

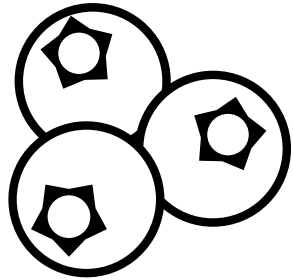
Nutrition Memory Card Game

Materials: Included are two [2] sets of nutrition cards.

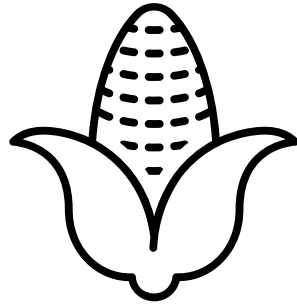
Instructions:

1. Provide each child with print out of Nutrition Set 1 or Set 2.
2. Ask each child to color the sets. When complete, either have an adult cut the set or have the child cut the set with adult supervision.
3. Once all pictures are cut and colored, pair children in groups of two or more.
4. Have the children shuffle the cards and lay them face down in rows on the table.
5. The first player turns over two [2] cards. If the pictures match, the player keeps the cards and tries again for another match. If they do not match, the cards are turned over again and the next player takes a turn.
6. Focus on memory: Each player must try to remember where they have seen cards, so they can use them to make a match. When all the cards have been matched, the player with the most pairs wins.

