

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!

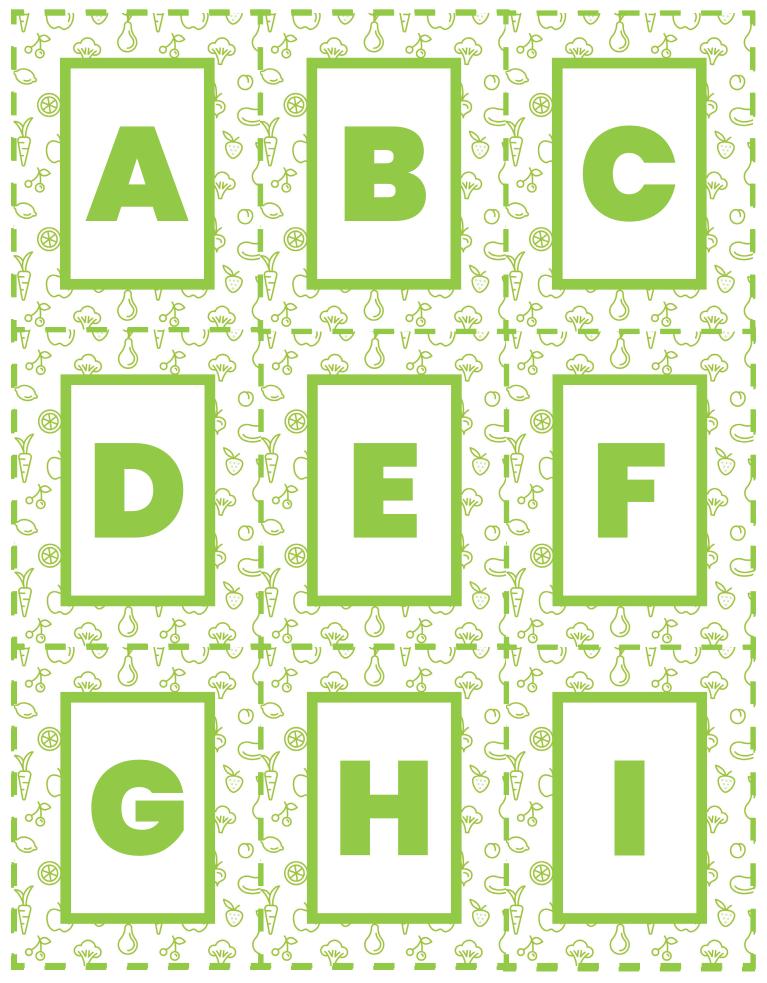
BONUS- reference our '<u>Eat More, Eat Some, Eat Less Food Chart</u>' to better understand green-light, yellow-light, and red-light foods.

