**Food Group Relay**



**Equipment:**

5 Hula hoops with matching colors (Grains=orange; Proteins=purple; Vegetables=green; Fruit=red; Dairy=blue.

Food Cards or Pictures from each food group (Sites can use paper food models or have kids draw pictures of various foods from each food group, or cut out food pictures from each food group listed above from magazines). Will need 9 food pictures from each group.

MyPlate visual-printed

5 cones

**Set Up**: Hula hoops in a circle, food cards/pictures in the middle, cones at each hoop



**Objective**: Work as a group to place the correct foods in the correct food group while being active.

**Opening questions:**

* *T*: Can you name the 5 food groups? Ask kids to raise hands if they know, and tell them you will call on them for answer. *T:* Reviews the 5 food groups and lists examples of foods in the groups. *(Grains ( bread, tortillas, cereals, pasta, rice)=orange; Proteins (meat, eggs, nuts, beans) =purple; Vegetables ( broccoli, carrots, peppers)=green; Fruit ( apples, bananas, peaches, plums) =red; Dairy ( milk, cheese, yogurt)=blue.*
* *T*: explain “my food plate”, show visual, and we set up the relay race in a circle to represent the plate, and each color represents the color matching that food group. MyPlate is a visual of what your plate should include at meals.

**Instructions:**

* *T*: explain/demonstrate how to perform the relay – students stand in single file line at cone with a food group, first person in line runs to center to grab a food card they think belongs to their food group and runs back to place in their circle. Then second person runs to center and grabs food picture they think belongs in their food group. 9 total foods in each group, group ends when they have 9 food cards, or if they believe no more food cards are in the middle that belong to their group. When students have all 9 of foods they think is in there food group they yell out the group name. Team that finishes first with all correct foods in their group wins.
* *T*: splits class into 5 groups (for each food group).
* *S*: perform relay running to center to grab the food card/picture and bring it back and place in food group hoop. Next person in line runs to the center, picks a food and brings it back. When students think they have picked out all the foods from their group they yell out the food group. Teacher will stop game and ask students to show all their foods selected and review if fits in food group or not. Team that finishes first with all correct foods in their group wins.

