



| activity game |

Trail Mix Relay

GRADES 3-5

Begin by placing a cone or hula hoop in the middle of the gym floor. This is where the “ingredients” will be placed. The ingredients will be made up of the trail mix recipe found in NutriGram’s *The Quest to Lava Mountain* video game, as well as less healthy ingredients. This will allow the children to practice making correct food choices. Place four tubs in a square around the center cone. Split the class into four groups and send them to opposite corners of the gym next to their assigned tub. Each team will receive a copy of the recipe with the ingredients they need to gather. One member from each team will race to the ingredient pile to search for a SINGLE ingredient needed for their recipe. Once the member gets back and places the ingredient in the tub, the next member will race for the second ingredient. This will be repeated until all ingredients are gathered for the recipe. The first team to complete their recipe wins.

Items Needed:

Frisbees® floppy discs, bean bags, good/bad labels, cones, buckets/tubs, recipes for each team

Trail Mix Recipe:

Raisins

Low-fat granola

Dry Roasted Peanuts

Roasted Pumpkin Seeds

Almonds

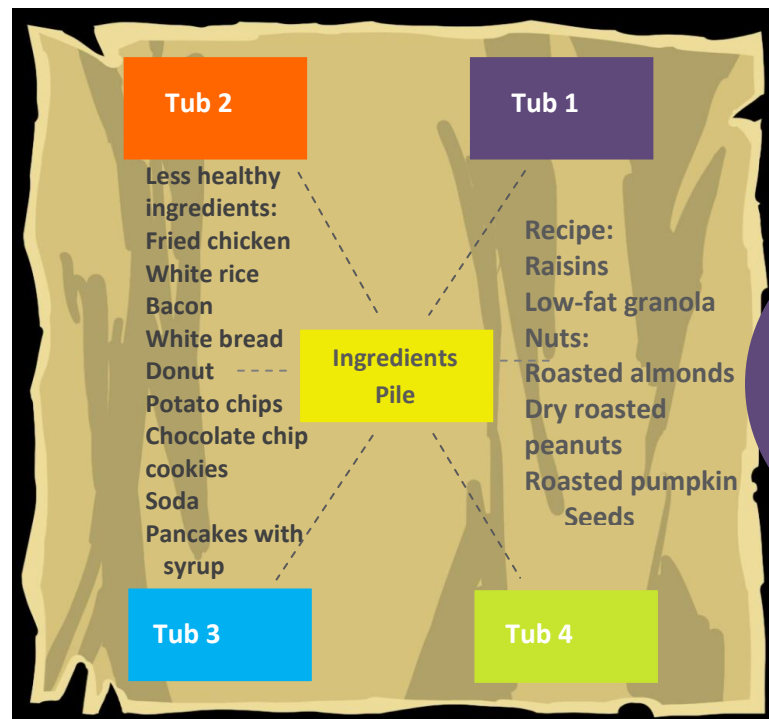
alternative relays

- Have the first member of each team begin blindfolded, with the next person in line guiding them across the court to the ingredient pile. The team member will then help the blindfolded person search for the correct ingredient from the recipe list. Once they find one of the ingredients, the team member will guide the blindfolded person back to their starting point. The blindfolded person will then pass the blindfold to the team member who was leading them, for the process to begin again.
- Each team member, instead of running to the ingredient pile, could skip, bunny hop, or crab walk.
- Children can use scooters to move to the middle.
- Can laminate pictures of ingredients so students are seeing what they are grabbing.
- Also incorporate serving sizes into the recipe; such as 2 raisin boxes, 3 almond packets.

Objective

Students work cooperatively to gather ingredients to build their healthy recipe while raising their heart rate (for at least 10 minutes).

Trail Mix Relay Setup



Promotes:
Team work, goal setting, nutrition, spatial awareness, and problem solving.