FOOD FLIP RELAY RACE
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• Health Skills: I will discuss how different foods affect my body in different ways.
• Nutrition Education: I will distinguish between GO and WHOA foods.
• Social & Emotional Learning: I will use encouraging language to support the effort of my teammates.

What you need...
• Cones
• Hoops
• GO & WHOA Food Flip Cards

How to set it up...
• This is a relay race set up.
• Create teams of 3 to 4 students. Each team behind a cone.
• Print, cut, and place Food Flip Cards face down 10 to 15 paces away from the team cones.

This activity is Food Flip Relay.
• The object of this activity is for your team to collect as many cards as you can and sort them into the correct hoop. GO (anytime foods) go in the green hoop. WHOA (once in a while foods) go in the red hoop.
• On the start signal, the first teammate on each team will run to collect a Food Flip Card. Next, run back and place the card in the correct hoop. As soon as the card is placed in a hoop the next teammate can go.
• We’ll continue until all cards are collected.
• Then we’ll discuss why your team sorted the foods the way that you did.

Discussion Questions
• What is a GO food? What is a WHOA food?
• What is the difference between anytime and once in a while?
• Why is a GO food considered an anytime food?

Universal Design Suggestions
• Create pathway markers to help students navigate to and from the food cards.
• Change the way students move to and from cards to create more or less challenge.