




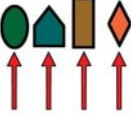







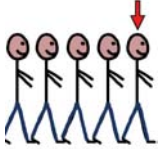


 Healthy Eating Game



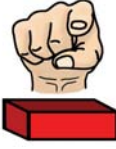

 You Need: one paper plate for each player







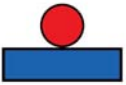
 food cards



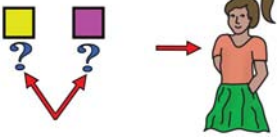




 Goal of the Game: To be the first to create a balanced

 meal on your plate.

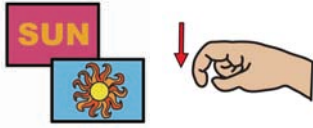








 A player must have 6 food cards on

 his or her plate in order to win.

5



5



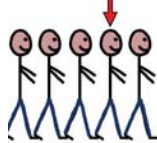
Five of the cards must be from the 5 food groups



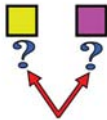
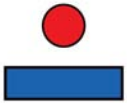
&



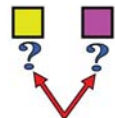
of Grains, Fruit, Vegetables, Meat and Dairy. The 6th



card will be a second card from any of the groups listed



above, or the additional group of Oils. Foods not



included in the Food Pyramid, such as potato chips or

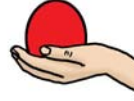
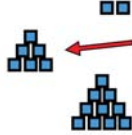
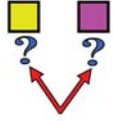


soda pop may also be used as the 6th card.

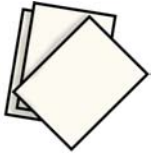


How to Play:

2



1) Two or more players have an empty



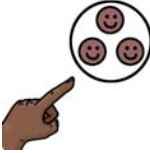
paper



plate



in front of



them.



food



cards



and



place

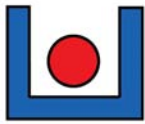


face

2) Shuffle the food cards and place face



down



in



a pile.

in a pile.



The player



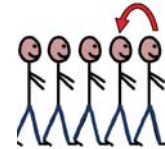
whose



birthday



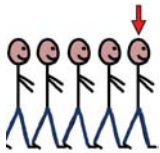
comes



next

is the

3) The player whose birthday comes next is the



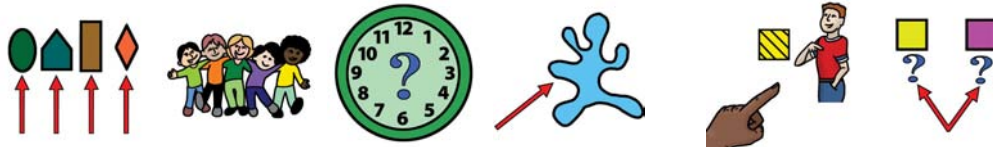
first



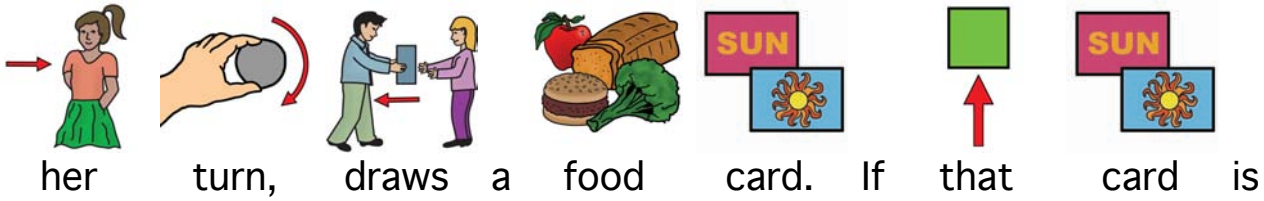
to start



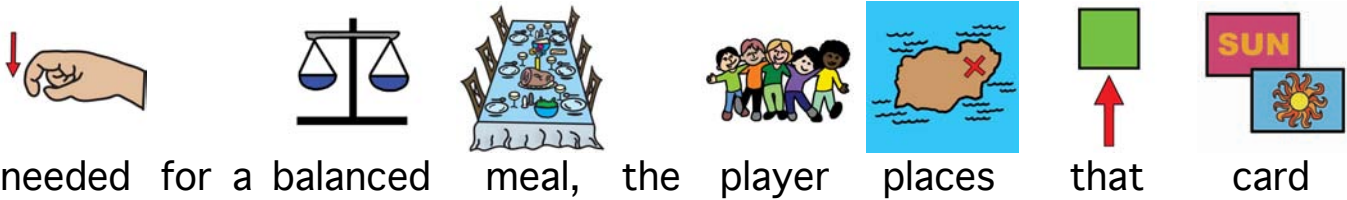
the game.



4) Each player, when it is his or



her turn, draws a food card. If that card is



needed for a balanced meal, the player places that card



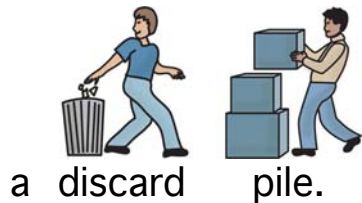
on the plate.



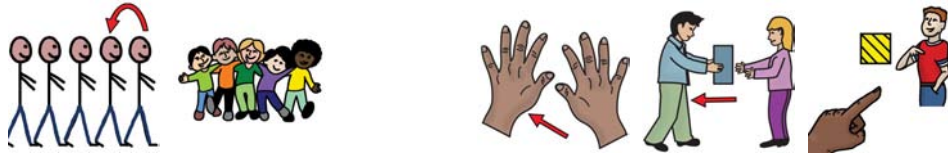
5) If the card drawn is not a food that



is needed for a balanced meal, the card is placed in



a discard pile.



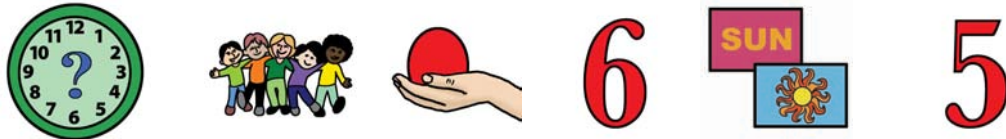
6) The next player to the left takes his



or her turn. The player draws a card or



picks a card from the top of the discard pile.



7) When a player has 6 cards (5



from each food group) and an extra, he is the



winner.