



Resources and Links

Week Two:

My Plate Food Relay Race:

- **MyPlate Relay** – Players team up into groups of five and line up together. Thirty feet from the starting line, place five open shopping bags, each labeled with a different food group name. Prepare a separate bag filled with images of various foods from each of the five food groups. (Do not include pictures of foods such as pizza that include more than one food group). When the relay starts, the first player in each line reaches into the picture bag and grabs one picture, running to place the picture in the correct food group bag. After successfully placing his or her picture in the right bag, each player runs back to the start and tags the hand of the next player in line. Play continues until all players have completed the relay. The team that finishes first and places its pictures in the correct food group bags wins.

Link to Print Out Paper Food Models

<http://westerndairyassociation.org/download/food-model-leader-guide/>

Fruit and Veggie Bingo Template:

<http://bit.ly/2iFbY2x>



Week Three:

Farm to Summer Request a Farmer: <http://www.cfra.org/findfarmer>



Week Four:

MyPlate Grocery Store Bingo:

<http://bit.ly/2jYmtQr>

Physical Activity Circuit Stations:

Select the number of stations you want to include in your circuit. The number of stations in the circuit depends on the number of participants and the space available. Aim for no more than 8-10 participants in each group.

- Choose your fitness stations. Consider:
 - Using exercises that kids will enjoy and already know how to do
 - Exercises that use little equipment to minimize set-up and tear-down time
 - Exercises that will engage the group for the entire time
 - Exercises that can be easily modified to accommodate any level of participant (according to age, skill-level, etc.)
 - Exercises that are repeatable, rhythmic movements that are not done slowly
- Determine the length of time that participants should spend at each station. Allow for about 15-30 seconds of rest between each station to help participants catch their breath and get ready for their new station activity.
- Include a warm up and a cool down. Allow about five minutes before and after the routine to warm up and stretch.

How it Works:

- Divide participants into small groups and assign each group to fitness station (where they will begin)
 - Demonstrate how to properly do the activity at each station and in the direction the groups should rotate
 - Start the workout! Each group will do the activity continuously until a signal is given for all groups to travel to the next station
 - Instead of walking or running to the next station, consider using specified locomotor patterns such as jog, skip, jump, gallop, etc
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- **How to Make & Fly Your Own Kite:**

<http://www.instructables.com/id/Easy-Paper-Kite-for-Kids/>



Week Five:

Popsicle Stick Brain Break Activity:

<http://wholefully.com/2012/08/09/pinterest-challenge-popsicle-stick-workout-jar/>



Fishing for Foods Game

Preparation

From the collection of Food Models, select only foods that are clearly identifiable in each food group by omitting all combination foods and “others.” Fasten a magnet onto a toy fishing pole or dowel with attached string. Attach a paper clip to each selected Food Model. If desired, set up an inflatable swimming pool and fill with prepared Food Models.

Activity

Review food groups and foods within groups. Have students take turns “fishing” and correctly naming the food and its food group. Students may keep the Food Model if they answered correctly. The person with the most Food Models at the end of the activity is the winner. This may be used as a learning activity station.

Additional Activity

Rather than keeping the Food Models, students may be required to appropriately place the Food Model on a MyPlate Activity Poster (see inside front cover for details).

Link to Print Out Paper Food Models

<http://westerndairyassociation.org/download/food-model-leader-guide/>

Objective

Students will identify food groups and foods within groups.

Materials

Food Models, toy fishing pole or dowel with attached string, magnet, paper clips, optional inflatable swimming pool



Week Six:

Directions for Sponge Tag:

What you'll need

- Big, soft sponge
- Buckets of water

How to play

1. One person is designated as being It. Players run away from It, who tries to tag them by throwing a wet sponge.
2. Once tagged, that person becomes the new It. The great thing about this game is that there's no bickering about whether or not someone got tagged. The splatter on his or her back says it all.

What Food am I Game?

<http://bit.ly/2j9ld98>

Ninja Warrior Obstacle Course Ideas:

<https://www.pinterest.com/explore/backyard-obstacle-course/>

Additional Resources:

Summer Meals Toolkit: <https://www.fns.usda.gov/sfsp/summer-meals-toolkit>

Looking for more Summer Fun Ideas, visit this link:

https://www.fns.usda.gov/sites/default/files/tn/sfsm_opguide.pdf

