

Toss 'n Talk-About™ Nutrition Ball

Item # 17119

The rules are simple and can be easily modified to fit individual use and/or functioning levels. Players throw the **Toss 'n Talk-About™ Nutrition Ball** back and forth. When the ball is caught, the player responds to the question, or names three items that are associated with the question directly under his or her right thumb. If the ball is caught so that the player's thumb is in a blank space, the player simply tosses the ball to the next player. If player's thumb is touching more than one item, the player may choose between the questions covered.

Variations:

1. Points may be given for each correct answer, and additional points for multiple answer questions.
2. Divide players into teams and have them write their answers onto paper. 10 points for each correct answer. The team with the most points wins!
3. More fun than musical chairs! Keep the ball moving from player to player while music is playing. When the leader stops the music, the player holding the ball must respond to the question covered by his/her thumb.
4. Make the game more challenging by giving points for answers. 10 points for a correct answer, and minus 5 points for incorrect answers. Players with the most points win!
5. Use the blank areas on the ball to write in any additional questions or trivia.

Answers to Nutrition Ball Questions:

1. Grains, Vegetables, Fruits, Milk/Dairy and Meat/Beans/Fish/Nuts.
2. FALSE.
3. TRUE.
4. FALSE.
5. Exercise.
6. Milk/Dairy.
7. TRUE.
8. Iron.
9. Meat.
10. FALSE.
11. Yogurt, cheese, buttermilk and calcium fortified OJ, to name a few.
12. Grains.
13. Fruits.
14. TRUE.
15. Answers vary.
16. Answers vary.
17. Answers vary.
18. Answers vary.
19. Answers vary.
20. FALSE.
21. FALSE. They are also in the meat group.
22. An antioxidant that helps maintain a healthy immune system and resist infection. It also helps your body heal from a wound, and keeps gums and muscles in good shape.
23. Important for maintaining strong bones and teeth. It also helps your body absorb the amount of calcium it needs.
24. Plays an essential role in your vision, and maintenance of healthy skin, hair and mucus membranes.
25. An antioxidant that maintains your body's eye and skin tissues and liver. It also protects your lungs from becoming damaged from pollution.
26. Helps maintain healthy blood clotting and promotes bone density and strength.
27. B) Milk.
28. B) Salmon.
29. TRUE.
30. FALSE. It may contain bacteria.
31. In the refrigerator overnight.
32. FALSE. It's the most important meal of the day.
33. TRUE.
34. TRUE.
35. TRUE.
36. Red berries, kiwi, red and green bell peppers, tomatoes, broccoli, spinach and juices made from guava, grapefruit and orange.
37. Egg yolks, fish oils and fortified foods like milk.
38. Milk, eggs, liver, fortified cereals, darkly-colored orange or green vegetables (such as carrots, sweet potatoes, pumpkin and kale), and orange fruits such as cantaloupe, apricots, peaches, papayas, and mangos.
39. Vegetable oils, nuts, green leafy vegetables, avocados, wheat germ and whole grains.
40. Found in leafy green vegetables such as spinach and kale.
41. TRUE.
42. TRUE.
43. Milk.
44. FALSE.
45. Answers vary.
46. FALSE. You should eat 2.
47. Grains.
48. TRUE.
49. Meat.
50. Vegetable.
51. Answers vary.
52. Answers vary.
53. Answers vary.
54. Answers vary.
55. Answers vary.
56. FALSE.
57. TRUE.
58. Vitamin D, because we can get it from the sun.
59. Salads, tacos, burritos, omelets, fruit shakes, chicken pot pie, etc.
60. TRUE.