Whole Grain Relay

**AGE/GRADE LEVEL:** Youth, Grades 4-6; Teens; Adults and Older Adults

**FORMATION:** Relay: Single file lines

**EQUIPMENT:** 1 box with photos of grain foods and/or grain product food labels; 2 boxes labeled “Whole Grain” and “Not Whole Grain” for each line of participants

**RULES/DIRECTIONS:**
1. Set box with food photos or labels 10-20 feet from start line; set a “Whole Grain” and “Not Whole Grain” box at each line’s start.
2. The first participant in each line walks briskly (or other movement as called by teacher) to the box of food photos/labels and picks one; participant walks briskly back to their line and puts their “food” in either “Whole Grain” or “Not Whole Grain” box.
3. Repeat for 5-10 minutes; participants standing in line can march in place to keep up activity level.
4. The team that finishes first with the most correct items in the boxes wins!

**VARIATION:** Work in pairs to increase active participants and reduce embarrassment if incorrect choices are made.

Label boxes “High Sodium” and “Low Sodium;” accompany with lesson on sodium levels.

**NUTRITION NOTE:** Use with whole grain, sodium, or label reading lesson.