

Lesson 8: MyPlate Bingo

SCARLET CAMPERS

Lesson Created by: Jennifer Campbell
Reviewed by: Alison H. Brown, M.S., R.D.N.

Lesson Overview:

In this lesson, campers will learn about the overarching concept of MyPlate. First, students will be introduced to the concept of MyPlate, with a brief review of the food groups taught in previous lessons. Next, the students will play a review game of bingo with different foods. Finally, students will draw and color with any remaining time.

Behavior Change Objective:

As a result of this lesson, campers will use MyPlate as a guide when picking foods to put on their plates, and reinforce the lessons learned in previous sessions.

Learning Objectives:

After participating in this lesson, campers will be able to:

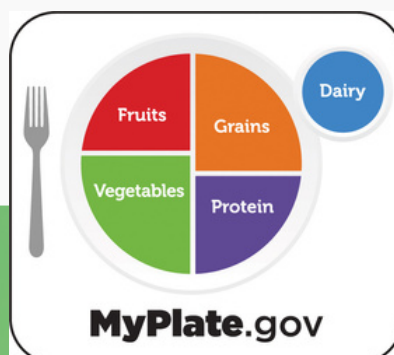
- Identify the 5 food groups
- Verbalize at least one example of each food group
- Describe the concept of MyPlate

Key Words:

MyPlate, Food groups, Bingo, nutrition

Before you Begin:

- Gather necessary supplies, listed below
- Place picture tiles in bowl
- Lay out prizes for display



Lesson 8: MyPlate Bingo

(continued)

Ingredients:

- none

Materials:

- MyPlate paper plate (to show when covering MyPlate)
- MyPlate Bingo Cards / picture tiles
- Bowl
- Construction paper squares
- Small prizes

Lesson Procedure and Script:

These are the talking points but make it your own! Most of all, have fun!

1. Introduce yourself and MyPlate Bingo:

“Hi everybody! It’s so good to see everyone here today. I can’t believe this is our final lesson together! It has been so much fun hanging out with you guys and making things in the kitchen. We’ve covered so many different topics that today I thought we could bring it all together with a game called MyPlate Bingo.”

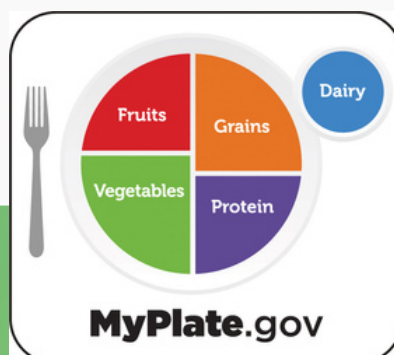
2. Introduce MyPlate:

Hold up the MyPlate paper plate:

“Who has heard of MyPlate? Do you know what it is? Right, it’s a recommendation for what kinds of foods make up a healthy meal. Can anyone name the five food groups that we have learned about this summer? Right, there’s vegetables, fruits, grains, protein, and dairy.”

Who remembers a vegetable that we’ve used this summer? Right, our worm bins had cucumber strips, and we dipped carrots and cucumber when we learned about taste and texture combinations.”

“Who remembers some fruits that we’ve used this summer? Yes, we planted melons- watermelon, cantaloupe, and honeydew. We also cut up strawberries, cantaloupe, and kiwis for fruit art. Then we made whole wheat muffins with blueberries. We also used strawberries to try out our whipped cream. That’s a lot of fruit!”



Lesson 8: MyPlate Bingo

(continued)

Lesson Procedure and Script (continued):

“How about protein? Right, we made chick pea cookie dough, and bean art.”

“Who can name what grains we used? Yup, we had whole wheat flour and flaxseed in our muffins, then topped them with oatmeal. And we made rice sensory bins.”

“Last but not least, does everyone remember what we did for dairy? That’s right, we made our very own homemade ice cream.”

3. Review how to play MyPlate Bingo:

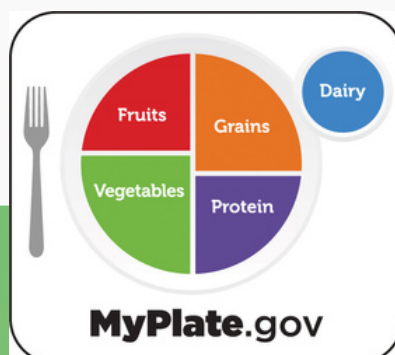
“So today we’re going to play MyPlate Bingo. Does everybody know how to play bingo? I’ll go over the rules, so we are all on the same page. We’ll each get a card with pictures of food from the five food groups. I’ll call out a food, and if you have it on your sheet you will cover it up with one of these construction paper squares. The middle square is a free one, so you don’t have to cover it up. You get a bingo when you get five squares in a row—they can be up and down, side to side, or diagonal. When you get five in a row yell out “Bingo!” and we will come check your card and give you a prize!”

