

# EFNEP

## Connecting the Pieces

2016 National Coordinators' Conference

March 14-17, 2016 - Arlington, VA





# MyPlate Musical Food Groups

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# MyPlate Musical Food Groups

- Sometimes we work with youth groups, and if you ever have, you know how difficult it can be to keep them still.
- Sometimes it works well to combine a learning activity with a physical activity. They may actually remember what you talked about.
- This game was designed with early elementary school children in mind.
- The objective is to help these youth learn the food groups, that there are many foods in each food group, and have some fun at the same time.





# Objectives

- To learn the 5 food groups on MyPlate
- To learn what kind of foods are in each food group
- To learn that we have a lot of choices in each food group



# Food groups: Educator talking tips

- When you look at the picture of MyPlate, you may get the idea that there aren't many foods out there, since we are shown only 5 groups.
- But, in each of those food groups, there are many different foods.
- Have participants name \_\_\_\_\_ food groups.



# Food groups

- After participants have named the 5 food groups, then ask them for names of foods in each food group. Perhaps they would like to name their favorite food in each group.



# Fruit Group

What foods are in the fruit group?

Any fruit or 100% fruit juice counts as part of the Fruit group. Fruits may be canned, frozen, or dried, and may be whole, cut-up or pureed.



# Fruits – Name some foods in this group





# Fruits:

Apples

Cranberries

Lemons

Pears

Raisins

Blackberries

Grapefruit juice

Mangoes

Honeydew melon

Pomegranates

Avocado

Grapefruit

Limes

Pineapple

Apricots

Tangerines

Cranberry juice

Papaya

Passion fruit

persimmons

Bananas

Grapes

Nectarines

Plums

Raspberries

Orange juice

Cherries

Watermelon

Figs

Blueberries

Kiwi

Oranges

Prunes

Strawberries

Apple juice

Peaches

Cantaloupe

Dates



# Vegetables

What foods are in this food group?

Any vegetable or 100% vegetable juice counts as a member of the

Vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed.



# Vegetables – Name some foods in this group



# Vegetable foods

Acorn squash

Asparagus

Broccoli

Carrots

Collard greens

Eggplant

Green peppers

Green peas

Mushrooms

Olives

Pumpkin

Tomatoes

Kale

Romaine lettuce

Butternut squash

Bean sprouts

Brussels sprouts

Cauliflower

Corn

Garlic

Red peppers

Iceberg lettuce

Butter beans

Onions

Spinach

Turnip greens

Turnips

Zucchini squash

Radishes

Artichokes

Beets

Cabbage

Celery

Cucumbers

Green beans

Okra

Lima beans

Potatoes

Sweet potatoes

Mustard greens

Yellow squash





# Grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a Grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples of grain products.

Whole grains – contain the entire grain kernel; the bran, germ, and endosperm.

Refined grains – have been milled, a process that removes the bran and germ. This process gives the grains a finer texture, but it also removes the dietary fiber, iron, and many B vitamins.



# Grains – Name some foods in this group



# Grain foods

Brown rice

White rice

Oats

Whole wheat  
bread

White bread

Oat bread

Whole wheat  
crackers

Saltine crackers

Whole wheat pasta

Regular pasta

Whole wheat  
tortillas

Corn tortillas

Flax cereal

Tortillas

Barley

Corn cereal

Wheat cereal

Oat cereal

Quinoa

Bulgur

Buckwheat

Millet

Rye

Wild rice



# Protein

What foods are in the Protein group?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, seeds are considered part of the Protein foods group.

Beans and peas are also part of the Vegetable group.

Meat and poultry choices should be lean or low fat.





# Protein – Name some foods in this group



# Protein foods

Almonds	Chicken	Beef	Pecans
Shellfish	Tuna	Catfish	Sea bass
Grouper	Mackerel	Perch	Sardines
Swordfish	Trout	Crab	Beans
Chickpeas	Ham	Pumpkin seeds	Walnuts
Split peas	Turkey	Tilapia	Flounder
Mahi Mahi	Pollock	Snapper	Shark
Clams	Black eye peas	Eggs	Lamb
Tofu	Goat	Cod	Herring
Orange roughy	Salmon	lobster	Mussels
Cornish hen	Duck	Oysters	Goose



# Dairy foods

What foods are in the Dairy group?

