

Diet Dash

Description: This game is a relay race designed to help children identify carbohydrates, fat, protein, and free foods.

Objective: To learn to associate foods with carbohydrates, fats, proteins, or free foods

Age Range: 5–12 year olds

Setting: Large open field with room enough for a relay race

Materials

- Needed:**
- 2 large sturdy (foam core) poster boards. One for each team. On the poster board, label carbohydrates, fat, protein, and free foods as headings.
 - Tape a lunch bag under each heading. This is where the player will place the card.
 - On 5 x 8 index cards, place a picture as an example of the food group. The pictures can be drawn, cut from a magazine, or collected from clip art. Have enough pictures for each player to run in the relay at least 2 times. Have the same number of index cards for each team.

- Directions:**
1. Divide the group into 2 teams.
 2. The player at the beginning of the line is given a food card.
 3. The player takes the card and runs down to the poster board and places the card in the bag under the appropriate heading.
 4. The player runs back and tags the next player and the above steps are repeated.
 5. The team that places the cards in the bags first, and with the most correct answers, wins.
 6. The leader should review which cards were placed in the bags and provide time for discussion with players.

Adaptations or

Modifications: None suggested.

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Adapted from: Chow Time Relay, previously known as Diet Dash, by Joan Rickert, RN, CDE, Camp Azalea, Mobile, Alabama