Food Group Relay Overview:

-Provide student teams with cutouts of pictures or words of different foods.

-Each team gets 20-30 different foods. These foods are a mixture of different items found in the 5 different food groups. Each team’s foods are color coded to easily show which team is associated with their foods.

-There is a large display with the five different food groups listed (fruits, vegetables, grains, proteins, dairy)

-Each team will be trying to place the correct food in the correct group as quickly and as accurately as they can.

-The first group to get all of their food items in the correct food group is the winner.

Vegetables & Legumes

Broccoli

Kale

Potato

Tofu

Mushrooms

Green Beans

Fruit

Apples

Pears

Grapes

Grapefruit

Pineapple

Mangoes

Grains

Porridge

Pasta

Popcorn

Rice Cakes

English Muffin

Rice Krispies

Proteins

Lamb

Kangaroo

Duck Eggs

Beans

Peanuts

Lobster

Milk & Cheese

Yogurt

Cottage Cheese

Ice Cream

Custard

Ricotta Cheese

Smoothie