

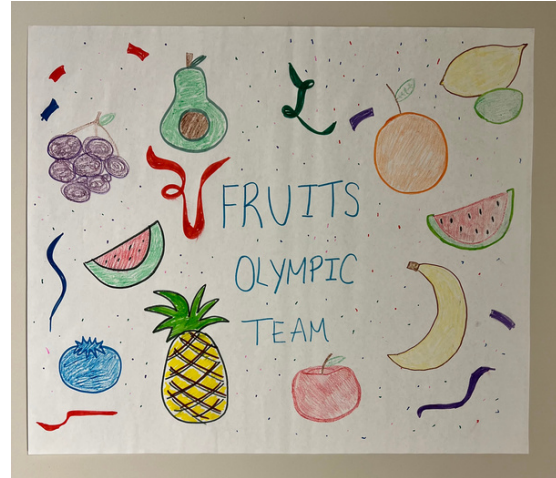


MyPlate Olympic Team Flag

Materials

- Large poster paper or sticky note
- TIP:** You can also tape four sheets of paper together to make one large poster!
- Crayons & markers
- Tape (optional)

Instructions



1. Divide students into five teams of equal size.
2. Display the MyPlate Diagram and ask probing questions to spark discussion:
 - a. What are the 5 food groups?
 - b. What are some examples of foods within the 5 food groups?
 - c. Why are the food groups different sizes?
 - d. What are some benefits of using the MyPlate diagram for your meals?
3. Explain that each team will create an Olympic flag for their food group. The objective is to make a fun and colorful flag with as many foods in their food groups.
4. Randomly assign a food group to each team. Provide them with markers and/or crayons.
5. Give them 10-15 minutes to work together to design their flag.
6. Hang their team flags by taping them on the wall and celebrate their colorful flags!
7. **OPTIONAL FOLLOW UP ACTIVITY:** Encourage teams to work together in an Olympic Field Day! Discover a compilation of activities at SummerMeals4NCKids.org

Share pictures of your team flag with @Ray4NCKids and the tag #SummerMeals4NCKids on social media!

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