“Does anyone have any questions? Great, let’s get started!”

Play bingo until prizes are running low (~10 or so). There are 10 unique cards, so there may be two (or more) winners at once depending on how many campers we have. Reserve enough prizes so that anyone who didn’t win can get one.

Alright, that’s it for prizes! That was a lot of fun. For the rest of our time together we’re going to break out the paper and crayons and color! If you want, you can draw a picture of foods from the five food groups on a plate, or your favorite activity from the summer, or anything that you want!

Color for the rest of the lesson. Great job!

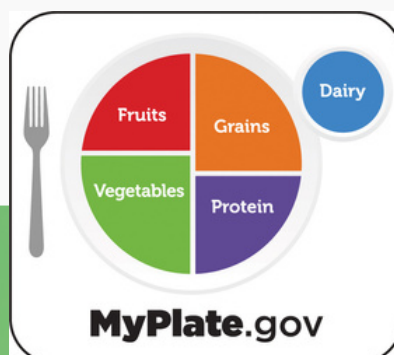


Lesson 8: MyPlate Bingo

(continued)

MyPlate Bingo: Hands On Activity

1. **Adults**- Review previous lessons
2. **Adults**- Pass out Bingo cards, construction paper squares
3. **Adults**- Pull picture tiles from bowl, setting them to the side as they're called
4. **Kids**- Play bingo!
5. **Adults**- Award prizes to winners (after checking cards)
6. **Adults**- When prizes are low (about 10 per group), pass out crayons and paper. Pass out prizes to anyone who didn't win bingo.
7. **Kids**- Color! Suggestions- MyPlate with favorite foods, favorite lesson, summer activities, farms with fruits and vegetables
8. **Adults**- Pat yourself on the back, you nailed it!

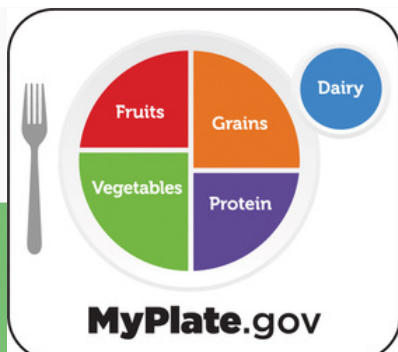
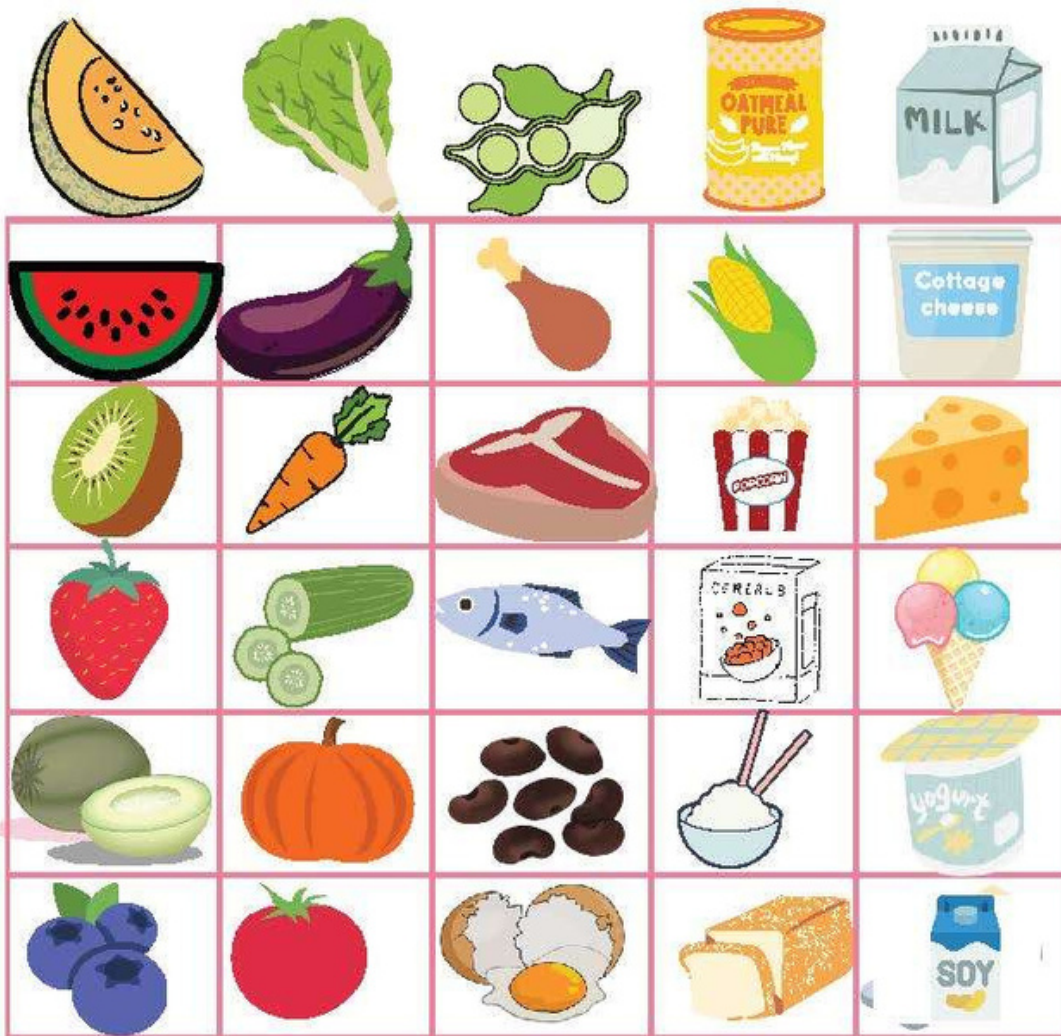




