**Food Group Speedway**

**Explanation:**
There are five food groups represented on the USDA’s MyPlate. Each food group has a recommended amount in either cups or ounces (oz) that we should eat daily. The term **Recommended Daily Amount** is sometimes shortened to RDA. [Note to the teacher: please see the Recommended Daily Amounts Chart on page 2.5.]

- A cup is used to measure *volume*. On the Nutrition Cards, dairy, fruits and vegetables are measured in cups. Small individual milk containers, like those served in school cafeterias, hold one cup.
- Ounces are a measure of *weight*. On the Nutrition Cards, grains and protein are measured in ounces. A slice of bread usually weighs one ounce.

**Directions:**
1. Divide class into groups of three or four on the inside of the track.
2. Each group will need a MyPlate Placemat Poster. Use the RDA’s Chart on page 2.5. Assign each group either a male or female RDA.
3. Taking turns, each student in the group runs one lap.
4. Deal one Nutrition Card to each student as he/she runs by. [Note: Depending on class size it might take two sets of Nutrition Cards to finish this game.]
5. The object is for each group to try to get at least the minimum recommended daily amounts for each of the food groups on their MyPlate Placemat Poster. They should not go over the maximum RDA.
6. If students receive a Nutrition Card they do not need, they return it on their next turn and do not pick up another Nutrition Card until they run by again.
7. The team that first collects at least the minimum recommended daily amounts in each food group wins.

**Assessment:**
Lead a discussion about how following the recommended daily amount in each food group will provide a person with a well-balanced diet.