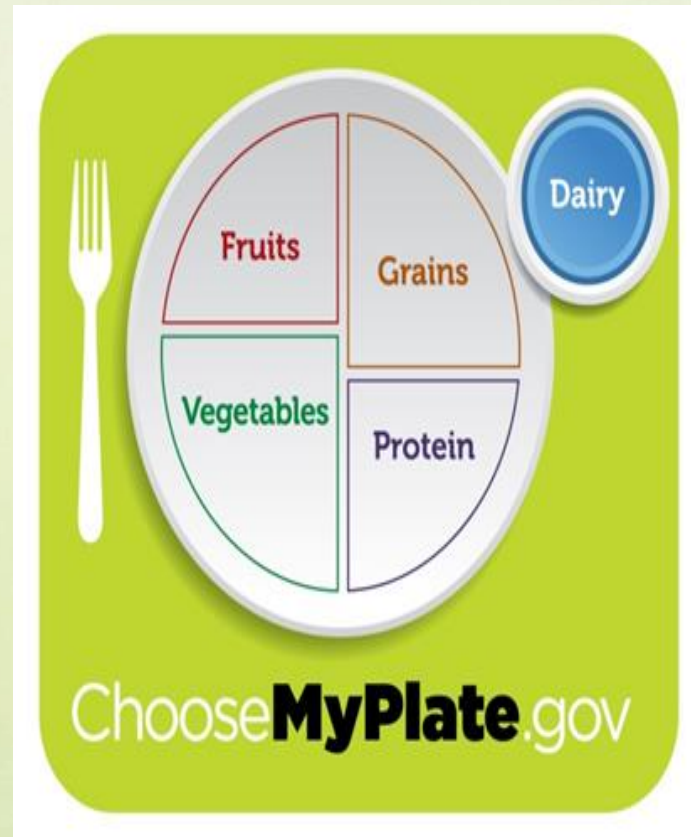
All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of this group.

Foods that are low in calcium, like butter, cream, and cream cheese are not considered part of this group.

Calcium fortified soymilk is also in this group. Almond milk is not a good substitute, especially for children, because it is low in protein. However, it can be used to get calcium if it is fortified with calcium and other vitamins.



# Dairy – Name some foods in this group





# Dairy Foods

Pudding

Cheddar cheese

Ice cream

Mozzarella cheese

Ricotta cheese

Frozen yogurt

Parmesan cheese

Cottage cheese

Yogurt

Swiss cheese

American cheese

Cow's milk

Soy milk (fortified)

Greek yogurt

Almond milk  
(fortified with  
calcium)



# The game

- This activity actually works best with groups of more than 20.
- Here's what we are going to do.
- Materials needed:
  - MyPlate graphics (posters, actual plates, etc.) – 1 for every 5 participants.
  - Index cards
  - Pens/pencils
  - Lists of foods in each of the 5 food groups
  - Music





- Hang or display the MyPlate posters around the outside of the room
- Have participants count off by fives (1, 2, 3, 4, 5)
- All those with number 1 should congregate together; the number 2s together, and so on. Each group is assigned a food group. For example, number 1 can be the Vegetables food group.



# Count down...

#1



#5



#3



#4





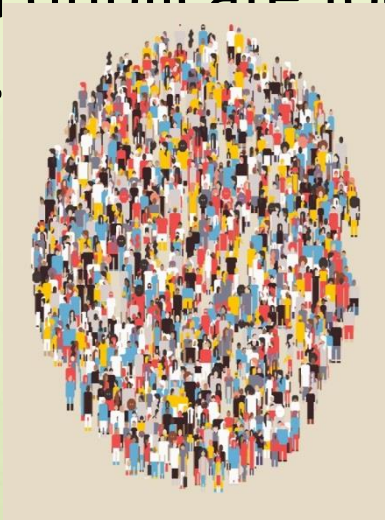
# Write your food group and a food...

- Each participant is given an index card and a pen. They should write their food group on the card as well as the name of a food in that food group. The food groups foods lists will help them if they can't think of a food in that group.



# Meet in the middle...

- All the food groups gather in the middle of the room. When the music begins playing they are to move to a MyPlate poster. Only one food from each food group is permitted on each poster. The first food groups to arrive on the MyPlate poster need to ensure there is only 1 food from each food group by asking a duplicate food to move to another MyPlate.



# Dance to the music

- When it appears that most of the MyPlate posters are full, stop the music.
- When the music has stopped, any participant not on a MyPlate will need to sit out.
- Remove one MyPlate



# “I’m in the vegetable group...I’m spinach!”

- Have each MyPlate food group read the name of his food.
- If there are duplicate foods on any plate, all the participants on that MyPlate will sit out, and that MyPlate poster will be removed.
- Those who are sitting out could be cheerleaders for the foods in their food group.

Go Vegetables!  
Yeah team!





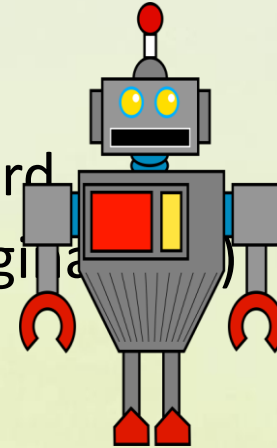
# Round two!

- For the second round, have participants write a different food from their food group on the index card, perhaps something they would like to try, that they have not yet tasted. The participants will write a different food in their group for each round.
- Repeat the process, with participants starting in the center of the room, but this time have them walk differently.



# Walk this way...

- You could have participants:
  - walk 2 steps forward and 1 step backward
  - do a Wacky Wobble walk (use your imagination)
  - walk like a robot
  - swoop their arms like an eagle
  - walk backward
- Or more difficult ways
  - Hop
  - Skip
  - jump



# And the winners are...

- The participants on the MyPlate poster on the final round will be the FOOD GROUP EXPERTS!



# Contact me...

- If you decide to try this activity, I would love to hear how it goes. Please contact me at:

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