



FOOD SYSTEMS RELAY

Goal: Help students remember the steps of the food system by acting them out.

Materials:

- 6 step labels: Grow → Pick → Get Ready → Move → Sell → Eat
- Tape or cones to mark spots around the classroom or gym

Directions:

1. Place the step labels around the room in order.
2. Divide students into small “food teams.”
3. Each team starts at one station and moves through each step, acting it out:
 - Grow: pretend to plant seeds.
 - Pick: pretend to harvest fruits/veggies.
 - Get Ready: pretend to wash or cook.
 - Move: pretend to drive a truck.
 - Sell: pretend to hand food to someone.
 - Eat: pretend to take a big bite and say “yum!”
4. After all teams finish, gather to discuss how each step needs people, energy, and work just to get food to our plates.

GROW

PICK

GET
READY

MOVE

SELL

EAT