

Track Your Nutrition

ON YOUR MARKS, GET SET, GO! Join the track meet! To win the race, you must "eat" from all five food groups and complete at least three laps. Learn fun facts about the food groups and how your body uses the foods you eat. Get ready to get active!

Game

1. Gather materials to play the game. You can play with the whole class or make copies and play in small groups.
2. Roll the dice, move that number of spaces, read the fact and do the activity.
3. Keep track of your laps and which food groups you've eaten from. Make a copy of this page or use another sheet of paper to record.
4. You're finished when you've eaten from all 5 food groups and have made at least 3 laps.
5. OPTION: Do the **Digestive System Relay** word search activity with your class when you land on the space.

Materials

- Ag-Bite game board
- 1 Die (for each group)
- Space for Physical Activity
- Markers for game board
- Copy this page or have paper and pencil to keep track of laps and food groups.
- Download a copy of the **Digestive System Relay** word search for each group at LearnAboutAg.org/agbites.

Tips

Visit ChooseMyPlate.gov for meal and activity ideas.

Visit LearnAboutAg.org/factsheets for more information about commodities grown in California!

Start Here ▶



Blueberries are a rich source of dietary fibers and vitamins C, K, A, E and B. Work on your muscular strength – do glute bridges! Instead of counting, do a glute bridge for each letter in BLUEBERRIES (11).

Beef is high in ZIP: Zinc, Iron, and Protein! Zinc helps maintain energy levels, Iron helps metabolize proteins, and Proteins help build muscle mass and stabilize blood sugars. Do 10 tricep dips to build muscle mass in your arms. Name the benefits of eating foods high in ZIP.

One acre of **Wheat** can be turned into 1,500 loaves of bread. A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancers. Mill your wheat while you do 10 windmills!

The green in your **Lettuce** is from chlorophyll used by plants in photosynthesis. Reach up to the sun like a sprouting plant and do 2 sun salutations. Remember to focus on your breathing.

Milk is a dairy product and is used to produce cheese, ice cream, and yogurt. All high in calcium! Calcium helps make your bones strong. Do a 25-second wall sit while you milk a cow!

Tomatoes are high in lycopene, an antioxidant, which is good for your cells. While holding a plank, come up with ten meals that you can eat tomatoes with and enjoy!

Carrots are high in vitamin A – good for your eyes! Harvest your carrots - do 10 jumping jacks!

A laying hen can produce about 250 **Eggs** per year! Eggs contain choline – an important nutrient used to build cell membranes. 90% of Americans don't get enough choline. Do your best chicken dance for 10 seconds!

Eating dairy products such as **Cheese** can help reduce the risk of osteoporosis. Osteoporosis is a bone disease that causes bones to become weak. Exercise reduces the risk of osteoporosis. Run in place for 30 seconds!

Granola grains such as **Wheat, Oat, Corn, Barley, and Rice** are good sources of healthy fat. Healthy fat helps lower cholesterol and blood pressure. Aerobic exercises also help lower cholesterol and blood pressure. Get your aerobic exercise by powerwalking one lap.

Strawberries are high in vitamin C. Eating strawberries may improve memory! Strawberries are considered a super food. Be a superhero and do 10 superman holds – 5 seconds each!

Mandarins, oranges, lemons, grapefruit, and kumquats are all citrus fruits and contain antioxidants that help fight heart disease. Heart disease is a leading cause of death in the U.S. Do Citrus Sit-ups! Say the citrus fruits instead of counting!

Yogurt is part of the dairy food group. Three servings a day are recommended. Do Yogurt Yoga – hold the downward dog pose for 10 breaths! Remember to focus on your breathing.

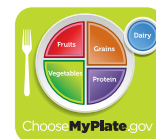
Chicken is a protein and helps you build muscle. Do 10 jump squats and help build those leg muscles.

Oatmeal is a grain and is good for digestion! Do the **Digestive System Relay** word search with your class or make up your own physical activity and do it for 1 minute!

Food Groups/Laps

Check Off Each Time You "Eat" From A Food Group

- ▲ Protein ○ ○ ○
- ★ Grains ○ ○ ○
- ♥ Vegetables ○ ○ ○
- Fruits ○ ○ ○
- Dairy ○ ○ ○



Classroom Activities

SCIENCE

- Create a science fair project related to food science (e.g., preserving foods, having taste tests, creating new recipes). Have a family science night to share projects with your class and community.

ENGLISH LANGUAGE ARTS & PHYSICAL EDUCATION

- Create your own game. Write instructions and include physical activities.
- Make an individual and class challenge to eat better and be more active. Write out your goals and keep track.

MATH & VISUAL ARTS

- Plan a meal and calculate how many calories are in the meal. Draw an illustration of your meal.
- Create, design and illustrate a restaurant menu with a variety of food choices. Include prices and all food groups.

California Standards

- CCSS ELA: W.9-12.4, 7, 10; SL.9-12.4; WHST.9-12.7, 10
- CCSS Math: HS.N-Q.1; HS.S-ID.1
- High School PE Content: 1.2, 1.3, 2.2, 2.11, 3.2
- High School Visual Arts Content: 5.0

