

# Food Pyramid Race

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GRADES 2-6

**SKILLS/OBJECTIVES:** Reinforcement of nutrition and food concepts, scooter skills, cardiovascular fitness

**NUMBER OF PLAYERS:** Unlimited; students are arranged in groups of three or four

**EQUIPMENT:** One scooter and laminated food pyramid poster for each team; laminated pictures depicting a wide variety of foods

**HOW TO PLAY:** This scooter activity allows students to review the food pyramid, healthy eating concepts—and, have fun at the same time! Food Pyramid posters and charts can be found in many of the physical education catalogs, as well as in educational supply stores.

Before play, review with the class the food pyramid, types of foods that represent each category, the number of food servings people should eat each day, healthy eating habits, etc.

Scatter the laminated food pictures on half of a basketball court. Divide the class into teams of three or four. Each team lines up behind the opposite end line in a file formation. A scooter is placed at the front of each line, and a laminated food pyramid chart placed behind each team.

The objective is to be the first group to complete the food pyramid. On a starting signal, the first person from each group moves on their scooter out to a food picture, picks it up, takes it back to his or her team's food chart, and places it in the correct category. In turn, the players each scoot out and look for the correct food items to complete their food pyramid chart.

Only one food item can be returned per turn. Also, players have to return any food items they may already have on their chart.

