



MyPlate Snack Catch

Play a game of catch with your preschooler. Instead of just tossing a ball back and forth, when one of you receives the ball, share a healthy snack and what food group(s) it belongs to. For example, when you catch

the ball, you can say, "A healthy snack is low-fat yogurt with berries. The yogurt is in the dairy food group and the berries are in the fruit food group." You can use another object to toss besides a ball, such as a bean bag. For younger preschoolers, you can roll the ball to each other or use a larger ball to toss.

