

Alphabet Food Cards Activity - Meal Relay

ABC Cards Make a Meal Relay

Activity Space

GYM

Activity Synopsis

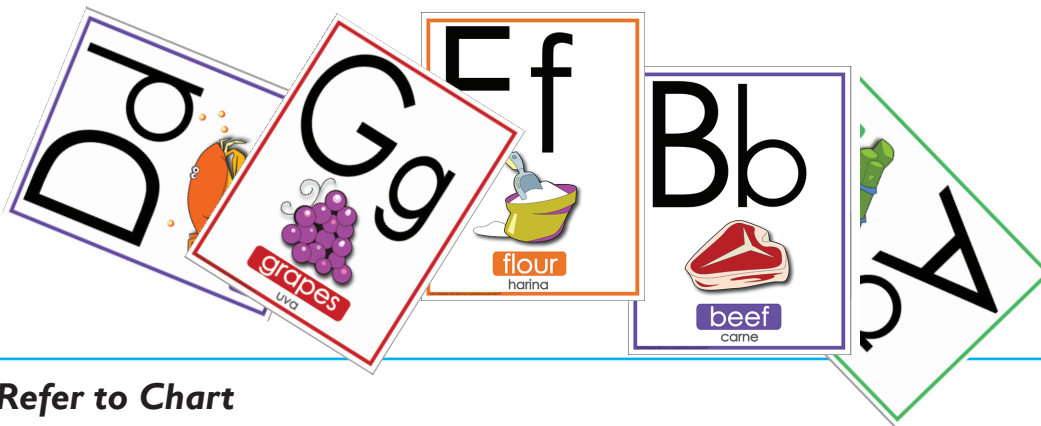
a relay with teams of students creating meals and gathering ABC cards by performing assigned activities to make a meal of five cards each.

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

	Round One	Round Two	Round Three	Round Four	Round Five	Round Six
Activity:	Bear Walk	Bunny Hop	Crab Walk	Run	Skip	<i>Teachers Choice</i>
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						