

Food Group Ball Pass

Equipment Needed:

- ✓ **Inflated beach balls (1 ball for each player)**

DIY Equipment:

Don't have the items needed to play?
Instead use any ball or other soft item

Get Ready!

DESIGNATE one person as the team leader

FORM a circle with players facing the center

Instructions:

1. When the game begins, start by marching, jogging, hopping, or dancing in place.
2. One player will begin with the ball and when the team leader calls out the name of a food group (vegetables, fruit, grain, protein, dairy), the player with the ball must name a food from that group before passing it to another player. The round ends when players can't think of any more foods that fit into the food group named.
3. The designated player 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. To begin, if the dairy group is called, everyone should do stomps or jumps while tossing and catching the ball and name foods that are in the dairy group.

Family Talking Points:

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

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?

What activities can we do to build bones?