




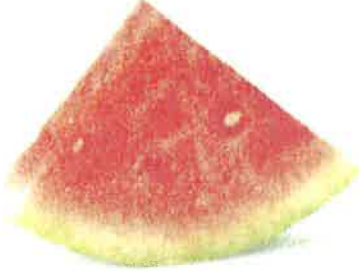






## MyPlate Relay Race Grades 2-5







### MyPlate Relay Directions:

Print out the number of food and activity cards that you need. (1 per team). (In a perfect world, it would be great to laminate these for repeated use.)

Divide the students into even teams (at least 2 teams, but 5-6 would be better) and have them line up behind a starting line. Place one basket at the starting line for each team. The cards should be placed in the starting line basket. An enlarged (laminated!) MyPlate printout should be placed at the finish line for each team.

Students line up single file behind the basket. The first student draws a card and does the activity listed on it (running, walking, skipping, crab walking, etc.) to get to the finish line. He or she then places the card on the corresponding part of the plate (i.e. *grilled chicken on the purple protein section, etc*). The student runs back to the starting line and tags the next player who then selects a new card and does the new activity all the way to the MyPlate poster, puts the card in the correct category and runs back to the line. Students continue until all the cards have been used up. The team that finishes first and has their cards on the right parts of the plate wins (if you want to be competitive about it!).

	<p>sway</p> <p>squash</p>		<p>roll</p> <p>sunflower seeds</p>
	<p>walk</p> <p>whole-wheat pasta</p>		<p>run</p> <p>watermelon</p>
	<p>walk heel-to-toe</p> <p>peanut butter</p>		<p>walk backwards</p> <p>low-fat yogurt</p>
	<p>take giant steps</p> <p>red pepper</p>		<p>grape-vine walk</p> <p>sweet potato</p>
	<p>duck-walk</p> <p>brown rice</p>		<p>wheelbarrow-walk (with a friend)</p> <p>fish</p>

	<p>jump carrots</p>		<p>skip whole-wheat bread</p>
	<p>crab walk peaches</p>		<p>gallop milk</p>
	<p>tip-toe grilled chicken</p>		<p>crawl egg</p>
	<p>spin spinach</p>		<p>hop on two feet grapes</p>
	<p>hop on one foot cheese</p>		<p>dance eggplant</p>