

Pyramid Relay

Objectives:

The students will:

- list the five food groups on a sheet of paper
- identify and categorise different types of foods into their proper food groups
- distinguish the difference between the five food groups
- identify reasons why a particular food item is healthy.

Materials:

- The Food Pyramid
- Tape
- Envelopes
- 2 paper bags
- 2 sets of index cards (each set a different colour)
- Markers or chalk.

Procedure:

1. Draw the Food Pyramid on the chalkboard, labelling each space with the proper food group name and the number of servings needed each day.
2. Tape an envelope inside each area of the pyramid.
3. Write the names of different types of foods on the index cards (twice—one on each set of coloured index cards).
4. Each set of index cards will be placed into two paper bags in front of the room.
5. Divide the class into two teams. Each team will line up in single file. When the teacher says 'go' the first person in each line goes to the paper bag and draws an index card with a name of a food. That person then goes to the chalkboard and sticks the card into the corresponding envelope in one of the food groups. Once the first person is done, the second person in line does the same thing. This continues until one team uses all their index cards. This team earns 15 points. The other team earns 10 points.
6. Check the envelopes to ensure that the foods were placed in the correct food group. Each team will get 2 points for each properly placed food item (the team is determined by the colour of the index card). But, on the other hand, an incorrectly placed card will result in the team losing 2 points. While doing this, review the information with the students.