Lesson 8: MyPlate Bingo

Handouts

FRUIT (FROM TOP)- CANTALOUPE, WATERMELON, KIWI, STRAWBERRY, HONEYDEW, BLUEBERRY
VEGETABLES- ROMAINE LETTUCE, EGGPLANT, CARROT, CUCUMBER, PUMPKIN, TOMATO
PROTEIN- SOYBEANS, CHICKEN, BEEF, FISH, BEANS, EGGS
GRAINS- OATS, CORN, POPCORN, CEREAL, RICE, BREAD
DAIRY- MILK, COTTAGE CHEESE, CHEESE, FROZEN YOGURT, YOGURT, SOYMILK



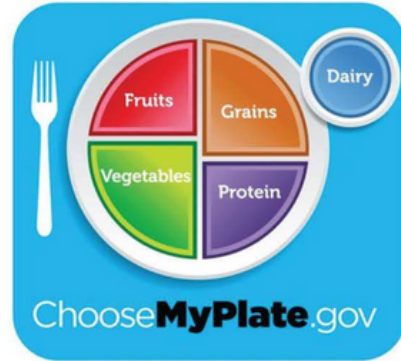


Lesson 8: MyPlate Bingo

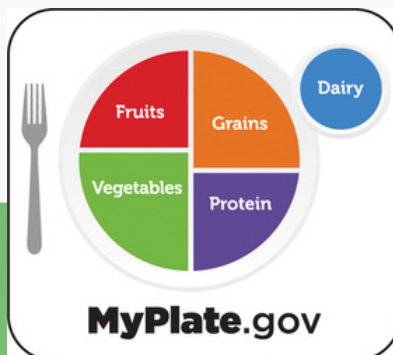
Handouts

MYPLATE

BINGO



		FREE SPACE		





Lesson 8: MyPlate Bingo

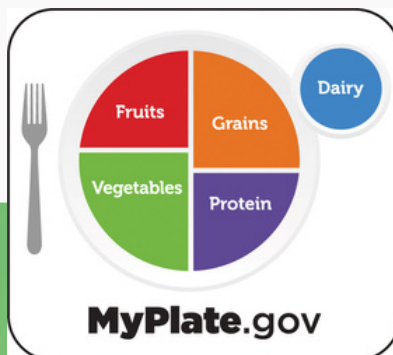
Handouts

MYPLATE

BINGO



		FREE SPACE		





Lesson 8: MyPlate Bingo

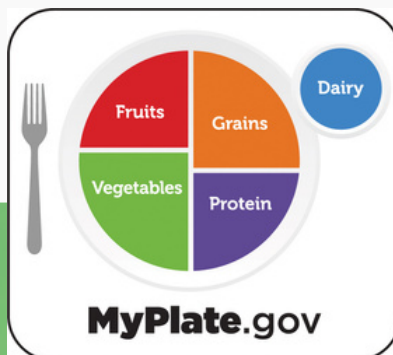
Handouts

MYPLATE

BINGO



		FREE SPACE		



Lesson 8: MyPlate Bingo

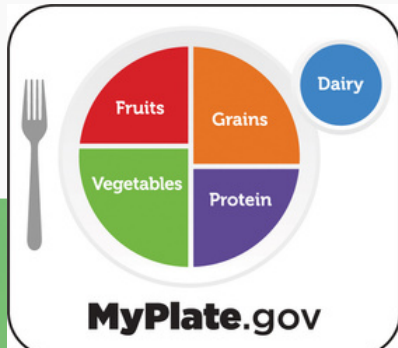
Handouts

MYPLATE



BINGO

				
				
