



HEALTH

# The nutritional value relay

## Objectives

To give the students an opportunity to learn about the numbers of foods that are suggested to eat from each of the groups each day known as the Super 19.

## Materials

- 6 folded mats
- 2 long beach noodles
- Bean bags: orange, green, blue, red, purple (enough for each team to create the SUPER 19; see numbers of each color in the description section)
- 4-6 relay sticks or hand-off batons
- A hand-out sheet listing the Super 19: 2 meat/beans (purple), 3 fruits (red), 3 dairy (blue), 4 vegetables (green), and 5 grains (orange).

## Lesson Plan

- 1 Place six folded mats at the center of the gymnasium to create a circle.
- 2 Inside the circle are 1 or 2 chefs who will hold wooden spoons (long pool/beach noodles).

- 3 On the mats are bean bags in orange, green, red, blue, and purple, spread all around the edges of the mats.
- 4 Around the perimeter of the gym, set up 4-6 relay teams of up to four students.
- 5 Teams attempt to collect all of the Super 19, as represented by the color of the bean bags.
- 6 Team members holding the relay stick approach the "kitchen" and attempt to grab the needed color bean bag before being tagged by the chef with the "wooden spoon" (noodle).
- 7 If tagged, the bean bag must be returned. If not tagged, the student adds the bean bag to the team collection, hands off the relay stick to the next team member, and the team continues to collect bean bags until they have all of the SUPER 19!

## Extension

Team members standing in line can do an exercise (to act like the body using the calories) of that food group (bean bag). Example: a red bean bag could be a serving of fruit, roughly 30 calories. They could do three jumping jacks to burn off 10 calories each.

