Hot Potato!

**AGE/GRADE LEVEL:** Youth, Grades 3-5; Teens; Adults and Older Adults

**FORMATION:** Stand at chairs or desks, or form a circle around perimeter of room

**EQUIPMENT:** MyPlate.gov poster from USDA; 5 food group models or colored bean bags representing food groups; music

**RULES/DIRECTIONS:**
1. Teacher gives a food model or bean bag to 5 participants. Start the music; all participants march around the room, passing the food models or bean bags around the circle like a hot potato. Stop the music; the participants stop passing.

2. The participants who end up with the hot potatoes each go to the poster and name a food in the food group that match their food model or bean bag. Make sure everyone gets a chance to go to the poster. Continue the activity until everyone gets a turn. To give everyone a turn, the teacher can choose different participants to go to the poster in these ways:
   - The second person to the left of the one holding the hot potato
   - The fourth person to the right of the holder
   - The person across the circle from the holder
   - The person in front of the one with the hot potato
   - The person to the right or left of the holder

**VARIATION:** While participants are at the poster, the rest of the class continues movement by marching in place, jumping, lunging, etc.

Ask food-group-specific questions to the participants holding the hot potatoes (see sample questions on back).

Participants pass the food models or bean bag differently: between the legs, behind the back, overhead, etc.

**NUTRITION NOTE:** Use with food group lesson


Use colored bean bags to prompt naming a fruit or vegetable in the Go Wild colors.
SAMPLE FOOD-GROUP-SPECIFIC QUESTIONS:
If there are specific correct answers, they are listed in boldface.

Grains:
1. True or False: Oatmeal is a food choice in the grains group. (True)
2. Name a food from the grains group you could eat for breakfast.
3. Foods in the grains group supply our bodies with carbohydrates that give us what: a) better eyesight, b) **energy**, or c) stronger bones?
4. What would be the healthiest choice: a) white bread, b) biscuit, or c) **whole grain bread**?
5. You should eat 6 ounces from the grains group each day. How many ounces should be whole grains: a) 1 or 2 ounces, b) **3 ounces (half)**, or c) 6 ounces (all)?

Vegetables:
1. True or False: You should eat the same colors of vegetables every day. (False)
2. Name a food from the vegetable group that you could eat for a snack.
3. Orange and yellow vegetables supply our bodies with vitamin A that helps us do what: a) build muscle, b) run faster, or c) **see better in the dark**?
4. Vegetables supply our bodies with fiber that helps us do what: a) go to the bathroom regularly, b) heal cuts, or c) build strong teeth?
5. What would be the healthiest choice: a) french fries, b) potato chips, or c) **baked potato**?

Fruits:
1. True or False: Drinking 100% juice is a healthier choice than eating whole fruits. (False)
2. Name a fruit that you could add to your breakfast cereal.
3. Many fruits have vitamin C that helps us do what: a) grow taller, b) heal cuts, or c) keep our balance?
4. What would be the healthiest choice: a) strawberry Pop Tart, b) strawberry smoothie, or c) strawberry Fruit Rollup?
5. For better health, it is important to eat a variety of colored fruits. Name one fruit of each color: green (e.g., grapes, kiwi), orange (e.g., oranges, papayas – inside), red (e.g., apples – outside, strawberries), and purple (e.g., plums, grapes).

Dairy/Milk/Calcium:
1. True or False: Whole milk has more fat than skim milk. (True)
2. Name a food from the dairy group other than milk.
3. Dairy foods supply our bodies with calcium that helps us do what: a) build strong bones and teeth, b) have more energy, or c) think more clearly?
4. How many cups of milk or dairy foods should you have each day: a) 1, b) 7, or c) 3.
5. What would be the healthiest choice: a) chocolate ice cream, b) **low-fat yogurt**, or c) cheddar cheese?

Proteins:
1. True or False: Peanut butter is a food in the proteins group. (True)
2. Name a food in the plant family that is also in the proteins group.
3. Foods in the proteins group supply our bodies with protein, which helps our bodies do what: a) **build muscle**, b) heal cuts, or c) help us be more physically fit?
4. What would be the healthiest choice: a) bacon, b) sausage, or c) **fish**?
5. When eating at a restaurant, what would be the healthiest menu choice: a) cheeseburger and french fries, b) pepperoni pizza and soda, or c) **turkey sandwich and fruit cup**?