

MyPlate Relay Race!



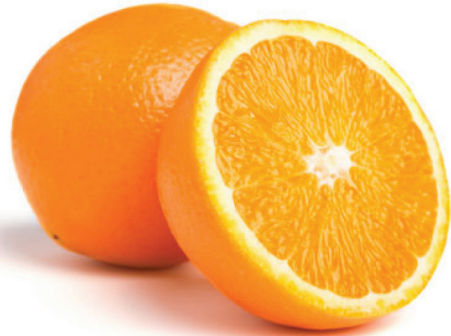
Instructions:

- Cut out the food cards from each category. Split the children up into 2 or more teams. Place a basket of food cards at the start line for each team.
- Place a MyPlate poster on the other side of a room/yard for each team.
- Have teams line up single-file behind the start line. When the game begins, the first child from each team will grab a food card, go to the finish line (for a challenge, add different movements like hopping on one foot, skipping, crab walking, etc.), and place the card in the correct food group on the MyPlate poster. The child will then run back and tag the next team member until the first team has each food group filled.

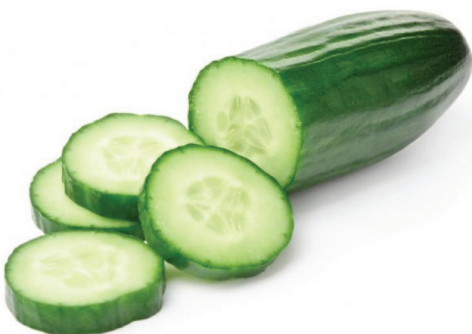
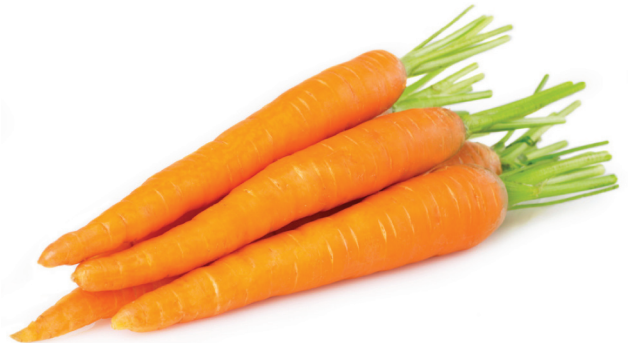
DAIRY



FRUITS



VEGETABLES



PROTEIN



GRAINS/BREAD



MyPlate

