



PIN THE SPOON ON THE PLATE

WHAT IS IT:

This is a health-based game that any number of people can play. The goal of the game is to name as many food products and healthy meals that fall into each of the five MyPlate food groups. The team with the most points in the end wins.

WHAT YOU NEED:

- USDA MyPlate poster
- Tape
- A blindfold
- A scoreboard
- A timer
- Plastic fork, spoon, and spork
- Pins

BEFORE PLAYING:

Choose teams before you start. You can make two or three teams, depending on how many people are playing -just make sure that the teams have an even number of players and that someone remains to be the judge.

Pick a judge. This person will be keeping track of points, controlling the timer, and declaring the winner.

Once the teams are established, take the USDA MyPlate poster and place it against the wall. Put a foam board behind it to keep pins from going into the wall.

Use tape to make a line on the floor that leads to the poster. Make this line three feet long- it's what players will follow during the game.

Each team must choose a utensil to stick to the poster. They can pick from a plastic fork, spoon, or spork. Attach the utensil to the pin.

Then flip a coin to determine which team will go first.

Now you can start playing.

HOW TO PLAY:

One player from the first team is blindfolded and given a pin. Two members from the opposing team take the blindfolded player and spin him or her around three times.

The blindfolded player must stand on the tape and walk towards the poster. Without looking, they must pin their utensil to a food group. All teams must stay quiet and not help the blinded player in his or her attempt to pin a food group.

EX: The first player lands a pin on Protein.

That team now has fifteen seconds to come up with at least five examples of protein foods or heart healthy meals that include protein.

EX: Fish, meat, chicken, steak and eggs, peanuts

The foods listed must be actual members of the protein group and the meals listed must be healthy.

Examples of an unhealthy meal include:

Fried fish, fried chicken, deviled eggs, hotdogs, etc

The above examples would not be counted because they are high in fat, deep fried, high in salts, and/or processed. The team that listed them would not gain any points for these foods.

If all five listed items are appropriate, then the team gets five points.

However, if one or more of the foods is not healthy, then the other team has a chance to steal the points. If the other team is able to name two foods or meals that are healthier than the other team's foods/meals, then the second team will get the five points instead.

Play for six rounds. Each team goes up once during the round and pins a different Food Group. The last round is a lightening round.

If the blindfolded player does not pin a food group on the poster and hits outside the plate, then the judge will pick what food group the pin is closest to and the team will make a list for that food group

If the blindfolded player places the pin between two food groups, then the judge will pick which food group the team will use.

EX: The pin lands between grains and protein. The judge picks grains and the team must come up with a list for grains.

After five rounds, the total scores will be totaled.

Round six is the last round. Each team has thirty seconds to come up with a healthy meal using all five groups. They have to use one food they had already listed during the previous five rounds to make the meal.

EX:

Team One makes a list of five items from their previous lists:

Lean beef-Protein
Carrots-Vegetable
White Rice-Grains
Whole Milk-Dairy
Fruit cocktail -Fruit

Team Two makes a list as well:

Eggs-Protein
Oatmeal-Grains
Tomato Juice -Vegetable
Low Fat Milk-Dairy
Apple-Fruit

At the end of thirty seconds, the teams will describe their meal to the judge. The judge will decide whose meal is healthier. Whoever wins this last round wins the game.

Looking at the list above, the judge would typically pick Team Two as the winner, since their list of food is healthier than Team One's list. Team Two used low-fat milk instead of whole milk and oatmeal instead of white rice.