Kitchen Utensil Relay

**AGE/GRADE LEVEL:** Youth, Grades 3-5; Teens; Adults and Older Adults

**FORMATION:** 2 or more groups for relay teams

**EQUIPMENT:** A variety of kitchen utensils, one [different] list of utensils for each relay team

**RULES/DIRECTIONS:**
1. Place all utensils in one central location
2. Give each team a list of 1/2 the utensils; each team’s list has different utensils
3. Leader signals teams to start; each relay group sends one member at a time to the central location to choose the listed item, return it to the group (hand off to next team member) before the next team member takes a turn.
4. The relay is over once all teams retrieve the utensils on their list and correctly identify the utensils.

**VARIATION:** To increase the difficulty, balance the utensil on a spoon or frying pan to carry it back to the team.

Teams can exchange lists and run the relay again to identify more utensils.

**NUTRITION NOTE:** Use for cooking-skills based nutrition classes