				
		FREE SPACE		
				
				






























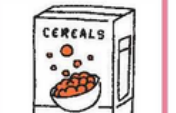

Lesson 8: MyPlate Bingo

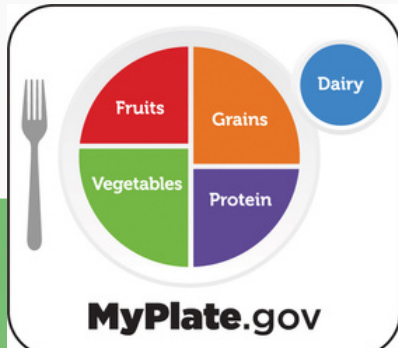
Handouts

MYPLATE



BINGO

				
				
				
		FREE SPACE		
				
				



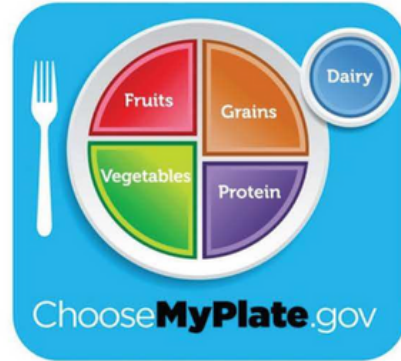


Lesson 8: MyPlate Bingo

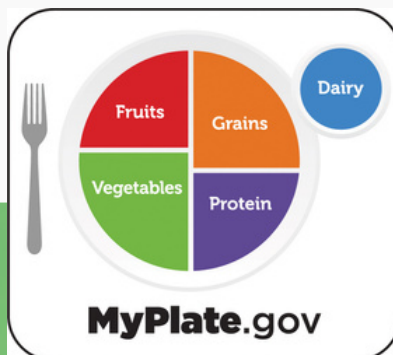
Handouts

MYPLATE

BINGO



		FREE SPACE		



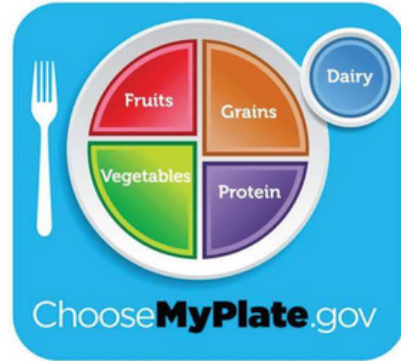


Lesson 8: MyPlate Bingo

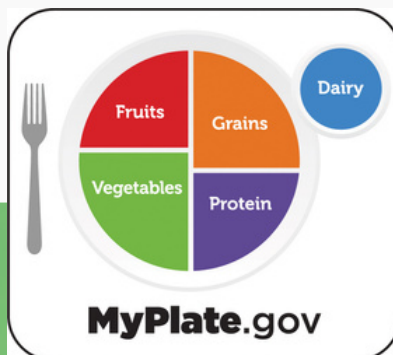
Handouts

MYPLATE

BINGO



		FREE SPACE		





Lesson 8: MyPlate Bingo

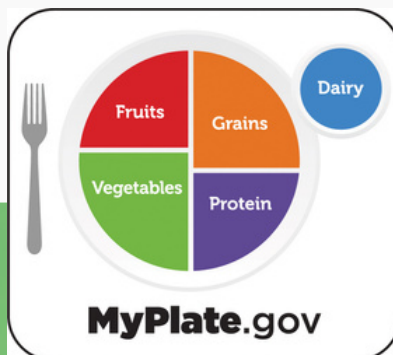
Handouts

MYPLATE

BINGO



		FREE SPACE		



Bingo Picture Tiles

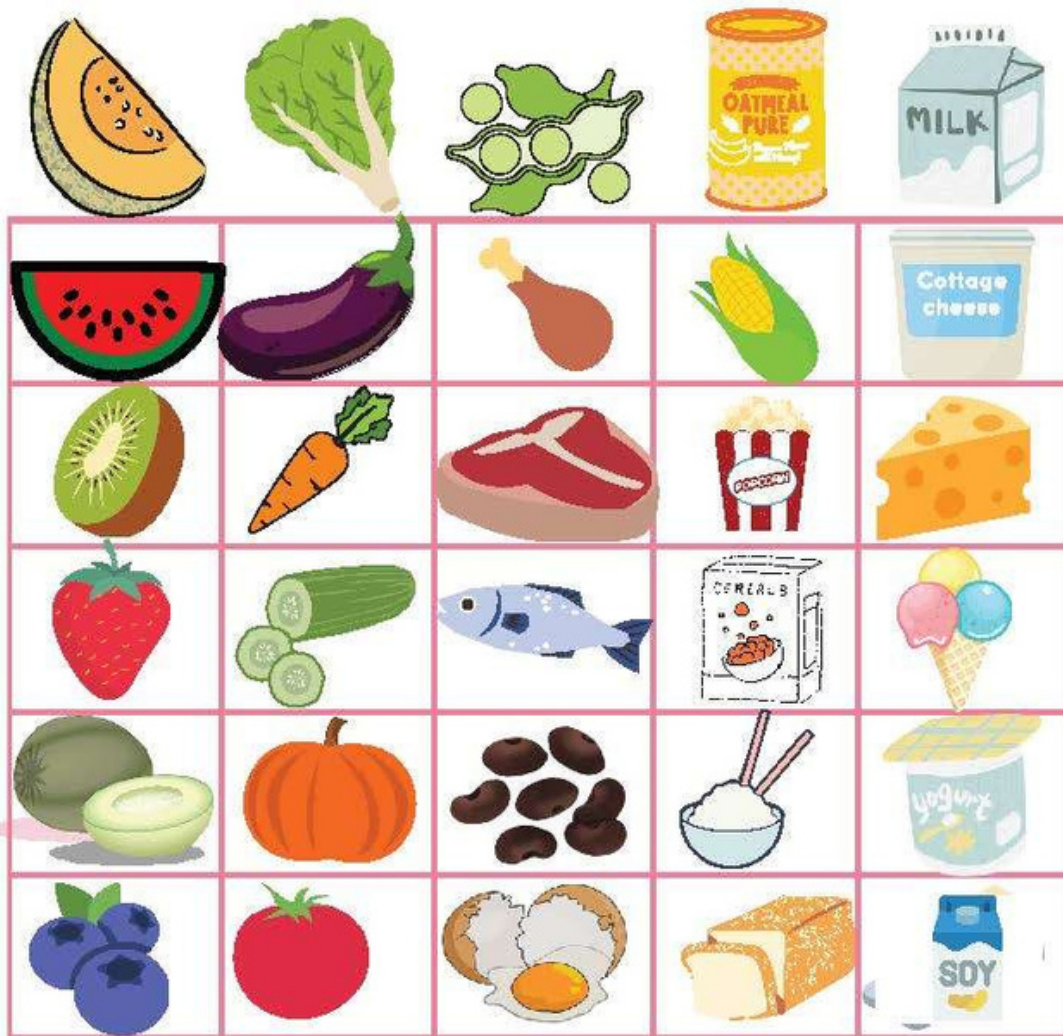
FRUIT (FROM TOP)- CANTALOUPE, WATERMELON, KIWI, STRAWBERRY, HONEYDEW, BLUEBERRY

VEGETABLES- ROMAINE LETTUCE, EGGPLANT, CARROT, CUCUMBER, PUMPKIN, TOMATO

PROTEIN- SOYBEANS, CHICKEN, BEEF, FISH, BEANS, EGGS

GRAINS- OATS, CORN, POPCORN, CEREAL, RICE, BREAD


















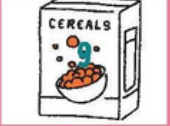











DAIRY- MILK, COTTAGE CHEESE, CHEESE, FROZEN YOGURT, YOGURT, SOYMILK



MYPLATE

BINGO




				
				
				
		FREE SPACE		
				
				

MYPLATE

BINGO













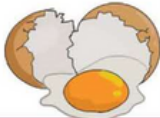



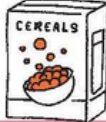













				
				
				
		FREE SPACE		
				
				

MYPLATE

BINGO



				
				
				
		FREE SPACE		
				
				

MYPLATE

BINGO



				
				
				
		FREE SPACE		
				
				

MYPLATE

BINGO



B I N G O

		FREE SPACE		

MYPLATE

BINGO
































				
				
				
		FREE SPACE		
				
				

MYPLATE

BINGO















				
				
				
		FREE SPACE		
				
				

MYPLATE

BINGO



B **I** **N** **G** **O**

				
				
		FREE SPACE	