

Food Guide Bean Bag Toss

Objective of Activity

To have students review foods from Canada's Food Guide.

Teacher Background Information

- Canada's Food Guide
<https://food-guide.canada.ca/en/>

Material Required

- One bean bag

Instructions

1. Have students stand in a circle.
2. To begin the game, give one student the bean bag to toss. The first student chosen will start the game by tossing the bean bag to another student in the circle, while calling out a food at the same time. The child who catches the bean bag must identify the food grouping to which the food belongs.
3. The game continues as the catcher tosses the bean bag to another child, calling out a name of a food.
4. Variation - the game can be played in reverse, where the child tossing the bean bag calls out a food grouping and the bean bag catcher must name a food belonging to that food grouping.