Healthy Eating Game
(Credit: craftingchicks.com)

Directions:

1. Print out the food clipart and cut apart.
2. Print out the paper plate or divide a paper plate into the four food groups.
3. Play the game by choosing different foods and placing on the plate in the proper section.
A Healthy Plate Guide

- Fruits
- Grains
- Vegetables
- Protein
- Dairy