MyPlate Pokey

AGE/GRADE LEVEL: Youth, Grades Pre-K-2

FORMATION: Standing in a circle

EQUIPMENT: None; optional: music

RULES/DIRECTIONS:
1. Teacher reviews the traditional hokey pokey song with movements. Students form a circle around the perimeter of the room; teacher leads hokey pokey actions while singing the “MyPlate Pokey” (lyrics by Dianne David Kenning):

Movement | Verse
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Right Arm | You put your grain group in, you put your grain group out, you put your grain group in and you shake it all about. You eat the whole grain and you help your insides out; that’s what it’s all about!

Left Arm | You put your dairy group in, you put your dairy group out, you put your dairy group in and you shake it all about. You drink a glass of milk and you build some strong bones; that’s what it’s all about!

Right Leg | You put your fruit group in, you put your fruit group out, you put your fruit group in and you shake it all about. You eat a grape or two and you eat a couple more; that’s what it’s all about!

Left Leg | You put your vegetable group in, you put your vegetable group out, you put your vegetable group in and you shake it all about. You crunch on a carrot and you peel a sweet potato; that’s what it’s all about!

Head | You put your protein group in, you put your protein group out, you put your protein group in and you shake it all about. You throw in meat and beans and you make a pot of chili; that’s what it’s all about!

Whole Self | You put all your food groups in, you put all your food groups out, you put all your food groups in and you shake it all about. You do the MyPlate Pokey and you turn yourself around; that’s what it’s all about!

VARIATION: Students hold a food model, picture, or food package during the song and perform in the center of the circle when their food matches the corresponding group verse.

NUTRITION NOTE: Use with food group lesson.