Work it Out UNO (MyPlate) Style

AGE/GRADE LEVEL: Youth, Grades Pre-K-6; Teens; Adults and Older Adults

FORMATION: Form a circle around perimeter of room, standing or sitting

EQUIPMENT: UNO cards or plain, colored cards corresponding to the MyPlate food group colors; optional: indicate physical activity movement on the UNO or MyPlate color cards

RULES/DIRECTIONS:
1. Teacher distributes one UNO or MyPlate color card to each participant.
2. Each participant performs the activity (for 10-15 seconds) and names a food that corresponds to the color/food group on their card; suggestions:
   - Blue – Jumping jacks (adaptation: perform one-footed, placing right foot out to right side, crossing in front of left, left foot out to side, crossing in front of right) and name a blue fruit or vegetable.
   - Red – March in place, do sit-ups, or squats and name a red fruit or vegetable.
   - Yellow – Toe touches, left-right twists, or bend over and touch knees (standing) or toes (seated) and name a yellow fruit or vegetable.
   - Green – Run, march, or swim in place (moving arms) and name a blue fruit or vegetable.
   - Orange – Raise the roof (lift arms) and name a whole grain.
   - Blue – Side steps and name a low-fat dairy food.
3. Teacher says “pass it on” after 10-15 seconds and each participant passes their card to the person on their right.
4. Each participant performs activity that corresponds to their new color.
5. Continue changing cards at 10-15 second intervals for up to 10 minutes.

VARIATION: Use music to set the tempo and indicate when to start and stop movements.

Participants can pass the card in different ways; suggestions:
   - Slide the card with foot
   - Hand it over head
   - Hand it across their body

NUTRITION NOTE: Corresponds to lessons featuring the MyPlate food groups.