

# RACE FOR NUTRITION

The key to a healthy lifestyle is following a healthy diet and being physically active. While access to and use of nutritious foods varies across the globe, a balanced diet consists of a combination of grains, legumes, fruits and vegetables, and animal proteins. Balanced diets help provide important vitamins and minerals and reduce the risks of diseases. To help promote muscle and bone strength, teens should be physically active at least 60 minutes every day.

## Health

### Time

30 minutes

### Difficulty

Medium

### Resources

Paper, pens, markers,  
plate, bowl

## Instructions

### Step 1

- At the front of the class, have a volunteer write down the different food categories: grains, legumes, fruits and vegetables, and animal proteins.

### Step 2

- Have the class call out examples in your community of the different foods in these categories. Have a volunteer write these examples on a piece of paper and cut them up.

### Step 3

- Place the food examples in a bowl in the middle of the class.

### Step 4

- Divide the class into even teams. Each team will have an empty plate and will send one person at a time to grab a food example from the bucket and write it under the correct category at the front of the class.

### Step 5

- After they write their food example under the right category, they have to run back to their team and put it on their plate. Then the next person on their team goes. The first team to have their plate filled with food examples from each category, wins.



For more Health activities, visit  
[www.preparecenter.org/TeenPrepKit](http://www.preparecenter.org/TeenPrepKit)