

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Healthy Dinner Hot Potato	
Submitted by	Jason Naquin, 2016 JRFH/HFH Grant Recipient
National Standard(s)	Health Ed: Standard 5- Students will demonstrate the ability to use decision-making skills to enhance health.
Grade Level Outcome or Performance Indicator	5.5.3 List healthy options to health-related issues or problems.
Activity Objective	<p>Learning Expectations: I can make healthy choices when choosing food for breakfast, lunch, snack and dinner.</p> <p>Psychomotor: Students will learn the benefits of exercise and the relationship between the foods they eat and their body's needs.</p> <p>Cognitive: Students will learn how to better make healthier eating choices when picking foods to eat and have a better sense of a balanced plate.</p> <p>Affective: Students will change how they feel about the healthy foods they put on their plates</p>
Grade(s)	3-5
Materials	One tennis ball, beanbag, or other ball; music
Activity Description	
<p>This activity was adapted from New York Road Runners. (http://www.nyrr.org/youth-and-schools/running-start/nutrition-activities/elementary-school/dinner/hot-potato)</p> <ol style="list-style-type: none"> 1. Ask the students to stand in a large circle. 2. Quickly review the food groupings with them (fruits; vegetables; meats, beans, and nuts; grains; and milk and milk products). 3. Ask them why it's important to eat foods from all of the food groupings (every different type of food helps our bodies in different, specific ways such as carrots, which help eyesight and milk, which strengthens bones). 4. Explain that they are going to play Healthy Dinner Hot Potato where they will be asked questions about healthy choices they can make at dinner as well as other questions about healthy foods. 5. The students should pass the ball from one person to the other around the circle. 6. Whoever has the ball when you say "DINNER" or when the music stops should hold onto the ball as you ask a question. After they answer the question, they should continue passing the ball. 7. If a student names a food or drink high in added sugar or fat, gently guide her or him to think of a healthier choice. Reinforce to students that food high in sugar and fat add a lot of calories, but don't help kids grow like other foods with more nutrients. 8. Some sample questions are: <ul style="list-style-type: none"> • What red fruits can you have for dessert? 	

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- What is your favorite milk product to eat or drink with dinner?
 - What is your favorite healthy dinner food from the meats, beans, and nuts grouping?
 - What is your favorite healthy green dinner food?
 - What crunchy vegetables can you eat for dinner?
 - What is your favorite whole grain food to eat for dinner?
 - Why is it important to eat foods from different food groups?
 - How can you add more fruits and veggies to your diet?
9. If time permits, review some of the healthy foods mentioned.

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.

Differentiation/Inclusion:

Create several small groups and have students passing the ball at the same time.

To create a challenge have students toss the ball to someone who is not next to them.