Comprehensive Extensions Activities

- **Plate necklaces**
  - **Materials needed:** Paper plates (one per student), crayons
  - **Preparation:** Cut out the center of the paper plates and leave a one inch cut on the side of the paper plate so it is open
  - Pass out one prepared paper plate to each student.
  - Have the students divide the plate into five sections by drawing four lines.
  - Have the students draw one food in each section of the paper plate and make sure each section is a different food group.
  - Once the foods are drawn, have the students color in each section with the proper food group color.
  - Students can place the ring around their neck and wear.

- **Healthy Me!**
  - **Materials needed:** cut outs of circles, ovals, rectangles and squares., paper - one per student, glue sticks
    - Note: Circles, ovals and triangles you will need one per student, and the rectangles you will need 4 per student.
  - Pass out one piece of paper to each student and tell them they are going to “Build a Healthy Me!”
  - Have the students color the oval blue - this will be the body, the circle orange - this will be the head (they can draw eyes, a nose and a mouth if they like), two of the rectangles green and two of the rectangles red - these will be the arms and the legs, and then color the triangle purple - this will be the hat.
  - Once the shapes are colored, help them assemble a Healthy Me! by gluing the colored pieces to the piece of paper.
  - Discuss the shapes and what food groups the colors represent and explain that all the food groups need to be represented in order for them to grow strong and create a Healthy Me!

- **MyPlate Match Game**
  - Have students log on to the website provided below to play an interactive food grouping game.
  - This interactive tool will reinforce the food-group foods and color associations the students were taught over the past five lessons, while helping them discover how many servings of food and how many minutes of moderate-vigorous physical activity they need every day.

  HealthyEating.org/Interactives
• Cheeseburger lady
  o **Materials needed**: Gallon-size resealable bag, Cheeseburger cutout and Old Lady cutout (blackline master, instructions and song available at HealthyEating.org/BHM)
  o Have the students color and cut the Cheeseburger components and the Old Lady components.
  o Assemble the Cheeseburger Lady as pictured below.

• Taco Time
  o **Materials needed**: Taco Time recipe book (blackline master available at HealthyEating.org/BHM)
  o Have the students cut out the pages for the recipe book along the dotted line.
  o Stack strips with A on top of B (Teacher will need to assist as needed).
  o Help the students fold along solid lines and staple the recipe book.
  o Direct students to color lightly with crayons or colored pencils the boxes around the food names
    ▪ Colors should correspond with the food group color (e.g. Milk = blue)
  o Have students color the pictures of the taco in various stages of preparation.

• My Very Own Pizza
  o Have students log on to the website provided below to play an interactive build your own pizza game.
  o This interactive tool will allow the students to be creative and create their very own healthy pizza.
  
    HealthyEating.org/Interactives