



## **Food and Fitness Relay**

### **Activity Synopsis**

In this fun, fast moving relay, developed by physical education Jane Provencal at Pelham Elementary School in Pelham, New Hampshire, teams jump rope and gathers foods from all Five Food Groups.

### **Student Outcome**

- Identify foods and decide to which food group each belongs

### **What You Need:**

- Cones – one per team
- Assortment of food pictures or food models
- Jump ropes – one per team

### **What You Do:**

1. Break students into teams and have each team stand behind a cone. Place food pictures a distance away.
2. In turn, each team member runs to a jump rope and jumps five times (or more, depending on the grade level), picks up a food picture and takes it back to their team.
3. Play continues until each squad has foods from all Five Food Groups.