## Equipment needed:
- 2-4 inflated beach balls

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### DIY Equipment:
*Don’t have the items needed to play?*
Instead substitute any ball or light object.

### Get Ready!
**Divide** the group in half. In each group arrange the players in a zig-zag formation facing each other. Give 1 beach ball to each group.

### Instructions:
1. The player at the beginning of the row will be given a beach ball and must name a fruit before tossing the ball to the next player.
2. Keep passing the ball down the line until players can’t name a new fruit.
3. Repeat this process by having students name vegetables.

**TIP:** Write out a list of fruits and vegetables and do jumping jacks (squats, toes raises, knee raises, etc.) equal to the number of foods you were able to think of.

### Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

What are your favorite fruits and vegetables to eat as a snack?

What is your favorite activity that vegetables help you do?

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**For more fun activities visit:**
[https://extension.oregonstate.edu/bepa](https://extension.oregonstate.edu/bepa)