

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

NUTRITION

PHYSICAL CORE

Version 2026.1



Plate, Pour, Pick

Name the five food groups, build a balanced plate, and see what sugar hides in a soda.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has named the five food groups out loud.
- Has sorted food cards into the right group.
- Has built a balanced plate with one food from each main group.
- Has seen the sugar in a can of soda and the water in a bottle.

📦 BRING / SET UP

- Twenty paper food cards drawn or printed before the session (apple, carrot, chicken, rice, milk, etc.)
- Five paper plates with one food group written on each: Fruits, Vegetables, Grains, Protein, Dairy
- Two clear cups, one can of soda, one bottle of water, and a small bag of white sugar with a teaspoon
- One paper plate for each Junior Saint to build his balanced meal
- A water bottle for each Junior Saint

FOR THE LEADER

This is a Junior Saints preview of the **Nutrition** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

PLATE, POUR, PICK (PAGE 1 OF 2)

⌵ THE HOUR

BLOCK 1 · DISCUSSION Opener — Welcome circle

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one food he ate yesterday. Examples: an apple, a sandwich, eggs, rice and beans. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE The five food groups

⌚ 10 min

1. Sit in a circle. The leader holds up the five group plates.
2. Fruits. Vegetables. Grains. Protein. Dairy. Five groups.
3. Say each group name out loud as the leader holds up the plate.
4. Each group does one thing for your body. Fruits and vegetables give vitamins. Grains give energy. Protein builds muscle. Dairy builds bones.
5. Drinking water is not a food group, but you need it every day. The leader holds up a water bottle.
6. Teaching point: five groups plus water. Try to eat from every group every day.

BLOCK 3 · SKILL PRACTICE Sort the food cards

⌚ 10 min

1. Spread the five group plates on the floor.
2. The leader hands each youth one or two food cards.
3. Look at your card. Walk it to the right plate and set it down.
4. Sit back in your spot. The leader checks each plate with the group.
5. Did any card land on the wrong plate? Move it now.
6. Teaching point: most foods belong to one group. A pizza is a few groups in one slice.

BLOCK 4 · PHYSICAL Build a balanced plate

⌚ 15 min

1. Each youth gets one blank paper plate and a pencil.
2. Draw a line down the middle. Then draw a line across the middle.
3. You now have four parts. One part is fruits. One part is vegetables. One part is grains. One part is protein.
4. Set up the food cards in five piles, one for each group.
5. Run the relay. One youth at a time. Run to the piles, pick one food card from a group, run back, and place it on the right part of your plate.
6. Pick fruit, vegetable, grain, and protein. Four trips total.
7. When your plate is full, hold it up. The leader checks each plate.

PLATE, POUR, PICK (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · SKILL PRACTICE **Water against soda**

⌚ 12 min

1. Sit in a circle. The leader sets out the two clear cups.
2. The leader pours water in one cup and soda in the other. Point at each.
3. One can of soda has about ten teaspoons of sugar in it. The leader counts ten teaspoons of sugar into a third clear cup.
4. Look at the sugar pile. That is how much is in one can.
5. Water has zero sugar. Drink the water bottle next to you.
6. Teaching point: drink water every day. Soda is a treat, not a drink for thirst.

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 8 min

1. Stand in a circle. Stretch your arms, neck, and back. Hold each for 15 seconds.
2. Drink the rest of your water.
3. Each Junior Saint says: "My favorite food group is ____." Just the name.
4. Group cheer: "Eat the five!" Three times.
5. Homework: tell your parent the five food groups before bed tonight. Ask which one is on your plate at supper.

AT THE CLOSE · DEBRIEF

1. Name two of the five food groups.
2. How many teaspoons of sugar were in the soda cup?
3. Which food card did you pick first in the plate relay?

📋 *This is a Junior Saints preview session. No Nutrition BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 1

FROM SESSION — BUILD A BALANCED PLATE

A Balanced Plate

Print and post so Junior Saints can build a plate from five groups.

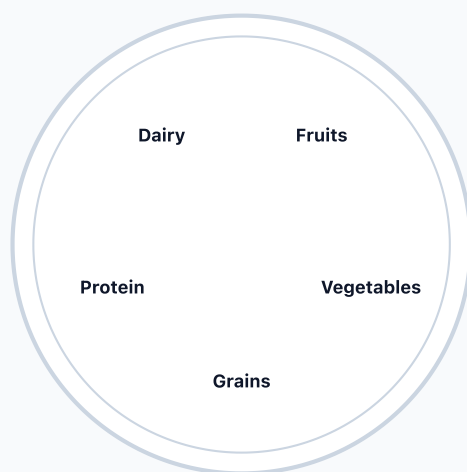
NUTRITION · JUNIOR SAINTS CARD

Fill your plate from five groups.

Five food groups, plus water. Try to eat some of each.

A balanced plate

Five groups on the plate. Water in the glass.



Water

Drink it every day.

Eat from each group every day

One example of easy food for each of the five groups.

- 1 Fruits — an apple, a banana, some berries
- 2 Vegetables — carrots, peas, a green salad
- 3 Grains — bread, rice, oatmeal
- 4 Protein — eggs, beans, chicken, fish
- 5 Dairy — milk, cheese, yogurt

Try to eat from every group each day.

Print this handout for in-person reference during the session.