MyPlate Relay

**AGE/GRADE LEVEL:** Youth, Grades 1-6; Teens

**FORMATION:** Two or three lines of students, single file; each line is a relay team

**EQUIPMENT:** 5 sheets of large colored paper, labeled by food group: orange – grains, green – vegetables, red – fruits, blue – dairy, and purple – proteins; a variety of food models or photos from all food groups; optional: laminate the colored paper for durability

**RULES/DIRECTIONS:**
1. Place food group papers on a table or the floor, several feet away from the start line.
2. Teacher hands a food model or photo to every student.
3. The first student in each relay team runs (or any variety of movement called by the teacher), places their food model or photo on the correct food group paper, and then returns to their team and tags the next student in line.
4. After having a turn, students go to the end of their line and start marching for the rest of the game (to remain active).
5. The first team to finish with their correct food group placements wins.

**VARIATION:** Food models are placed in plastic buckets at the beginning of each line; once tagged, each student picks out a food to place on the food group posters.

**NUTRITION NOTE:** Use with food group lesson.