



# Salad Bowl Relay Race

## Materials Needed:

- A lot of fruit and veggie beanbags or plush toys
- 2 hula hoops per team (or large plastic bowls)
- 1 wooden spoon per team (or game paddles)
- Fun music

## Setting Up the Game:

- Get music ready.
- Create relay race lines with one hoop on one end of the activity area and another hoop directly across from the first hoop.
- Place an equal number of fruits and veggies in each starting hoop, along with a wooden spoon.
- Create teams of 3 or 4 students with each team at a starting hoop.

## How to Play:

- This is the Salad Bowl Relay Race! The object of the game is for your team to move all of your fruits and veggies from your hoop, down to your “salad bowl” using the wooden spoon.
- When the music starts, the first person in line will pick up a fruit or vegetable, place it on the spoon and then balance it while they walk down to your team’s salad bowl. If you drop your fruit or veggie – that’s okay, just put it back on the spoon and keep moving.
- Take turns doing this until all of your fruits and veggies have been moved to your team’s salad bowl. Sit down behind your starting hoop when you’re done so I can see that you’re finished.

## Essential Questions:

- What other healthy foods could we add to a salad?
- What food groups are those foods a part of?

## OPEN Priority Outcomes for Nutrition:

- **(Grade 1)** Identifies foods that promote good health.
- **(Grade 3)** Identifies the 5 basic food groups.
- **(Grade 4)** Identifies a variety of foods from each food group.



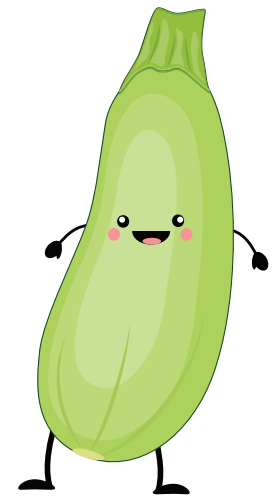
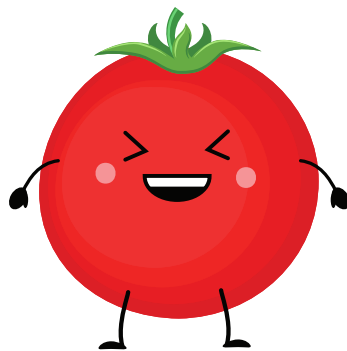
NUTRITION

From the Hart

Fruit & Veggie Game Pack

# TEAM 1

# SALAD BOWL





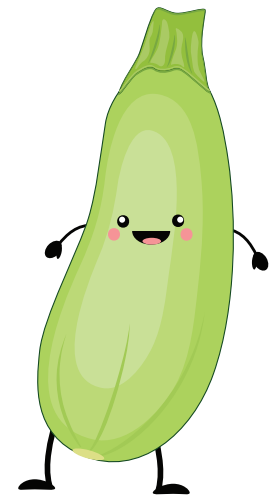
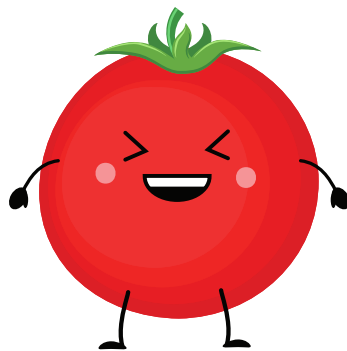
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# TEAM 2

# SALAD BOWL





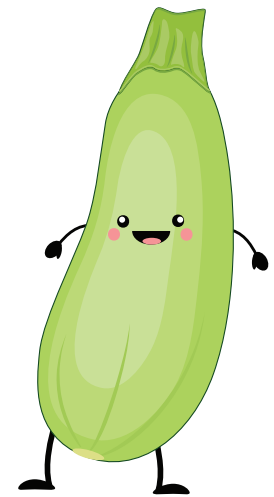
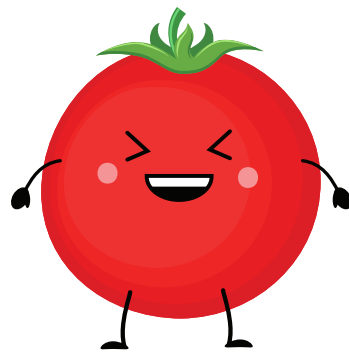
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# TEAM 3

# SALAD BOWL





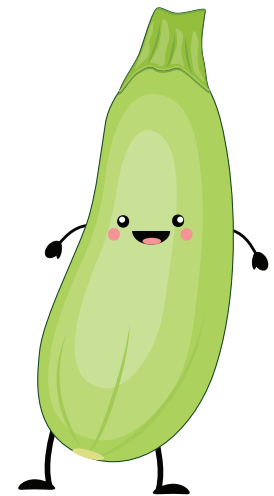
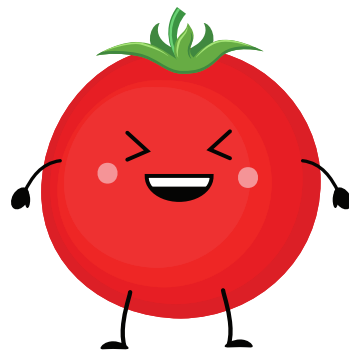
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# TEAM 4

# SALAD BOWL





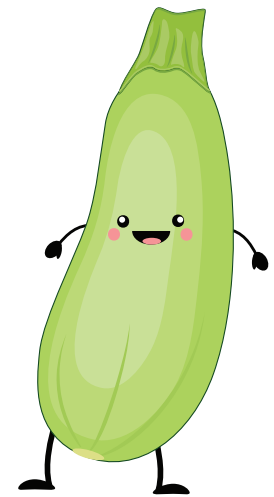
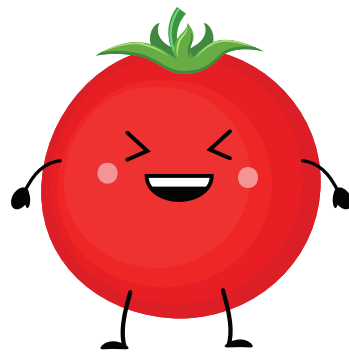
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# TEAM 5

# SALAD BOWL





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# TEAM 6

# SALAD BOWL

