**The Krusty Krab**

**Nutrition Race**

* Separate students into one of four teams: Spongebob, Patrick, Squidward, or Mr. Krab
* Students will run down (possibly through fitness obstacles) and select ONE piece of food from a basket of their choice.
* Food pictures and cards will be separated into food categories: Protein, Grains, Dairy, Vegetables, Fruits, and Junk food.
* Students will place the food into the mouth of their character and return to their team
* Teams MUST complete exercises while they’re waiting their turn (exercise sheet and whiteboard will be used as a reference).
* When all the food is gone, give students a calculator, scratch paper and pens to calculate total calories consumed.

**Fast Food**

* Place Fast Food cards face down in designated area (marked off by floor tape or cones
* Students will turn over two cards to try and find matching pairs. If they match, then the students take the pair back (1point). If they don’t match, then they place them back in same spot face down.
* Students will complete exercises while they’re waiting in line. (Reference sheet and whiteboard).