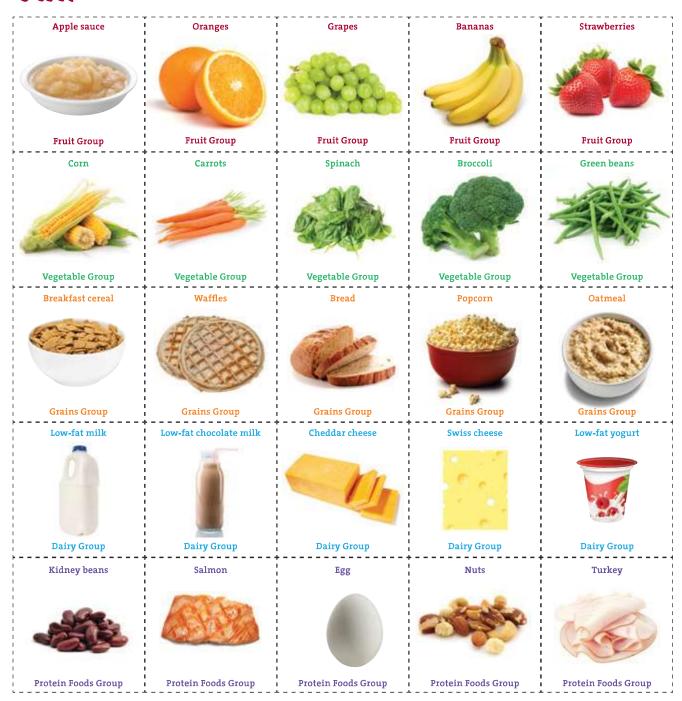
Healthy Family Connections

WE ARE LEARNING ABOUT EATING HEALTHY!

Cut.







Healthy Family Connections

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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





