

Key Concept:
Recommended Daily Amounts

Objective:
Students will demonstrate through activity the recommended daily amounts for each food group.

- Equipment:**
- InfoCube
 - Food Group Cards
 - 4 Cones

InfoCube Warm-Up

Explanation:

There are five food groups represented on the USDA's MyPlate. Each food group has a recommended amount that should be eaten daily for good health. Although oils should be used sparingly, we do need some to maintain health. The term **Recommended Daily Amount** is sometimes shortened to just **RDA**.

Directions:

1. Put five Food Group cards in the InfoCube pockets. Each pocket will hold a different Food Group. The sixth pocket is for oils.
2. Students jog around the play area at a comfortable pace.
3. Every 15-30 seconds, toss the InfoCube into the air and let it fall.
4. Students stop their jog and perform specified exercises according to the face-up side of the InfoCube and the chart below. For example, if the InfoCube shows Dairy, the students perform a certain number of push-ups (based on age group). This is to demonstrate their recommended daily amount.
5. Use the Recommended Daily Amounts chart on page 2 for amounts for males and females and use the chart below for exercises for each food group including oils.

5-8 Years Old			9-11 Years Old		
Food Group	RDA (est.)	Exercise	Food Group	RDA (est.)	Exercise
Grains	4-6 oz.	4-6 mt. climbers	Grains	5-7 oz.	5-7 mt. climbers
Vegetables	1-3 cups	1-3 crunches	Vegetables	2-3 cups	2-3 crunches
Fruits	1-2 cups	1-2 coffee grinders	Fruits	1-2 cups	1-2 coffee grinders
Dairy	2-3 cups	2-3 push-ups	Dairy	3 cups	3 push-ups
Protein Foods	3-6 oz.	3-6 squat thrusts	Protein Foods	5-6 oz.	5-6 squat thrusts
Oils	3-4 tsp.	3-4 second rest	Oils	5 tsp.	5 second rest

12-13 Years Old			14-18 Years Old		
Food Group	RDA (est.)	Exercise	Food Group	RDA (est.)	Exercise
Grains	5-9 oz.	5-6 mt. climbers	Grains	6-10 oz.	6-10 mt. climbers
Vegetables	2-4 cups	2-4 crunches	Vegetables	2-4 cups	2-4 crunches
Fruits	1-2 cups	1-2 coffee grinders	Fruits	1-3 cups	1-3 coffee grinders
Dairy	3 cups	3 push-ups	Dairy	3 cups	3 push-ups
Protein Foods	5-7 oz.	5-7 squat thrusts	Protein Foods	5-7 oz.	5-7 squat thrusts
Oils	5-6 tsp.	5-6 second rest	Oils	5-6 tsp.	5-6 second rest

Assessment:

At the conclusion of the game ask students the recommended daily amounts for each of the food groups.

