

# 3-5 Food Group Ball Pass

Location	Rhythm	Nutrition	Equipment
In/Out	No	Yes	5-6 balls (1 for each group)

## Get Ready:

- Divide students into groups of 5 or 6. Groups should form a circle with students facing the center of the circle.

**Note:** Any ball that can be rolled, tossed, or kicked safely can be used! Large, light balls (i.e. beach balls) are easier to grip, while harder (i.e. soccer balls) and smaller (i.e. tennis balls) balls provide more of a challenge and are best used outdoors.

## Directions:

- When the game begins, start by **marching, jogging, hopping, or dancing in place.**
- One student in each group will begin with the ball, and when I call out the name of a food group, the student with the ball must name a food from that group before **passing** it to another student. Every student in the group must **catch** the ball and name a food before the round is over.
- If the Dairy Group is called, EVERYONE should do **stomps or jumps while you toss and catch the ball** and name foods that are in the dairy group.

**Note:** Tell students that dairy is full of calcium that is important for building bone, and impact activities like stomps and jumps are good for building bone too!

## Tips:

- Teachers may also instruct students to gently **toss, roll or pass the ball with their feet** to keep the game interesting and work on different movement skills.
- Students can turn so that one shoulder is facing the middle of the circle and they **can pass the ball overhead** around the circle. They can also **pass the ball through their legs** or **alternate overhead and through the legs.**

*Source:* Adapted from an activity in East Carolina University: Activity Promotion Laboratory. Healthful Living Middle-School Energizers. 2007.

## Did You Know?

- Foods in the dairy group, like **milk and yogurt, have nutrients like calcium and vitamin D that help build our bones.** If you can't have dairy foods, plant-based sources of calcium such as figs, collards, almonds, broccoli, or fortified soy milk are great alternatives.

## Show and Tell!

- ✓ *Tell me* what kinds of activities we do that build bones.
- ✓ *Show me* a good muscle or bone building movement!

## Try This at Home:

- Find a ball and practice **tossing and catching** with a friend or family member for 10 minutes today. Try doing **jumps and stomps at the same time as throwing and catching.** Tell your friend or family member that **jumping** and **stomping** are good for building strong bones!
- If no one is around to play catch with you, use a safe space on the wall to bounce the ball off of!
- Ask an adult to check out the Blueberry Smoothie Recipe that can be made with milk or soy milk. It tastes great and is bone building! <https://foodhero.org/recipes/blueberry-tofu-smoothie>

