



contain vitamins
and minerals to
keep us healthy

Unified PE

Day 12: Food Groups & MyPlate



helps muscles
to grow
and repair



Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Better Than Nothing
- Activity: Food Group
- Cool Down: 5-Minute Cool Down Stretches

What's Due?

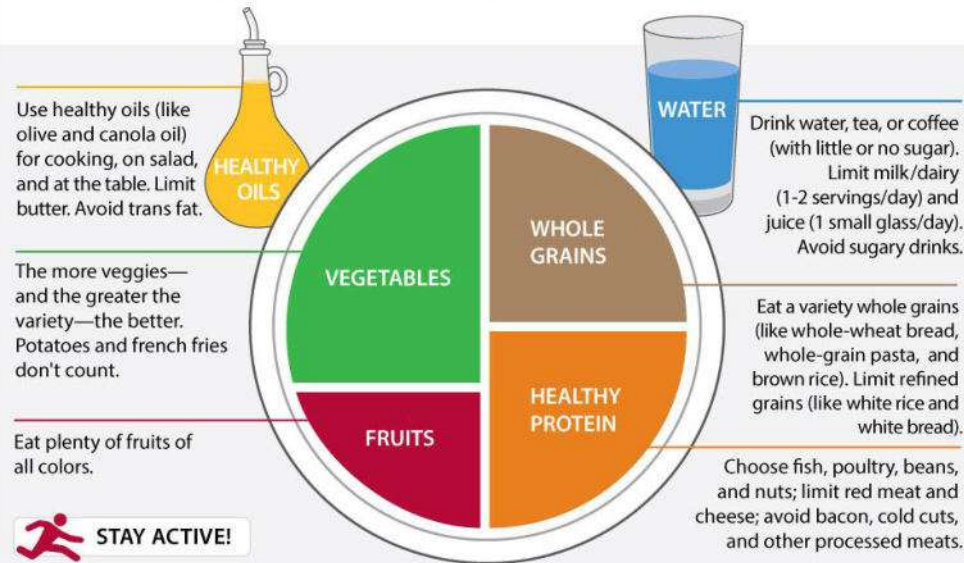
- Exit ticket – available in announcements and under “Live Lesson Materials”

Learning

GOALS

- I can work hard at home to improve my physical fitness
- I can use what I've learned about nutrition to improve my diet

HEALTHY EATING PLATE



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publishing
www.health.harvard.edu

Vocabulary

- **Food Groups** – a collection of foods that share similar nutritional properties (i.e., do similar things for your body)
 - 5 food groups – Fruit, vegetables, grains, protein, dairy
- **MyPlate** – a tool used to have the appropriate portion of each food group
- Food Groups & MyPlate

Warm-up

- 2 rounds:
 - 6 jumping jacks
 - 10 side leg raises
 - 10 bicep extensions
 - 10 butt kicks
 - 6 torso twists
 - 6 calf raises

