

## Race for Health

Grades: 3rd - 5th

Purpose: Learn which foods give you energy. The six essential nutrients.

Equipment: Label balls as foods, bowling pins = milk, bean bags labeled as food. Watch the YouTube health lesson on Six essential nutrients and tell the students it will give them the answers. Signs for 6 essential nutrients, food groups. 12 hula hoops that match students' color teams. Set up a store area with objects to represent Go, Slow & Whoa Foods for students to collect or make a healthy My Plate with 7 items/ group. 7 x 12 groups = 84 objects (12 milk, 12 green balls represent vegetables, purple represent fruits, rubber chicken, fish, frogs, pigs represent protein, yellow balls represent grains, blue balls represent water etc... or bean bags that are labeled with food).

Description: Students are in relay lines and are racing to collect 7 items to make a balanced plate (1 grain, 1 protein, 2 vegetables, 2 fruits, 1 dairy) and try to be the first to answer the question correctly. The first player runs to the store and selects the one food item and runs back to their line. Optional: The next person can either steal from another team or go to the store. The team that has 7 items wins. Stop the game and award 10 points to the team that finishes first with the correct balanced plate. If my team collected Whoa foods instead of Go foods then we can't win.

Optional rounds can be: Collect as many Go foods as possible in the next 5 minutes. Then repeat with Slow foods, lastly repeat with Whoa foods. You can also use scooters instead of running.

**Each round ask students 1-2 of these questions from the video:**

1. What foods will give you energy for exercise?: whole grain cereal, bananas, yogurt, beans, water- dehydration causes low energy.
2. The six nutrients needed for your body to grow, help your immune system keep you from being sick and allow your brain/ nervous system to function: Label the supply items: Healthy Fat, carbohydrates, protein, vitamins, minerals, and water. Call out:
  1. What would help your immune system and build teeth & bones: vitamins  
Everyone that got the right item wins 10 points.
  2. What would help your body cells grow and help absorb vitamins & minerals: healthy fats - olive and avocado oil
  3. Sodium, Magnesium, Potassium are examples of ? Minerals
  4. Supplies energy and helps in brain functions. Carbohydrates
  5. Helps you work at your maximum potential and flushes out toxins in your body: Water
  6. Helps build lean body mass and repair cells: protein

Safety: Run straight until you get to the store. If you use scooter watch over your shoulder when going backwards so you don't run into someone.