



CONTEST IDEAS

Elementary Schools

Create a Class Book

Sponsor a schoolwide book contest. Each class designs a book with the theme “Why Breakfast Rocks”. Books are judged by the principal and awarded a healthy classroom celebration.

Poster Contest

Organize a poster contest with the theme of Huddle Up for Breakfast. Winning posters should include how students fuel up for breakfast and use their energy to play 60.

Writing Contest

Sponsor a writing contest for upper elementary students with the theme: “Why Does Breakfast Equal BrainPower?”

Physical Activity Contest – The Yogurt Stack

Materials: Empty yogurt containers

Directions: Students are given a variety of containers and compete against each other to see who can stack the cups the quickest and highest without falling over.



MyPlate Relay

Materials: One hula hoop for each team, one master hula hoop and National Dairy Council food model cards.

Directions: Divide students into teams. Place a variety of food models from each food group in the master hula hoop. One member from each team runs to the hula hoop and chooses a food to place back in their group's hula hoop. The goal is to see which team can gather one food from each food group first into their hula hoop. Repeat for all students to have a turn.

Bonus Activity: To add additional physical activity to the relay, assign an activity to each food group. An example would be five jumping jacks for the dairy group. When the team member comes back with the food, the entire team has to do the associated activity before the next team member can run in the relay. The activities can be listed on a poster, board or written on the back on the food model cards.

Alphabet Speed Challenge

See who can put these breakfast words in alphabetical order the fastest!

Orange

Milk

Egg

Juice

Fuel

Cereal

Grits

Yogurt

Banana

Strawberry

Breakfast

Morning

Waffle

Cheese

Granola

Bagel

Protein

Bacon