

# ABC FOOD CHALLENGE

Are you looking for a fun way to teach kids about nutritious snack choices? If so, this printable category game is for you!

BONUS- reference our [‘Eat More, Eat Some, Eat Less Food Chart’](#) to better understand green-light, yellow-light, and red-light foods.



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## TIME TO PLAY

1. Download and print ABC Food Challenge. \*Recommend printing on cardstock or laminating for durability!
2. Print out extra of the answer recording page. That’s where everyone will record their answers!
3. Cut out both the letter cards and the category cards.
4. Arrange the cards into two decks and place them face down in the center of the play area.
5. Pass out an answer recording page to every player.
6. Draw one card from each deck. Make sure to record the letter and the category on your answer sheet!
7. Start a one minute timer and see how many foods you can come up with!
8. The player to list the most foods that fit the drawn category and start with the drawn letter wins that round.
9. Draw two new cards and start again!



A

B

C

D

E

F

G

H

I



**J**

**K**

**L**

**M**

**N**

**O**

**P**

**Q**

**R**



**S**

**T**

**U**

**V**

**W**

**X**

**Y**

**Z**

**DAIRY**

**PROTEIN**

**VEGETABLES**

**FRUITS**

**GRAINS**

**DRINKS**

**SNACKS**

**TREATS**

**DESSERTS**

**GREEN-LIGHT  
FOODS**

**YELLOW-  
LIGHT FOODS**

**RED-LIGHT  
FOODS**

**FOODS IN  
A GARDEN**

**FOODS IN  
A BAKERY**

**FOODS IN  
A DELI**

**FOODS IN  
THE PANTRY**

**FOODS IN  
THE FRIDGE**

**FOODS YOU  
HAVE NEVER  
TRIED**

**SCHOOL  
LUNCHES**

**BREAKFAST  
FOODS**

**PICNIC  
FOODS**

**FOODS ON  
A FARM**

**FOODS ON  
A TREE**

**FOODS ON  
A VINE**

**SWEET  
FOODS**

**SOUR  
FOODS**

# ABC FOOD CHALLENGE

PLAYER NAME:

CATEGORY:

LETTER:

- |     |     |     |
|-----|-----|-----|
| 1.  | 16. | 31. |
| 2.  | 17. | 32. |
| 3.  | 18. | 33. |
| 4.  | 19. | 34. |
| 5.  | 20. | 35. |
| 6.  | 21. | 36. |
| 7.  | 22. | 37. |
| 8.  | 23. | 38. |
| 9.  | 24. | 39. |
| 10. | 25. | 40. |
| 11. | 26. | 41. |
| 12. | 27. | 42. |
| 13. | 28. | 43. |
| 14. | 29. | 44. |
| 15. | 30. | 45. |

