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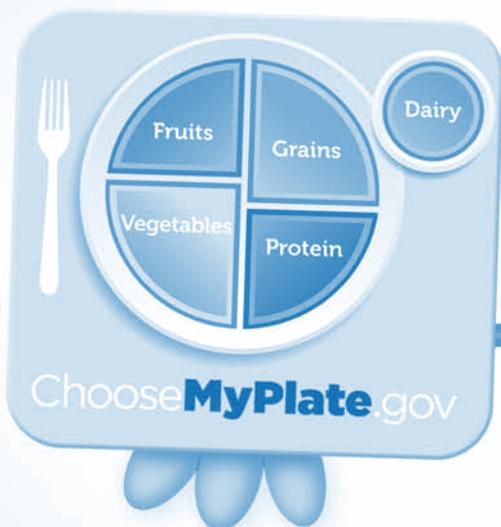
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RISQUE D'ÉTOUFFEMENT. Petites pièces.
Interdit aux enfants en dessous de 3 ans.
ERSTICKUNGSGEFAHR. Kleine Teile.
Nicht geeignet für Kinder unter 3 Jahren.
PELIGRO DE ASFIXIA. Piezas pequeñas.
No se recomienda para menores de 3 años.

Healthy Helpings™

A MyPlate Game



 **WARNING:**
CHOKING HAZARD - Small parts.
Not for children under 3 years.

Teach children to identify foods and their food groups according to the USDA-approved MyPlate*, and create healthy meals as part of game play.

Object of the Game: Be the first player to create a healthy meal using one food from each food group.

Contents:

- 4 Placemats (game boards)
- 50 Food cards
- Spinner

Setup:

- Pass out one placemat to each player.
- Place all food cards picture-side up in a center pile.

How to Play:

- The youngest player goes first.
- Spin the spinner. If the spinner lands on:
 - *A food group:* Select a food card that you think belongs to that group. Check your answer by looking at the color on the back of the card. If you are correct, put the card on your plate. If you are not, put the card back in the pile. If you already have food on your plate from that food group, skip your turn.
 - *Give:* Give a food from your plate to another player who needs it. If you don't have any food on your plate, or if no other player needs the food you have, skip your turn.
 - *Take:* Take a food from another player's plate. If no other players have food on their plates, or if no other player has a food you need, skip your turn.
- Play continues to the right. It is now the next player's turn.
- The first player to complete a healthy meal on MyPlate wins!

The Five Food Groups:

Grains include foods such as bread, pasta, and oatmeal. Half of the grains you eat every day should be whole grains.

Grains included in this game:

- Bagel
- Brown rice
- Cereal
- Noodles
- Oatmeal
- Rice
- Roll
- Toast
- Tortilla
- Whole wheat bread

Vegetables come in many colors. To gain the most health benefits from this food group, incorporate vegetables into meals in as many different colors as you can: green broccoli, red bell pepper, and violet eggplant, oh my!

Vegetables included in this game:

- Avocado
- Broccoli
- Carrots
- Cauliflower
- Corn
- Green beans
- Peas
- Red pepper
- Spinach
- Sweet potatoes

The **Fruit** group features many options for healthy eating, including whole fruits, 100% fruit juices, and canned or dried fruits. So many sweet possibilities!

Fruits included in this game:

- Apple
- Banana
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Peaches
- Pineapple
- Strawberry
- Watermelon

The **Dairy** group contains milk-based foods such as cheese, yogurt—and milk! To absorb necessary calcium and strengthen your bones, drink a glass of low-fat milk (up to 2%) every night with dinner.

Dairy foods included in this game:

- American cheese
- Cheddar cheese cubes
- Chocolate milk
- Cottage cheese
- Ice cream
- Milk
- Pudding
- Strawberry milk
- String cheese
- Yogurt

Protein-rich foods aren't restricted to meat, fish, and seafood—they also include beans, nuts, and eggs. Focus on eating lean meats and seafood, or, if you're a vegetarian, load up on beans, peas, nuts, and soy products. Dig in!

Protein-rich foods included in this game:

- Chicken
- Egg
- Ham
- Peanut
- Salmon
- Sausage
- Shrimp
- Steak
- Tofu
- Turkey