



# Unit 8

## 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 draw, 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 student’s 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](http://HealthyEating.org/Interactives)

- **Cheeseburger lady**

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



- **Taco Time**

- **Materials needed:** Taco Time recipe book (blackline master available at [HealthyEating.org/BHM](http://HealthyEating.org/BHM))
- Have the students cut out the pages for the recipe book along the dotted line.
- Stack strips with A on top of B (Teacher will need to assist as needed).
- Help the students fold along solid lines and staple the recipe book.
- 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)
- Have students color the pictures of the taco in various stages of preparation.

- **My Very Own Pizza**

- Have students log on to the website provided below to play an interactive build your own pizza game.
- This interactive tool will allow the students to be creative and create their very own healthy pizza.



[HealthyEating.org/Interactives](http://HealthyEating.org/Interactives)