BETTER THAN NOTHING

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



6 jumping jacks



10 side leg raises



10 bicep extensions



10 butt kicks



6 torso twists



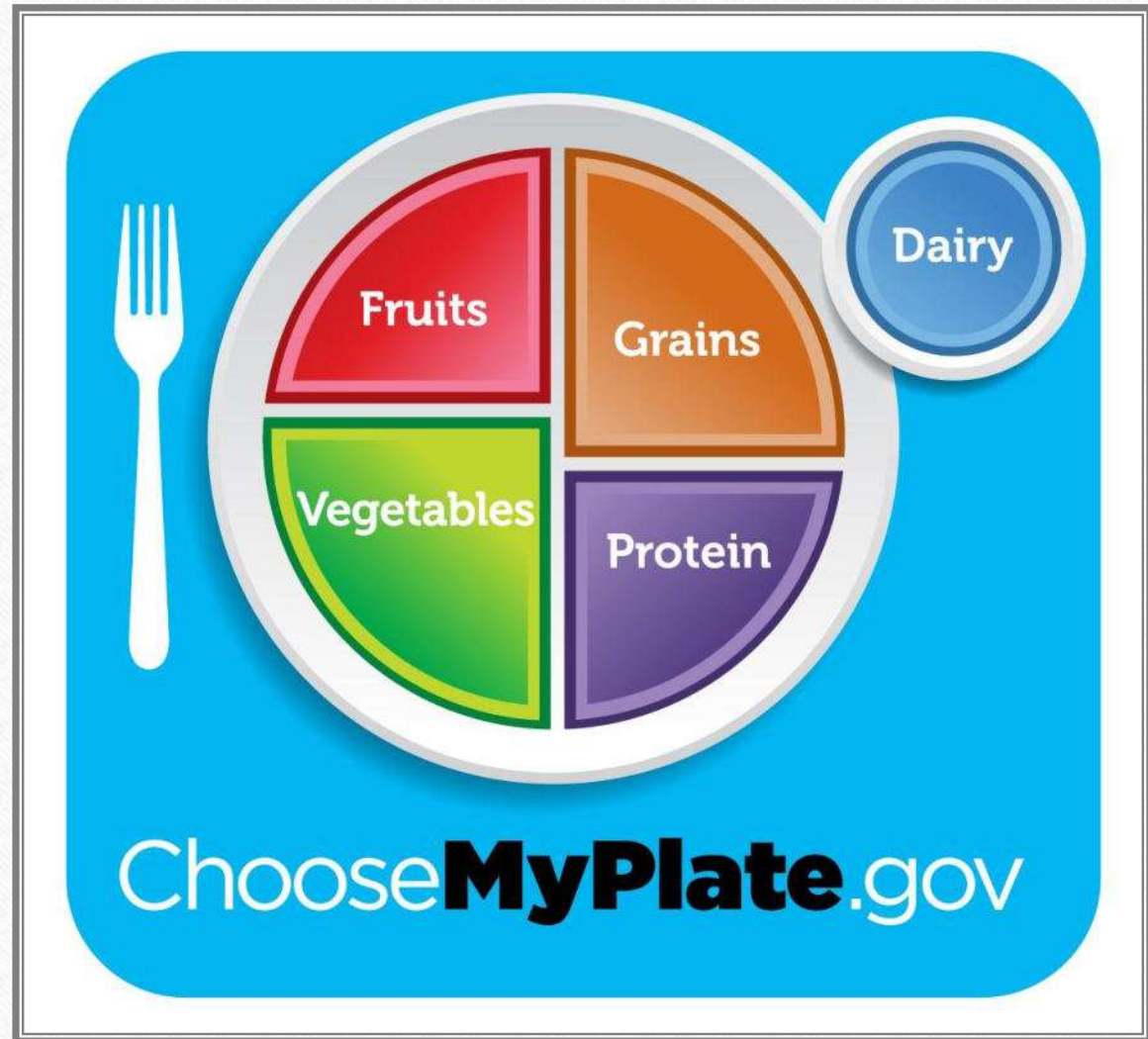
6 calf raises

Activity: Food Groups Fitness

Directions:


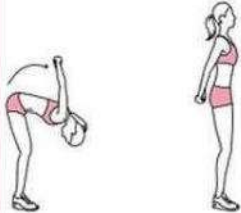







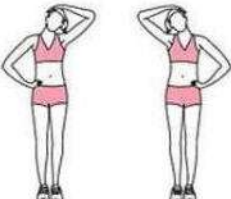
1. Choose the food group you think is correct
2. Take a step in the direction to see if you got it right
 - Fruits – Step to Left
 - Vegetables – Step to Right
 - Grains – Step Forward
 - Proteins – Step Backward
 - Dairy – stay put
3. Perform the exercise for that food group the best you can

Food Group Fitness



Cool Down: 5-minute Cool Down

- **Directions:** Hold each stretch for 10-20 seconds each

5 minute - At Home Cool Down Stretches		standing forward bend  20 sec	biceps stretch  20 sec
ab stretch  20 sec	cat back stretch  20 sec + 20 sec	butterfly stretch  20 sec	hamstring stretch  20 sec + 20 sec
lower back stretch  20 sec	quad stretch  20 sec + 20 sec	calf stretch  20 sec + 20 sec	neck stretch  20 sec + 20 sec