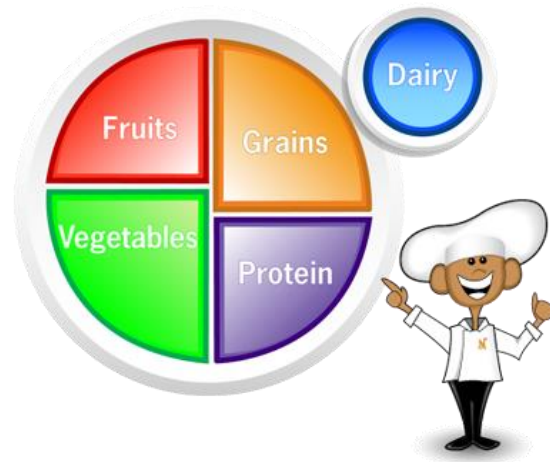


Food Group Toss



Directions:

1. Find 6 containers (laundry baskets, shoe boxes, etc.)
2. Label each container with one of the food groups (Fruits, Vegetables, Grains, Protein, Dairy, Oils/Fats/Sweets)
3. Find a soft ball or use a rolled up sock.
4. Toss the ball towards one of the containers. If it makes it into the "Fruit" basket, you must name a fruit. If it makes it into the "Vegetables" basket, you must name a vegetable, etc.
5. Give yourself 2 points for each basket you make/food you name. How many points can you score in 5 minutes?