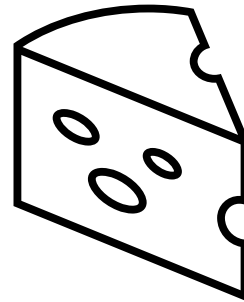
Nutrition Set 1 – Page 1 of 2



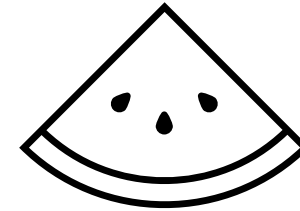
Blueberries



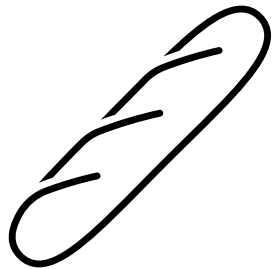
Corn



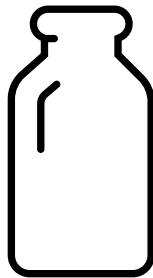
Cheese



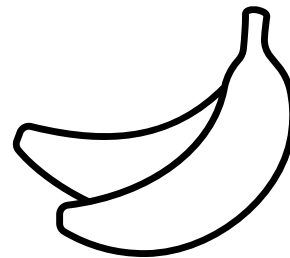
Watermelon



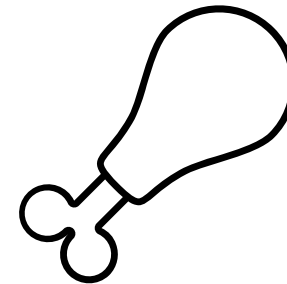
Bread



Milk

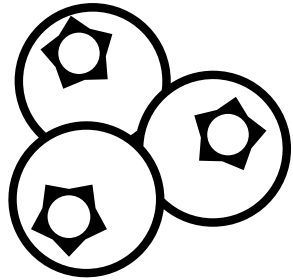


Bananas

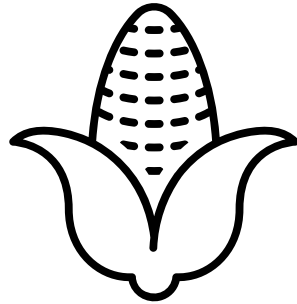


Chicken

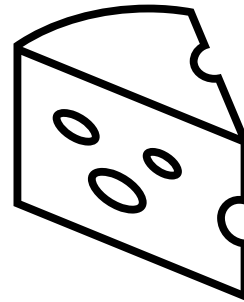
Nutrition Set 1 – Page 2 of 2



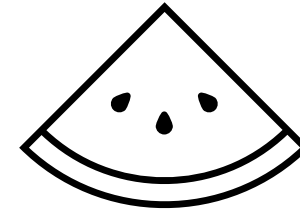
Blueberries



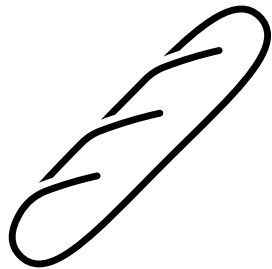
Corn



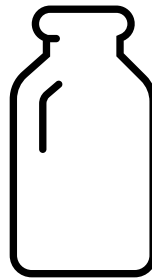
Cheese



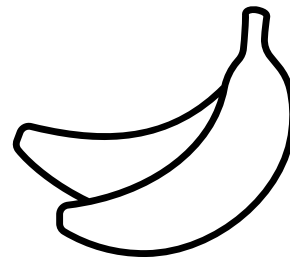
Watermelon



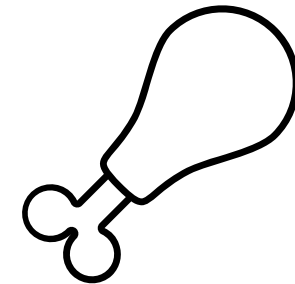
Bread



Milk

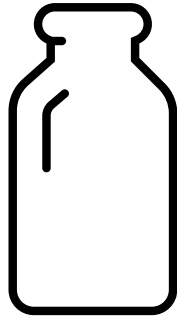


Bananas

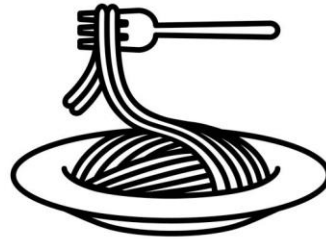


Chicken

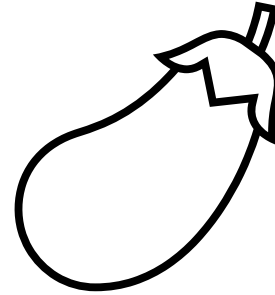
Nutrition Set 2 – Page 1 of 2



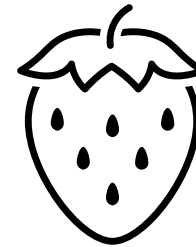
Milk



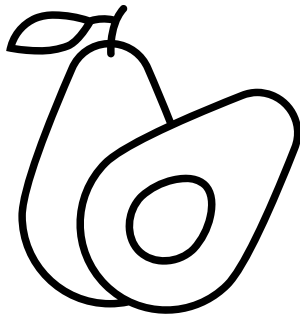
Spaghetti



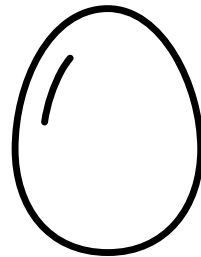
Eggplant



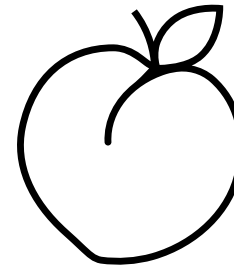
Strawberry



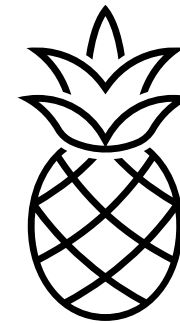
Avocado



Egg

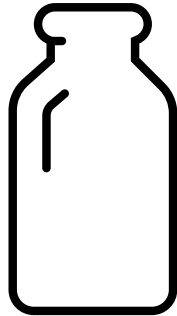


Peach



Pineapple

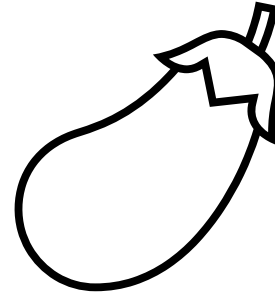
Nutrition Set 2 – Page 2 of 2



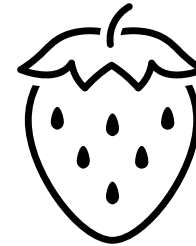
Milk



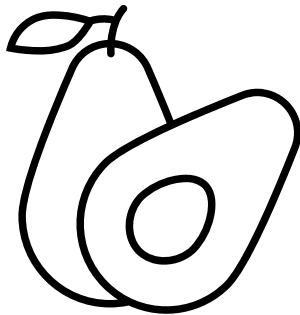
Spaghetti



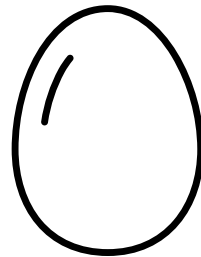
Eggplant



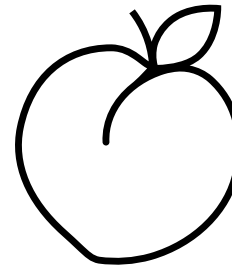
Strawberry



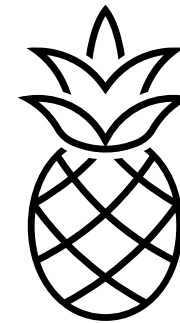
Avocado



Egg



Peach



Pineapple

Physical Activity Memory Card Game

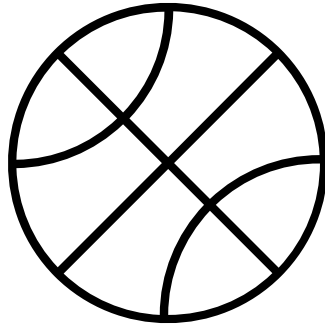
Materials: Included are two [2] sets of physical activity cards.

