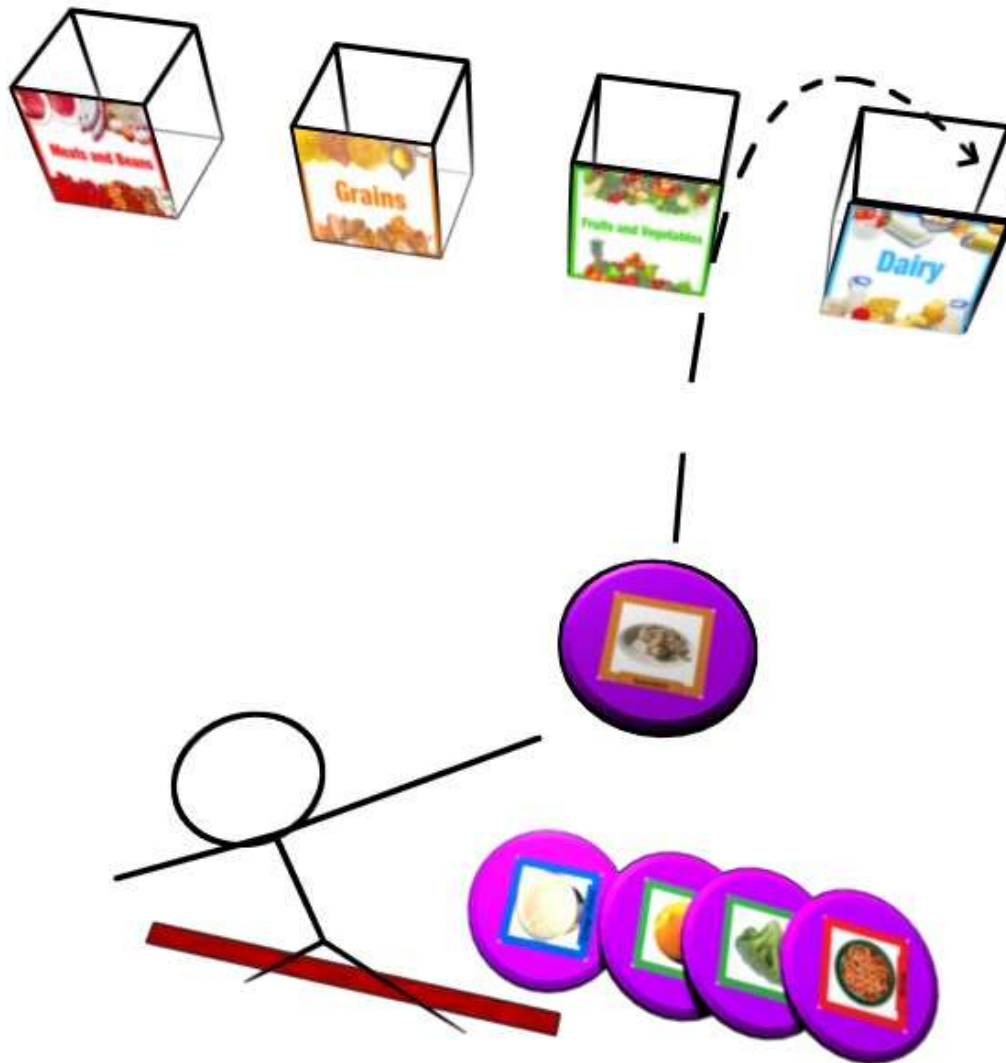
- a. **There are lots of foods in each food group. Each poster represents a food group. (*Read the posters to the athletes*).**
- b. Explain to the athlete that they will be handed one Frisbee at a time and can either throw it or go place it by the poster of the food group the food item belongs to.
- c. **Look at the picture of the food item on the Frisbee. Then toss or place the Frisbee into the box that shows which food group the item belongs in. Apples are a fruit, so if I picked up a Frisbee with a picture of an apple on it I would throw it to the fruit and vegetable poster.**
- d. Hand the athlete one Frisbee at a time. If the athlete is having a hard time deciding which food group the food item goes in, read the tips to the athletes found on the back of each Frisbee.
- e. After the athlete places all of the Frisbees at each poster go through where they placed each food item and remind them of the benefit of that specific food item:
 - **Meats and Beans – help build strong muscles**
 - **Grains – give you energy,**
 - **Fruits/Vegetables – have nutrients that keep you health**
 - **Dairy – makes your bones strong.**

If they put a Frisbee at the wrong poster correct them and give them more examples of food items they may find in this food group. Use the foods portrayed on the posters as the example.

- f. Review what the colors on the portion plate represent one more time. Ask the athletes if they have any questions, and then send them to the next station.

SETUP EXAMPLE

Boxes: Meats and Beans, Grains, Fruits and Vegetables, Dairy



Frisbees: Cottage Cheese, Peach, Broccoli, Oatmeal, Shrimp