

W9385 Nutrition Toss N Talk About Ball

Activity Suggestions:

Inflate Ball: Inflate the ball until somewhat firm to the touch. Use any means other than a high pressure sports ball pump which can easily over inflate the ball and cause it to pop!

Basic Game: Form a circle with a group of participants. Hand the ball to one person and have them toss it to a person generally opposite of them in the circle. The person receiving the ball should catch the ball with 2 hands. If they drop it, they should pick it up as quickly as possible without looking where they are placing their hands. Once they have the ball in their hands, they should rotate the ball so they can see the position of their right thumb. Next they should call out the item that is closest to their right thumb on the ball. This can be either a graphic of a food or text indicating a food category.

If their thumb is closest to or on a graphic of a food, the player should name the food in the graphic and the food category. For example, if their thumb is closest to the apple they would say “apple”, then “fruit”.

If their thumb is closest to or text, then the player should name a food that is in that category. For example, if their thumb was on vegetables they could name any vegetable including those on the ball.

If a player’s thumb lands directly on water, they get a free turn! If a player’s thumb lands on a junk food (the chocolate bar or cookie), they have to name their favorite junk food and then walk around the entire circle and return to their original position.

Depending on the age and knowledge of the players, you would want players to not repeat previously mentioned foods. To make sure everyone participates, once a player has successfully had a turn then they are allowed to “volley” (hit the ball into the air) the ball the next time it is tossed to them!

Scoring Version: Divide the groups into 2 teams and have them face each other about 6 feet apart. The ball is handed to one team and they toss or volley it to any player on the opposite team who attempts to catch the ball.

Scoring Version: All players get to catch the ball a predetermined number of times and the team with the most points wins!

Catching the Ball - One Point is awarded for catching the ball. Lines may need to be placed on the floor to make sure the ball is hit or thrown sufficiently hard to the opposing team, to make sure they have a fair chance to catch the ball.

Name the Food and Category - If their thumb is closest to or on a graphic of a food, the player should name the food in the graphic and the food category. One point is awarded for naming the food and one additional point for naming the category correctly. For example, if the player caught the ball and if their thumb is closest to the apple and they would say “apple”, then “fruit” – they would be awarded 3 points.

Name a Food - If their thumb is closest to or text, then the player should name a food that is in that category. If the player names a food in the correct category that is on the ball, they get one point. If they name a food in the correct category that is not on the ball and not previously used, they get 2 points.

Water – If a player’s thumb lands directly on water, then they get 3 points for being healthy. If the right thumb is not directly on the cup of water, the next closest graphic should be used.

Junk Food – If a player’s thumb lands on a junk food (the chocolate bar or cookie), then the players should name a “junk food”, why they think it is not healthy and a more healthy alternative. One point is awarded for naming a reasonable healthy alternative. An example, might be a granola bar in place or a cookie.



Add Movement:

Place 6 Spot Markers (W8869) one each in red, blue, green, orange, yellow and purple or our W9336 Nutrition Spots on the floor, 10 or more feet away from the players.

Toss and catch the ball as described above. Along with naming the food and category, the player would walk or run to the appropriate colored spot according to the food pyramid. Green for vegetables, red for fruit, orange for grains, purple for meat and beans, blue for milk and yellow for oils. An extra point could be awarded if the player goes to the correct color.

A list of food that fall within the specific food categories is shown below. The list was adapted from MyPyramid.gov. The list is not necessarily all inclusive, but does include most common foods.

Grains:

Whole grains: brown rice, buckwheat, bulgur (cracked wheat), oatmeal, popcorn, whole grain barley, whole grain cornmeal, whole rye, whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat sandwich buns and rolls, whole wheat tortillas, and wild rice. Some less common whole grains: amaranth, millet, quinoa, sorghum, and triticale. Ready-to-eat breakfast cereals like whole wheat cereal flakes and muesli.

Refined grains: Cornbread, corn tortillas, couscous, crackers, flour tortillas, grits, and noodles. Pasta – spaghetti, macaroni, etc.. Pitas, pretzels, white bread, white sandwich buns and rolls, and white rice. Many ready-to-eat breakfast cereals like corn flakes.

Meats and Beans: (formerly known as proteins)

Meats: beef, ham, lamb, pork, veal, bison, rabbit and venison (whole or ground meats). Organ meats like liver and giblets (yuk!).

Poultry: chicken, duck, goose, and turkey.

Eggs: chicken eggs and duck eggs.

Dry beans and peas: black beans, black-eyed peas, chickpeas (garbanzo beans), falafel, kidney beans, lentils, lima beans (mature), navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soy beans) and white beans. Garden and veggie burgers would also be put in this category.

Nuts & seeds: almonds, cashews, hazelnuts (filberts), mixed nuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts.

Fish: catfish, cod, flounder, haddock, halibut, herring, mackerel, Pollock, porgy, salmon, sea bass, snapper, swordfish, trout and tuna.

Shellfish such as: clams, crab, crayfish, lobster, mussels, octopus, oysters, scallops, squid (calamari), and shrimp.

Milk: (Dairy)

All fluid milk: fat-free (skim), low fat (1%), reduced fat (2%), whole milk, flavored milks (like chocolate, strawberry, etc.), lactose reduced milks and lactose free milks.

Milk-based desserts: Puddings made with milk, ice milk, frozen yogurt, and ice cream.

Cheese: Hard natural cheeses like cheddar, mozzarella, Swiss and parmesan. Soft cheeses like ricotta and cottage cheese. Processed cheeses like American.

Yogurt: Fat-free, low fat, reduced fat and whole milk yogurt.

Fruits:

Apples, apricots, avocado, bananas, strawberries, blueberries, raspberries, cherries, grapefruit, grapes, kiwi fruit, lemons, limes, mangoes, cantaloupe, honeydew, watermelon. Nectarines, oranges, peaches, pears, papaya, pineapple, plums, prunes, raisins, and tangerines.

100% fruit juices like orange, apple, grape and grapefruit would also be considered fruits.

Vegetables:

Dark green vegetables: bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens and watercress.

Orange vegetables: acorn squash, butternut squash, carrots, hubbard squash, pumpkin and sweet potatoes.

Dry beans and peas: black beans, black-eyed peas, chickpeas (garbanzo beans), falafel, kidney beans, lentils, lima beans (mature), navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soy beans) and white beans.

Starchy vegetables: corn, green peas, lima beans (green), and potatoes.

Other vegetables: artichokes, asparagus, bean sprouts, beets, brussel sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, tomatoes, tomato juice, vegetable juice, turnips, wax beans and zucchini.

Oils:

Canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil.

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