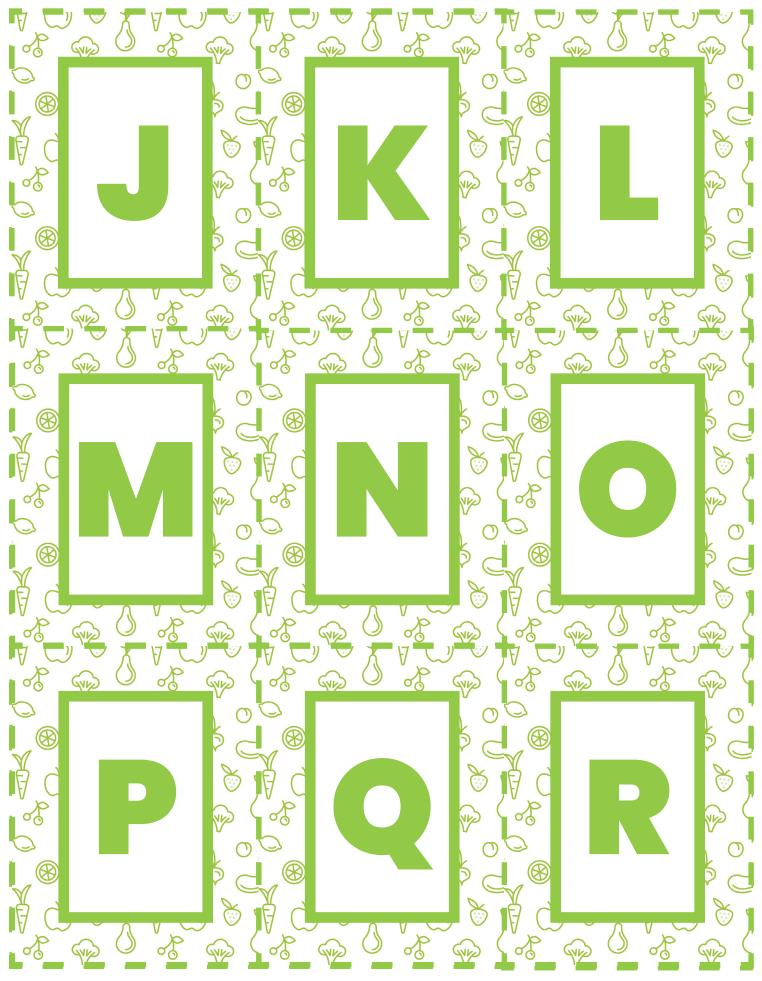


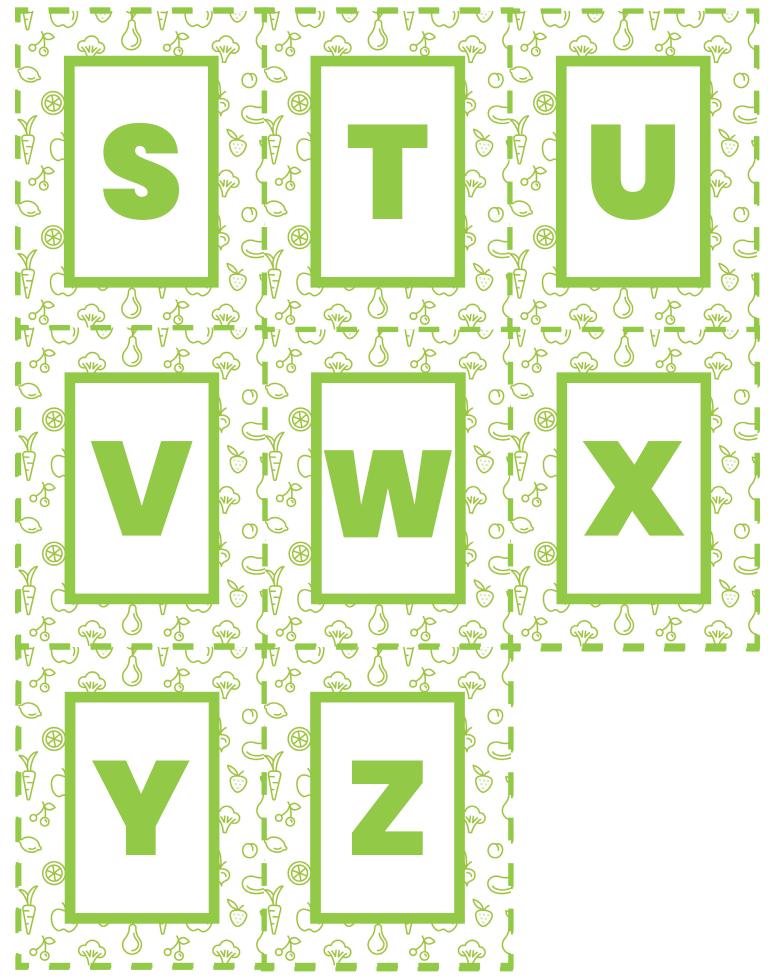
TIME TO PLAY

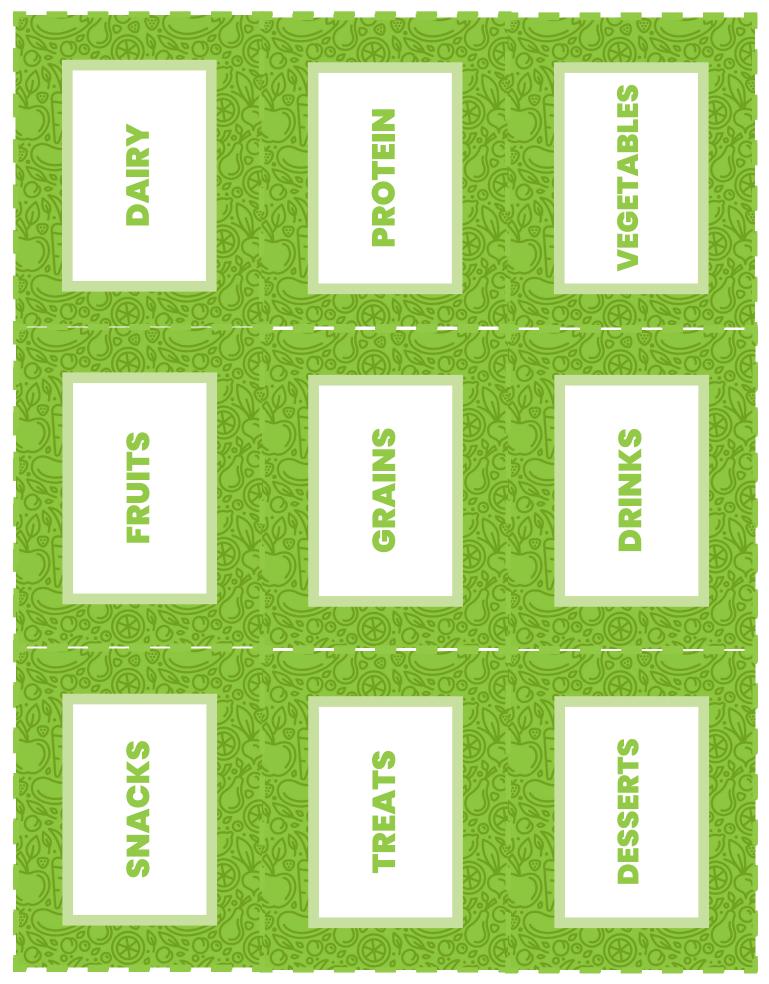
- 1. Download and print ABC Food Challenge. *Recommend printing on cardstock or laminating for durability!
- 2. Print out extra of the answer recording page. That's where everyone will record their answers!
- 3. Cut out both the letter cards and the category cards.
- 4. Arrange the cards into two decks 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!

