Food Group Relay

Reference: http://www.onehealth.ca/r_alberta_nwt/video_conferences/E100527B-HO.pdf

Overview: In a relay race, children match different food items with the correct food group.

Subject area: Nutrition; Physical Activity

Grade level: K-5th

Objectives: Children will learn about the different food groups while being physically active.

Prep time: 15 minutes

Lesson time: 15 minutes

Materials needed:

- Index cards
- 5 signs labeled fruits, vegetables, dairy, grains, protein
- Stakes to hold signs
- Tape to attach signs to sticks
- Cones

Space needed: Field

Staff needed: 1-2

Preparation steps:

1. Write the name of a food on an index card (e.g. banana, orange, carrot, lettuce, squash, strawberries, pineapple, celery, whole grain bread, pasta, cereal, crackers, popcorn, chicken, beans, fish, tofu, milk, yogurt, cheese, pie, chocolate, etc.); have at least 40 index cards.
2. Tape signs to stakes and stick them into the ground. Place signs in a line approximately 10 feet apart and 10 yards away from the start line.
3. Set up a start line using cones.

Pre-test of knowledge: Discuss the food groups on MyPlate.

Presentation steps:

1. Divide children into teams and split index cards evenly among the teams.
2. Index cards are placed in a pile at the front of each line. Each child will pick up a card and will run, skip, dance, or hop to the sign that has the correct food group for the food on the index card and return to the start line.
3. The next child in line will run, skip, dance, or hop to the food group signs with a new card.
4. Repeat until each team has placed their index cards at the food group signs.

5. As a group, discuss all of the index cards.

Variations:
Hula hoops can be used with signs to place foods in. Instead of index cards, use toy foods or empty food containers. These can also be scattered on the field around the hula hoops and signs.