

May 2008



Physical Activity Promotion

"Relay Race for Kids"

Equipment Needed:

- Hard fruits or vegetables (apples, pears, bell peppers), plastic berries, strawberries, or bean bags
- Cone or chair
- Whistle

Step-By-Step:

Pre-Explanation:

- Divide students into two, three or four teams.
- Line teams up in a single file line.
- Give a hard fruit or vegetable to the first student on each team.
- Position the cone or chair about 30 feet from the students.

Implementation:

- To begin the game, use the whistle as a start cue for the first student on each team to run around the cone and back to the team. Then hand off their fruit or vegetable to the next student in line.
- Repeat this until everyone has had a chance to complete the relay.

Follow Up:

Class discussion (to be used to integrate Harvest of the Month along with the physical activity):

- What nutrients do berries provide to your body to keep it healthy?
- How many different ways can you prepare berries? What are they?
- Have you ever tried strawberries, blueberries, or raspberries before? What did you like or dislike about them?

Expansion Ideas:

Use different variations depending on level of difficulty:

- Have this game be a timed relay and see which team can complete this relay the fastest.
- Play the game as a food recognition activity by having the children identify the different fruits and vegetables by name instead of having it as a relay.

Adapted from the *Network for a Healthy California* Harvest of the Month Cycle I Educator Newsletter (Strawberries):
<http://www.harvestofthemonth.com>



This material is adapted from the California Department of Public Health's **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

