



Food Group Ball Pass



Equipment Needed:

- ✓ Inflated beach ball

TIP: Don't have the items needed to play? Use a different soft item like a stuffed animal or pillow instead.

Get Ready!

Choose one person to be the team leader.

Form a circle with players facing the center.

TIP: This game is more fun when played with 5 or 6 people. Invite your neighbors over to play!

TIP: The 5 food groups are: vegetables, fruits, grains, protein, and dairy.

Instructions:

1. Start by marching, jogging, hopping, or dancing in place.
2. One player will begin with the ball. The team leader will call out the name of a food group, and the player with the ball must name a food from that food group, then pass the ball to the next player. The round ends when players can't think of any more foods that fit into the named food group.
3. The team leader will then call out a second food group, and step 2 is repeated. The game ends after all 5 food groups have been named.
4. If the dairy group is called, everyone should do stomps or jumps while naming dairy foods and tossing/catching the ball.

Family Talking Points:

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

1. Foods in the dairy group have nutrients, like calcium and vitamin D, that help build our bones. Can you name some foods that fit into this category that might have been missed during the game?

2. What activities can we do to build bones?