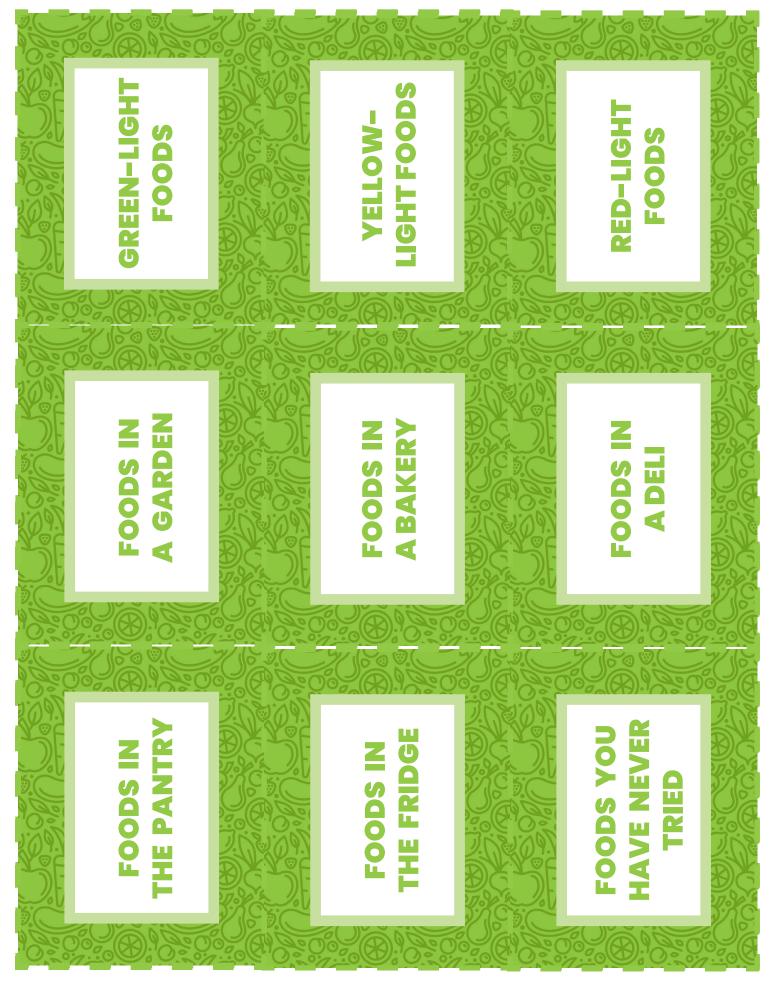


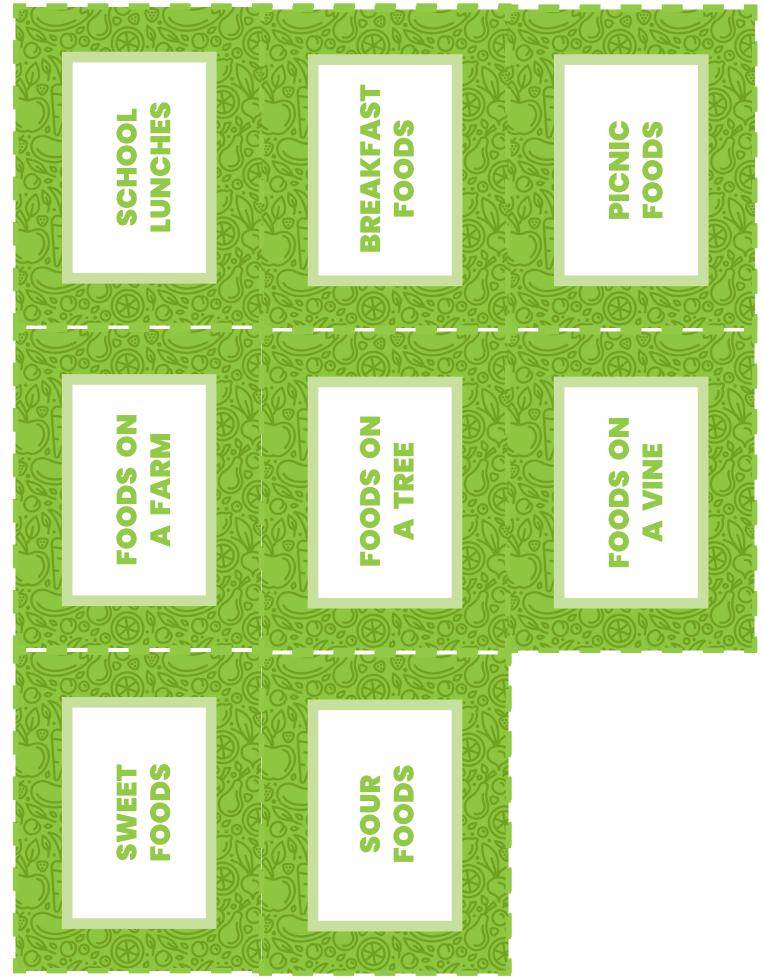












ABC FOOD CHALLENGE

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.	

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