

Let's Make a Meal Card Game



Eating too much food can make you gain weight.

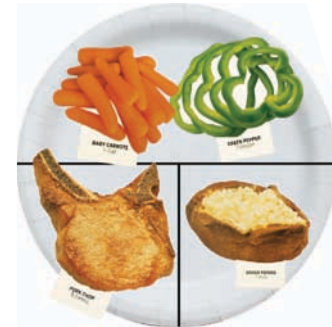
Coach Note: Read this page to yourself, to get ready for the activity.

Purpose of Activity

To learn what meal portions look like on a plate

Teaching Points

1. Vegetables should take up half your plate.
2. A meat portion is the size of a deck of cards.
3. Starchy food portions are the size of a computer mouse.
4. Fruit is a good dessert.



Suggestion:

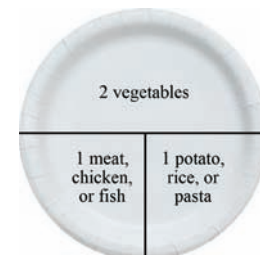
This is a card game. Learn the rules on Page 5 before you play it.

Let's Make a Meal Card Game

What You Need

Have these things ready:

- Cardboard food models in four piles (in kit)
 - steak, hamburger patty, pork chop, chicken and fish
 - green beans, carrots, broccoli, salad and tomatoes
 - baked potato, mashed potatoes, egg noodles, rice and fries
 - applesauce, pears, peaches, fruit cocktail and grapes
- A deck of cards box (in kit)
- A computer mouse (in kit)
- 20 labeled cards from the deck placed face down (in kit)
- 1 paper dinner plate and small bowl for each player, labeled as shown (in kit)



Are You Ready to Play Let's Make a Meal Card Game?

- A serving of meat is the size of a deck of cards
- A potato is a starchy vegetable and is counted like rice or noodles in a meal
- A serving of potato (or starch) is about the size of a computer mouse
- Put vegetables on half the plate
- Enjoy fruit for dessert

Balance Your Meal: Eat Just the Right Amount of Food



Try this for fun:

- Put a deck of cards box next to the cardboard hamburger model.
Ask: Are they the same size?
- Put a computer mouse next to the cardboard potato model.
Ask: Are they the same size?"

Let's Play: Let's Make a Meal Card Game (2-3 players)

Goal:

Be the first player to fill your plate and bowl with the right food models, like this picture.

