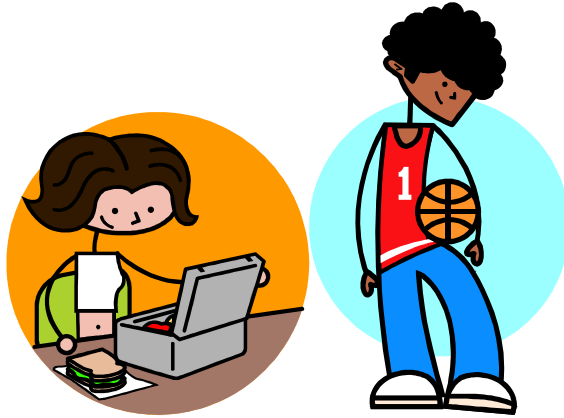


MIX IT UP



who: 1st - 5th graders

when: during lunch on Thur. Nov 29th

where: Franklin cafeteria

why: to explore MyPyramid, promote healthy eating, and enjoy MIX IT UP activities

how: with MS student leaders and School Health Advisory Council as facilitators

***Student leaders will bring class envelope to you by 11:20 to distribute color cards to your students. Please have students “buddy up”, hold onto cards, and walk to cafeteria with student leaders. 1st - 5th graders will sit at lunch tables with color-coded signs that match their color cards. Student leaders will eat lunch with your students and facilitate MIX IT UP activities.**

Students with food pyramid on their card immediately check in with MIX IT UP leader.

Table group activity:

- 1.** Attach the food cards to table sign so all students can see the different types of **grains**.
- 2.** Identify the different types of **grains** your table group is having for lunch today.
- 3.** List the types of **grains** at your table group.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 4.** Record your table group's total number of different types of **grains**. _____ How many from the total are whole **grains**? _____

Write all names of students at table group on this paper and give to MIX IT UP leader. Your table group may win **Jamba Juice.**

Put all color cards into basket.

Students with food pyramid on their card immediately check in with MIX IT UP leader.

Table group activity:

- 1.** Attach the food cards to table sign so all students can see the different types of **fruits**.
- 2.** Identify the different types of **fruits** your table group is having for lunch today.
- 3.** List types of **fruits** at your table group.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 4.** Record your table group's total number of different types of **fruits**. _____

Write all names of students at table group on this paper and give to MIX IT UP leader. Your table group may win Jamba Juice. Put all color cards into basket.

Students with food pyramid on their card immediately check in with MIX IT UP leader.

Table group activity:

- 1.** Attach the food cards to table sign so all students can see the different types of **vegetables**.

- 2.** Identify the different types of **vegetables** your table group is having for lunch today.

- 3.** List the types of **vegetables** at your table group.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 4.** Record your table group's total number of different types of **vegetables**. _____

Write all names of students at table group on this paper and give to MIX IT UP leader. Your table group may win Jamba Juice. Put all color cards into basket.

Students with food pyramid on their card immediately check in with MIX IT UP leader.

Table group activity:

- 1.** Attach the food cards to table sign so all students can see the different types of **milk and dairy foods**.
- 2.** Identify the different types of **milk and dairy foods** your table group is having for lunch today.
- 3.** List the types of **milk and dairy foods** at your table group.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 4.** Record your table group's total number of different types of **milk and dairy foods**. _____

Write all names of students at table group on this paper and give to MIX IT UP leader. Your table group may win Jamba Juice. Put all color cards into basket.

Students with food pyramid on their card immediately check in with MIX IT UP leader.

Table group activity:

- 1.** Attach the food cards to table sign so all students can see the different types of **meat, beans and protein foods**.
- 2.** Identify the different types of **meat, beans, and protein foods** your table group is having for lunch today.
- 3.** List the types of **meat, beans, and protein foods** at your table group.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 4.** Record your table group's total number of different types of **meat, beans, and protein foods**. _____

Write all names of students at table group on this paper and give to MIX IT UP leader. Your table group may win Jamba Juice. Put all color cards into basket.

Students with food pyramid on their card immediately check in with MIX IT UP leader.

Table group activity:

- 1.** Attach the facts about **water** to your table sign.

- 2.** How many students at your table are having **water** with lunch today? _____

- 3.** Brainstorm different ways to hydrate your body with **water** everyday.

Write all names of students at table group on this paper and give to MIX IT UP leader.

Your table group may win **Jamba Juice.**

Put all color cards into basket.

MyPyramid challenge

Identify the variety of fruits and vegetables at your table group. Record your table group's total number of fruits and vegetables. _____

List all the types of fruits and vegetables from lunches at your table.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Write all names of students at table group on this paper and give to MIX IT UP leader.

Your table group may win **Jamba Juice.**