

Name _____

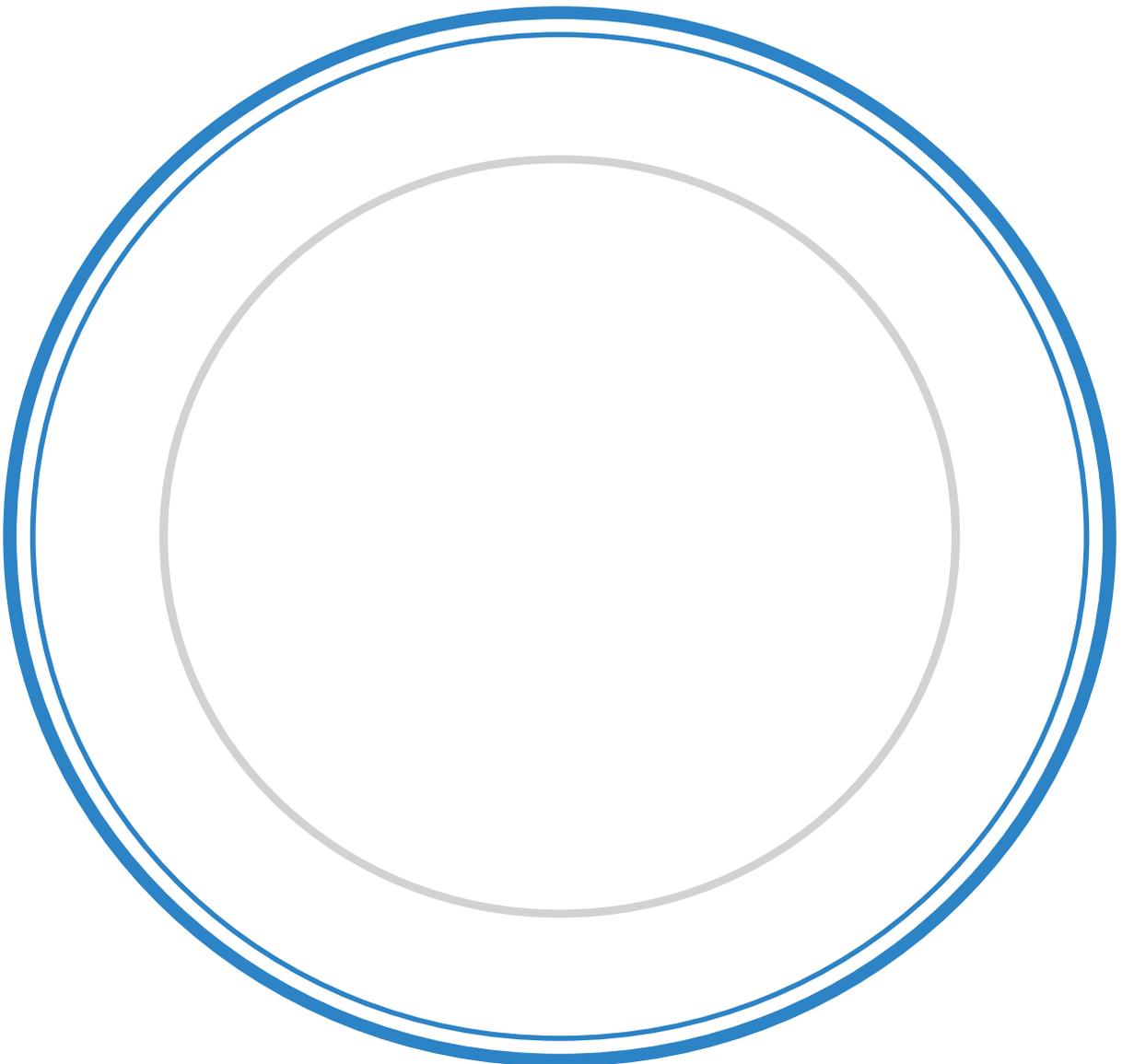


Healthy Food Hunt

Let's go on an adventure to find nutritious foods!

Nutritious foods help your body grow and give you energy to play! Foods like fruits, vegetables, whole grains, proteins, and dairy are healthy choices.

Can you think of some healthy foods? Draw them here.



Name _____

Healthy Food Hunt

Let's see how many nutritious foods you can find!



What You'll Learn:

Play this game to learn about foods that have the most nutrition for your body and brain.

What You Need:

1. A pencil
2. The picture chart on the next page

Play:

Go hunting.

1. Look to find the foods you see on the picture chart. You can look at home, in a grocery store, at school, or even in magazines!
2. What did you find? Circle all the nutritious foods you found.
3. You can also play this game with a sibling or friend. See who can find at least one food from each group!

Share With Your Family:

- Ask to hang your Healthy Food Hunt on the refrigerator or a kitchen cupboard. Use it to remind yourself of all kinds of nutritious food choices.
- Use your chart to help make a grocery list!



Remember:

Nutritious foods are the best fuel for your body and your brain.

Name _____

Healthy Food Hunt

Use this chart to hunt for nutritious foods.
Circle each food you find!

Fruits



bananas



orange

apple

Dairy



milk



cheese



yogurt

Grains



whole-grain bread



oats



popcorn

Vegetables



broccoli



carrots



leafy greens

Proteins



beans



eggs



chicken