


























Healthy Family Connections

Homework Packet 2

WE ARE LEARNING ABOUT EATING HEALTHY!

Cut.

<p>Apple sauce</p>  <p>Fruit Group</p>	<p>Oranges</p>  <p>Fruit Group</p>	<p>Grapes</p>  <p>Fruit Group</p>	<p>Bananas</p>  <p>Fruit Group</p>	<p>Strawberries</p>  <p>Fruit Group</p>
<p>Corn</p>  <p>Vegetable Group</p>	<p>Carrots</p>  <p>Vegetable Group</p>	<p>Spinach</p>  <p>Vegetable Group</p>	<p>Broccoli</p>  <p>Vegetable Group</p>	<p>Green beans</p>  <p>Vegetable Group</p>
<p>Breakfast cereal</p>  <p>Grains Group</p>	<p>Waffles</p>  <p>Grains Group</p>	<p>Bread</p>  <p>Grains Group</p>	<p>Popcorn</p>  <p>Grains Group</p>	<p>Oatmeal</p>  <p>Grains Group</p>
<p>Low-fat milk</p>  <p>Dairy Group</p>	<p>Low-fat chocolate milk</p>  <p>Dairy Group</p>	<p>Cheddar cheese</p>  <p>Dairy Group</p>	<p>Swiss cheese</p>  <p>Dairy Group</p>	<p>Low-fat yogurt</p>  <p>Dairy Group</p>
<p>Kidney beans</p>  <p>Protein Foods Group</p>	<p>Salmon</p>  <p>Protein Foods Group</p>	<p>Egg</p>  <p>Protein Foods Group</p>	<p>Nuts</p>  <p>Protein Foods Group</p>	<p>Turkey</p>  <p>Protein Foods Group</p>

Play!

Play Yummy!

The goal of the game is to be the first person to have a five-card hand with one food from each food group.

- Gather 2 – 4 players.
- Shuffle the food cards.
- Deal five food cards to each player.
- Place the remaining cards in a pile face down and spread around between the players.
- The person to the right of the dealer begins to play.
- When it is your turn, you can ask one other player for a food group that you need (Example: Say, “Do you have any foods from the Grains Group?”)
- If the person does have the card that you are asking for, they must give you their card and draw a new card from the pile to add to their hand (this does not count as their turn). You must discard one card that you do not need by placing it face down in the pile. You must have only five cards in your hand at a time.
- If the person does not have the card that you are asking for, then you must pick a card from the pile. Decide if you want to keep it or not. Discard a card that you do not need. You must have only five cards in your hand at a time.

Find out more:

- www.nestleusa.com/healthysteps
- www.neahin.org/healthysteps
- www.choosemyplate.gov
- www.fruitsandveggiesmorematters.org
- www.nationaldairyCouncil.org/childnutrition/Pages/ChildNutritionHome.aspx
- www.letsmove.gov
- www.healthiergeneration.org/parents
- www.projectwet.org
- www.kidshealth.org

- When a person discards, it is the next person’s turn. Play continues to the right. The first person to have a hand with a food card from each food group, a full plate, can lay the hand down and say, “Yummy!” That person is the winner! Feel free to play again (and enjoy some healthy snacks from the food groups while playing!)

Free online educational games and activities for your children to learn more:

- www.foodchamps.org/
- www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff_Game.html

