

Classic Rules: For 1 to 4 Players or Teams (please make photocopies of these instructions and scoresheet before using)

Goal - Score as many points as possible by tossing 5 beanbags onto the MyPlate.gov inspired target. Up to 3 points can be earned for each toss!

Scoring Points:
 1 Point - For beanbag touching any food group
 1st Bonus Point - For each beanbag that lands with the dot on the beanbag completely within the part of the plate with the matching color.
 2nd Bonus Point - For naming the food category in the food group in which the beanbag landed and a food within that category that has not already been named!
 Note: The 2nd bonus point can only be earned for a beanbag if the 1st bonus point has been successfully earned.

Tossing Distance: Mark a line about 4' from the target. Players must stand behind that line when tossing their beanbags. Tossing distance can be adjusted based on the participants abilities.

Toss Order: Youngest player goes first, followed by the other players from youngest to oldest. Additional rounds, player with fewest points goes first.

Winner: Player with the most points after tossing their 5 beanbags wins that round.

Multiple Rounds: Continue playing as many rounds as desired (example - first player to 2 or 3 rounds wins). For a tougher challenge foods used in previous rounds cannot be re-used in subsequent rounds.

Scoring - Use the score sheet below for keeping track of the score for each toss and which foods have been named.

Beanbag Color	PLAYER #1			PLAYER #2			PLAYER #3			PLAYER #4		
	In Food Group	In Same Food Group	Named Food	In Food Group	In Same Food	Named Food	In Food Group	In Same Food	Named Food	In Food Group	In Same Food	Named Food
Red												
Blue												
Green												
Orange												
Purple												
SUBTOTAL POINTS												
GRAND TOTAL												

Beanbag Color	PLAYER #1			PLAYER #2			PLAYER #3			PLAYER #4		
	In Food Group	In Same Food Group	Named Food	In Food Group	In Same Food	Named Food	In Food Group	In Same Food	Named Food	In Food Group	In Same Food	Named Food
Red												
Blue												
Green												
Orange												
Purple												
SUBTOTAL POINTS												
GRAND TOTAL												

Beanbag Color	PLAYER #1			PLAYER #2			PLAYER #3			PLAYER #4		
	In Food Group	In Same Food Group	Named Food	In Food Group	In Same Food	Named Food	In Food Group	In Same Food	Named Food	In Food Group	In Same Food	Named Food
Red												
Blue												
Green												
Orange												
Purple												
SUBTOTAL POINTS												
GRAND TOTAL												

Easy Rules:

On their turn, a player tosses all 5 beanbags (one at a time) onto the MyPlate target. Players get one point for each of the beanbags that land on the target such that the dot is inside one of the main colored areas on the target (red, orange, purple, green or blue). The first player with 11 or more points wins the game. Each player must get an equal number of tosses, so if one player gets 11 points, the other players still get their full turn.