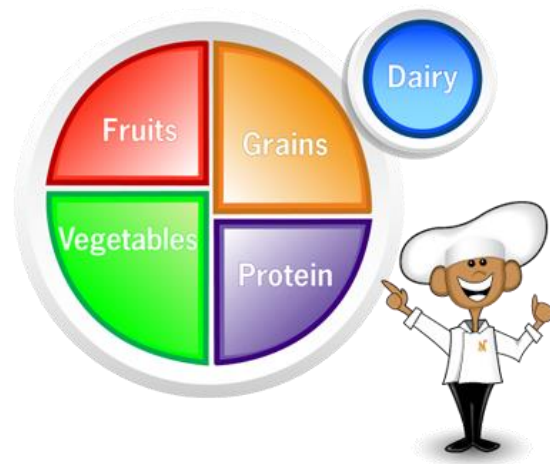


# Food Group Toss



## Directions:

1. Find 2 containers (laundry baskets, shoe boxes, etc.)
2. Label one container with the word "Fruits" and the other container "Vegetables"
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.
5. Give yourself 2 points for each basket you make/food you name. How many points can you score in 5 minutes?