Instructions:

1. Provide each child with print out of Physical Activity Set 1 or Set 2.
2. Ask each child to color the sets. When complete, either have an adult cut the set or have the child cut the set with adult supervision.
3. Once all pictures are cut and colored, pair children in groups of two or more.
4. Have the children shuffle the cards and lay them face down in rows on the table.
5. The first player turns over two [2] cards. If the pictures match, the player keeps the cards and tries again for another match. If they do not match, the cards are turned over again and the next player takes a turn.
6. Focus on memory: Each player must try to remember where they have seen cards, so they can use them to make a match. When all the cards have been matched, the player with the most pairs wins.

This institution is an equal opportunity provider.

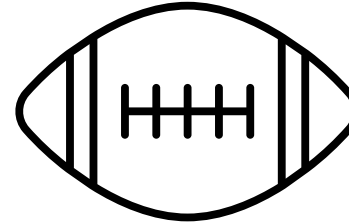
Physical Activity Set 1 – Page 1 of 2



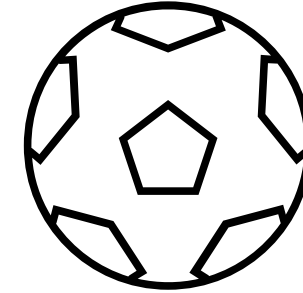
Basketball



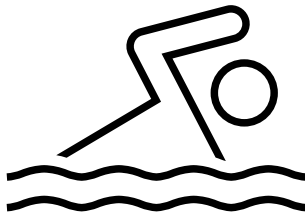
Volleyball



Football



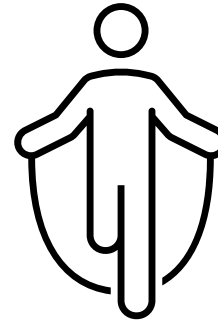
Soccer Ball



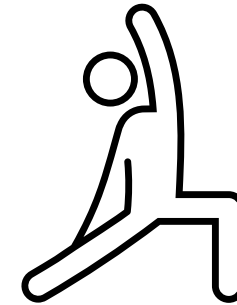
Swimming



