**ABC Cards Make a Meal Relay**

**Activity Space**
GYM

**Activity Synopsis**
a relay with teams of students creating meals and gathering ABC cards by performing assigned activities to make a meal of five cards each.

**Activity Outcome**
A great indoor activity that helps your students create healthy and nutritious meals while exercising.

**Materials and Preparation**
- For most Physical Education classroom activities we suggest teachers laminate the cards for a longer life span.
- Place cards in the middle of the gym.
- Divide into teams of 5 students each. Name the teams Group 1, 2, 3....
- Provide each team with a pencil and a pad of paper.

**Rules: Refer to Chart**

1. Each round is assigned an activity - see chart
2. Each team is assigned a meal - see chart
3. All teams go look at the food cards and choose five foods to create the assigned meal (i.e. breakfast) and record it on paper.
4. The foods must be from at least three different food groups to complete the meal.
5. When the relay begins, team members take turns racing to the cards while doing the assigned activity (from chart) to choose one of the foods in their meal.
6. If one of the food cards has been chosen by another team, the student must return to their team and choose another food.
7. Track the winning teams for each round.
## Make a Meal

### Relay Chart

<table>
<thead>
<tr>
<th>Activity:</th>
<th>Round One</th>
<th>Round Two</th>
<th>Round Three</th>
<th>Round Four</th>
<th>Round Five</th>
<th>Round Six</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bear Walk</td>
<td>Bunny Hop</td>
<td>Crab Walk</td>
<td>Run</td>
<td>Skip</td>
<td>Teachers Choice</td>
</tr>
</tbody>
</table>

- **Group One (1)**
  - Breakfast
  - Lunch
  - Dinner
  - Lunch
  - Dinner
  - Breakfast

- **Group Two (2)**
  - Lunch
  - Breakfast
  - Breakfast
  - Dinner
  - Dinner
  - Lunch

- **Group Three (3)**
  - Dinner
  - Dinner
  - Lunch
  - Breakfast
  - Breakfast
  - Lunch

- **Group Four (4)**
  - Dinner
  - Breakfast
  - Dinner
  - Lunch
  - Lunch
  - Breakfast

- **Group Five (5)**
  - Breakfast
  - Dinner
  - Lunch
  - Breakfast
  - Lunch
  - Dinner

(Repeat for more groups) - may want to use two sets of cards with several more groups