



## ***All's Well that Eats Well Power Play*** **Classroom Game**

*Teachers:* When the *Power Play* classroom game concludes, we encourage the use of the following questions to act as a prompt for discussion with your students to help solidify the learning that took place in this hands-on classroom experience. We recommend spending at least five minutes discussing and asking your students what they learned and talk about what else they need to know. Feel free to ask your students as many follow up questions as you'd like.

### **Reflection Questions**

1. How many minutes of physical activity should you get every day?
2. What are some examples of physical activity that you can do every day?
3. What are the five different food categories included in MyPlate?
4. What are some examples of nutritious snacks that you can eat every day?
5. What are some examples of foods you should eat every once in a while?
6. How much fat should be included in your daily diet?
7. Why should you focus on eating whole fruits?
8. What are calories?
9. Why is it important to understand how many calories in food products?