Running

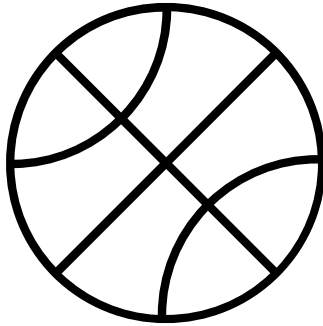


Jumping Rope



Stretching

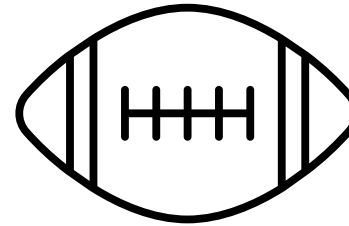
Physical Activity Set 1 – Page 2 of 2



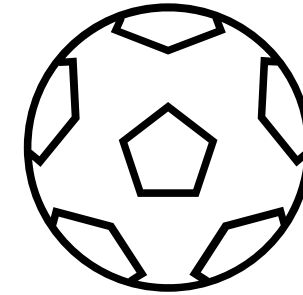
Basketball



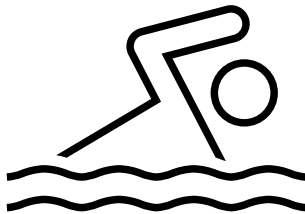
Volleyball



Football



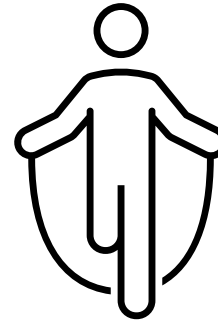
Soccer Ball



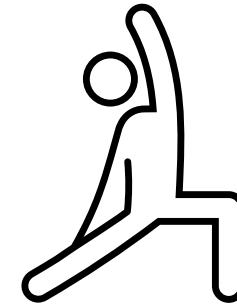
Swimming



Running

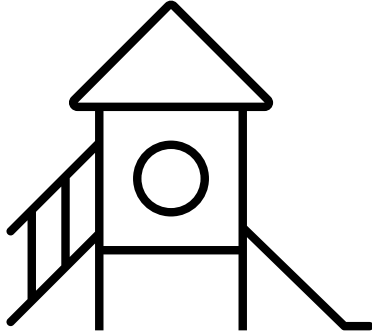


Jumping Rope

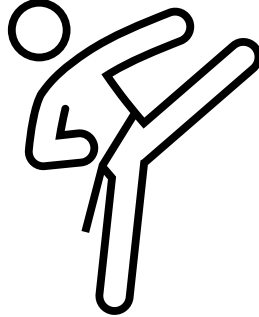


Stretching

Physical Activity Set 2 – Page 1 of 2



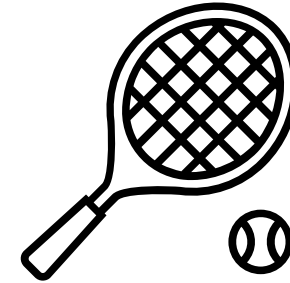
Playground



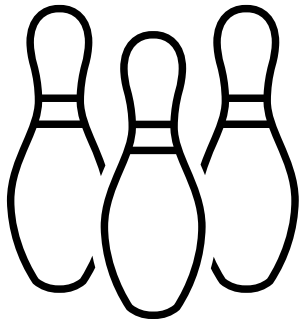
Karate



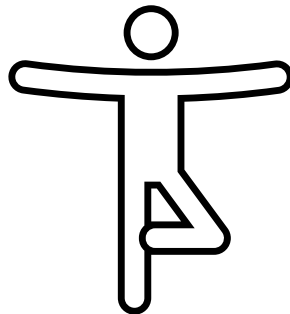
Dancing



Tennis



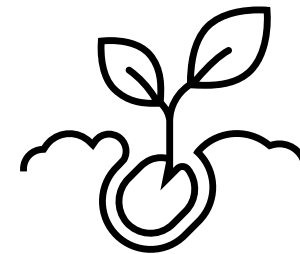
Bowling



Yoga

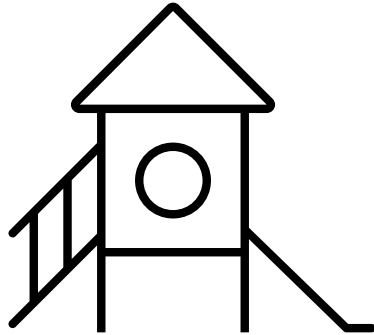


Bicycling

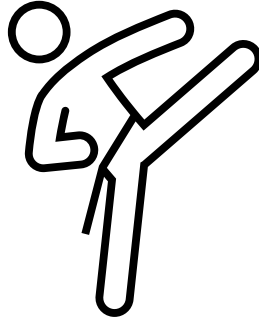


Gardening

Physical Activity Set 2 – Page 2 of 2



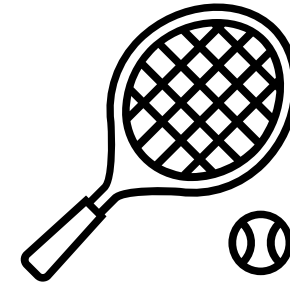
Playground



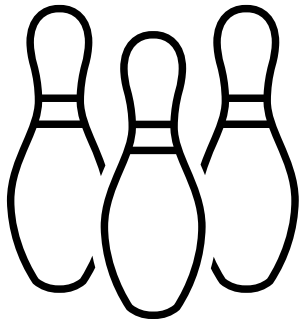
Karate



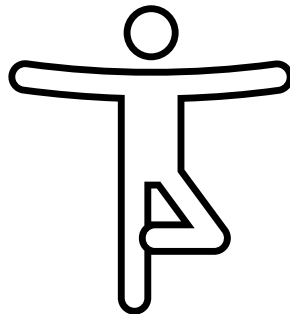
Dancing



Tennis



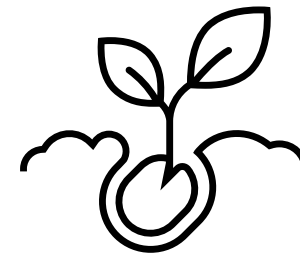
Bowling



Yoga



Bicycling



Gardening