**Activity: Play a Game, Tossed Vegetables**

**Nutrition Education Activity**
Activity Name: Play a Game, Tossed Vegetables

<table>
<thead>
<tr>
<th>Step 1: Why</th>
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<td>Children can learn to identify different kinds of healthful foods.</td>
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<th>Step 2: What</th>
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<td>Children will become more familiar with different foods by playing a version of tic-tac-toe with pictures of food and learning to describe the different foods.</td>
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<th>Step 3: How</th>
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| Materials needed to get ready for the activity:  
  • Poster paper  
  • Pictures of vegetables cut from magazines  
  • Beanbags, small  
  
Make several beanbags by putting ½ cup of dried beans or peas in a plastic sandwich bag. Zip it shut and tape it tightly closed  

Draw lines in the shape of a tic-tac-toe board on a large sheet of poster paper. Tape a picture of a vegetable in each of the squares on the game board. |
Nutrition Education Activity, Page 2
Activity Name: Play a Game, Tossed Vegetables

Step 4: When
After mid-morning snack

Step 5: Do the Activity
Directions: Lay the game board on the floor.

Have children stand a few feet away from the game and toss the beanbag. Ask the children to say the names of the food pictures the beanbag lands on.

You can change the pictures in the squares to help children learn the names of many different foods.

Step 6: Follow-Up After the Activity
When the foods are served at lunch or at snack, remind the children of the names of the foods and talk about them.