



FISHING FOR HEALTHY FOOD

TYPE OF ACTIVITY: Math

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will name the foods on the food cards.
- › Children will classify the foods into MyPlate food groups.
- › Children will practice motor skills by “catching” pictures of different foods and placing them onto the MyPlate poster.

MATERIALS:

- › Pictures of foods from all 5 food groups
- › Large paper clips
- › Child-sized fishing poles (can be made from sticks and string)
- › Magnets
- › MyPlate poster



PROCEDURE:

1. Set-up: Create fishing poles by attaching string to a stick or rod. Tie a magnet to each string. If a real child-sized fishing pole is used, remove the hook and tie a magnet to the end of the line. Limit the amount of line on the fishing pole. Attach a large paper clip to each food picture.
2. Show children the MyPlate poster and discuss the foods in each group. Suggested language:
 - a. *Our bodies need foods from all the groups of MyPlate to stay healthy.*
 - b. *The orange group is for grains. Can you name a food that's a grain?*
3. Tell the children that they will be fishing for food. After they catch a food, encourage them to place it in the correct area of MyPlate. Demonstrate if needed. Suggested language:
 - a. *In this game, we're going fishing for food. When you catch a food, look at MyPlate and choose the group it belongs to.*
 - b. *Karl, you caught a banana. What group does a banana belong in? Yes, it's a fruit. What color is the fruit group on MyPlate? That's right – it's red. Can you put the banana in the red group?*

ADAPTATIONS/EXTENSIONS:

Age Adaptation: Younger children may need very common foods and fewer options to choose from in the fishing game.

Math: After children have fished for foods, have them match the pictures to plastic food models. Encourage them to sort the foods into different food groups using baskets or other containers.