

4-H +Me = Health: Food Group Race

What will we learn? 4-H members will learn what the different food groups are and be able to identify examples of foods in each food group. Groups of members will compete to see who can name the most foods in each food group.

Why is this important? Learning about the different food groups will help youth make healthier food choices.

Prep time needed: 5–10 minutes

Activity length: 15 minutes

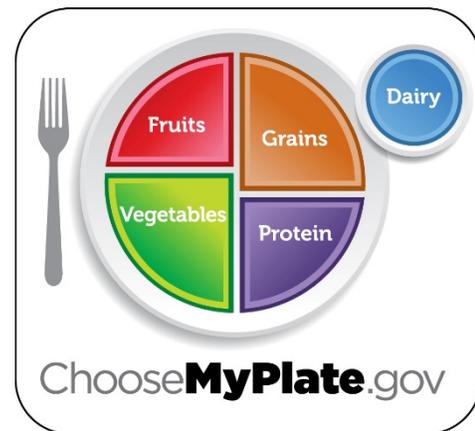
What will we need?

Preparation:

- Internet access to www.choosemyplate.com

At the meeting:

- Paper
- Pencils
- Timer or clock
- Space for each group to write their lists



What do I need to do?

Preparation:

1. Visit choosemyplate.gov to learn more about the different food groups. This site contains many printables and games as well.

At the meeting:

1. Explain to your club members what the five food groups are and why it is important to eat foods from all the food groups. Half of each meal or snack should be made up of fruits and vegetables. Optional: Pass out a copy of the *Choose My Plate* graphic.
2. Divide club members into small groups of 4–6 members and give each group a paper and pencil. Have them hold their paper lengthwise and have each group write the five food groups across the long side of the paper.
3. Set the timer for 10 minutes. Each group should see how many examples of food they can list for each food group.

4. When time is up, bring the groups together to see how they did. Determine which group identified the most foods and compare the results.

Summary: Learning about the different food groups will help youth make healthier food choices.

What 4-H projects does this activity connect with: Health and Nutrition

Resources:

<http://www.choosemyplate.gov>