

The purpose this game is to use fruits and veggies to knock out higher calorie snacks. It is very fun for all ages and very inexpensive to make. We have attached his idea in a handout and pasted it here for your convenience.

Here are the links to our free handouts about snacks that you can use:

100 Calorie Snacks:

http://foodandhealth.com/shop/catalog/Portion_Control-64-1.html

2010 Snack Handout

<http://foodandhealth.com/shop/catalog/Bestsellers-66-1.html>

KNOCK OUT SNACKS:

LESSON:

When it comes to snacks, it is good to think "out with the box" instead of out of the box. And the best answer, of course is fruits and vegetables. Players use fruits and vegetables to knock out high-calorie snacks and they gain an idea of the calories in those snacks by making points when they fall down.

GOAL OF THE GAME :

The goal of the game is to have players use fruits and veggies to knock out unhealthy foods and gain points based on their calories – the foods with the most calories yield the most points. The Player who knocks over high-cal snack foods and gains the most points wins the game.

WHAT YOU NEED:

Tennis Balls, these will be what you're throwing and they are also the "fruit" snacks. Use 5 per player. Use yellow balls as yellow apples and orange balls for oranges – apples and oranges make great snacks. You can also spray paint them different colors to represent more fruits. Purple plums, red apples, orange peaches - the more the merrier - and kids could paint them prior to playing if you have time.

Score sheets – Print sheets with the name of the person, the name of the snacks and their calories/points and leave room to tally how many time they hit each one. You can add in some information; like how many calories equal a pound or how long it takes to burn off one all those calories.

Orange cones or plastic bowling pins for targets. You can buy these in Walmart or any discount store. The cones are usually for soccer practice and the plastic pins are with the games and toys.

Photos of snack foods from magazines, scissors and tape – choose cinnamon rolls, cookies, chips, pretzels, etc. and cut and tape these to the pins or cones along with a label with the calories they contain from a package or restaurant serving.

Here is our quick list to give you an idea:

- Large cinnamon roll – 650 calories
- Large cookie – 500 calories
- Chips – 1 movie package – 350 calories
- Chocolate bar – 450 calories
- French fries, large – 350 calories

Set the cones across the room and put the balls in a box called “Better for you snack box”. Get volunteers to keep score and to chase the balls – all participants can take turn moving from scoring, retrieving the ball and throwing the ball to win points.

HOW TO PLAY:

Take the cones, with the pictures now taped to them, and place them at the far end of the room. About ten feet away place a line, this is where the players will throw from.

The balls are placed in a box. One by one the players come up to the shooting line and throw their balls at the cones. Each time they hit a cone they gain half points. If they knock the cone over they gain full points.

Tally the points to see who wins. Eat real fruits afterwards and everyone wins! You might also want to serve the fruit with other MyPyramid foods like whole grains, veggies and yogurt so they can see and understand a “healthy snack”