

Variations of Bowling for Snacks

You may want to change the activity to better fit your group needs or to keep the game fun and exciting. Try the following variations:

- Have the entire class work as one team. See how many healthy snacks the class can knock over and correctly classify in five minutes. Then see whether the students can beat their own score in the next five-minute round.
- Have the students switch from bowling with their dominant hand to bowling with their nondominant hand during each new round.

Food Group Signs

Following is a set of food group signs. You will need to make copies of this set, because the activity requires two copies of each sign.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).



Fruit

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

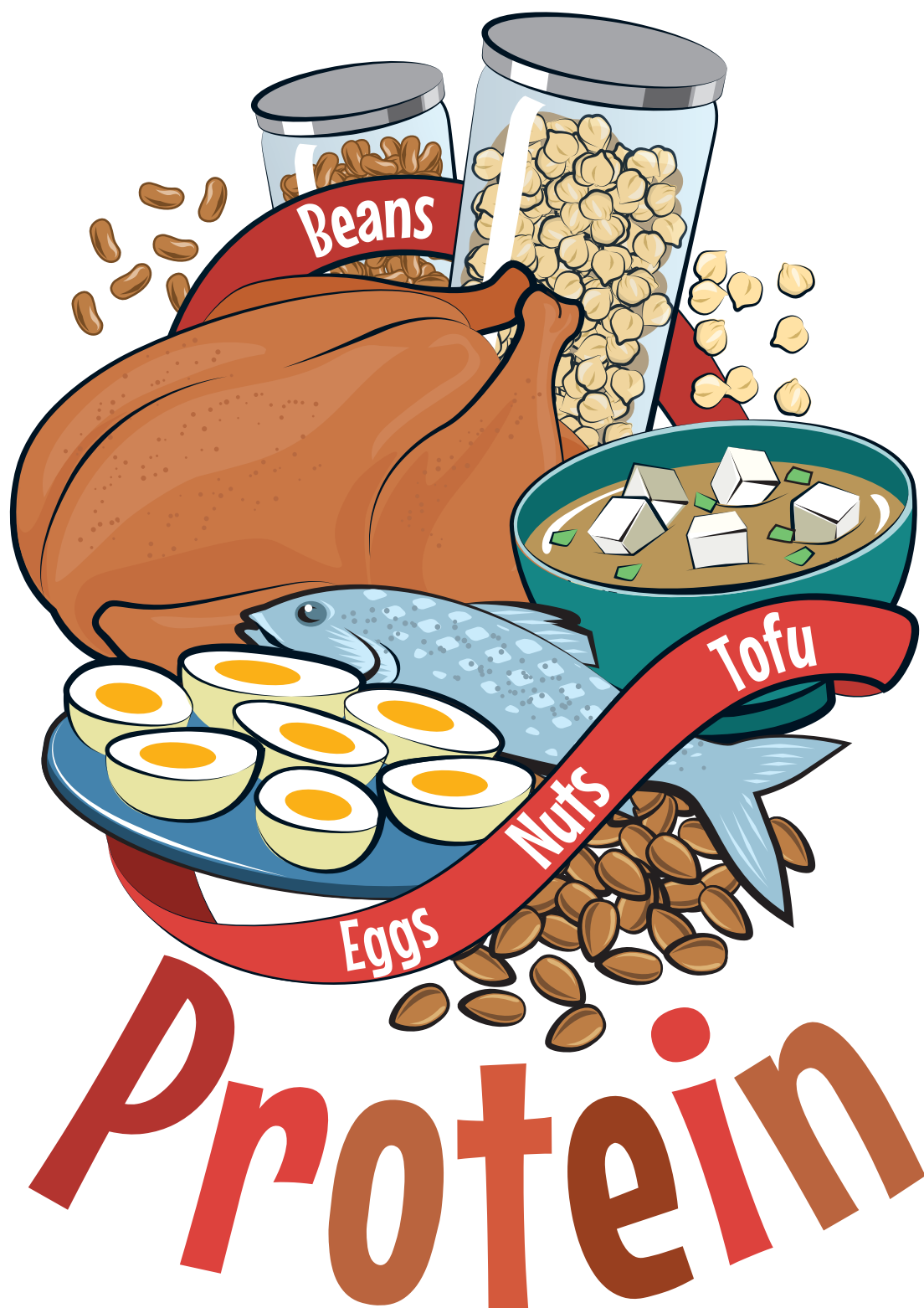


Vegetable

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).



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