

Nutrition Sort

Objective:

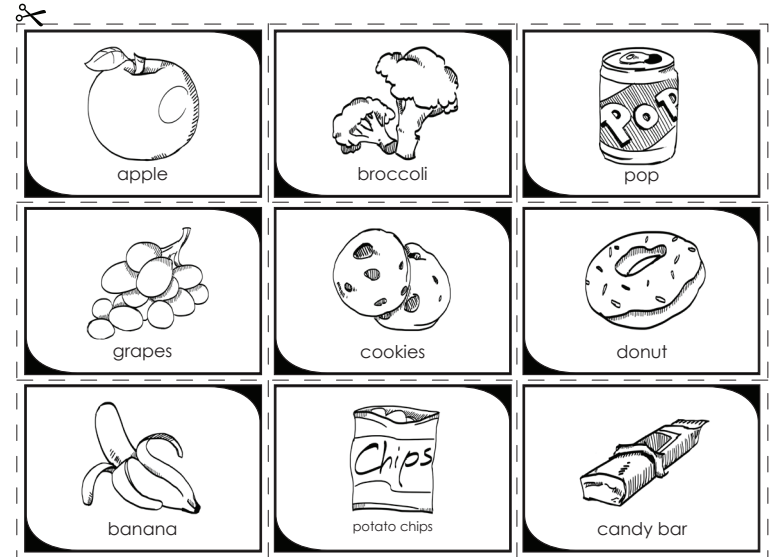
Students sort foods into two categories:
healthy and unhealthy

Materials:

Food cards (pages 2-4)

Set up:

Cut the cards on the dotted lines.



How to play:

Students sort the cards into 2 groups: healthy and unhealthy.

Healthy foods: grapes, banana, turkey, eggs, apple, broccoli, celery, soup, yogurt, fish, chicken, cheese

Unhealthy foods: cookies, donut, pop, candy bar, potato chips, brownies, lollipop, cupcake, cake, milkshake, ice cream

Note: *Hamburger and pizza could be either healthy or unhealthy, depending on the student's point-of-view and how the food is prepared.*

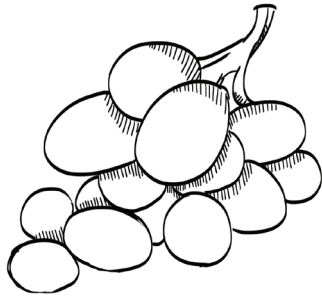


Healthy

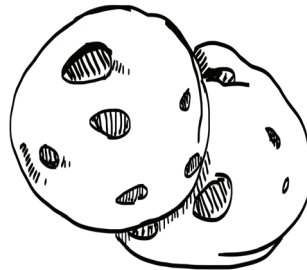
Unhealthy



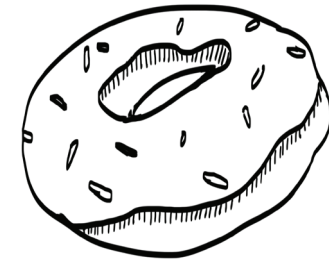
pop



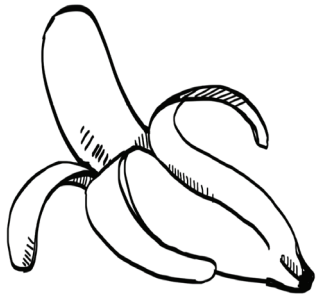
grapes



cookies



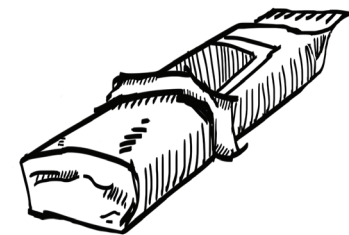
donut



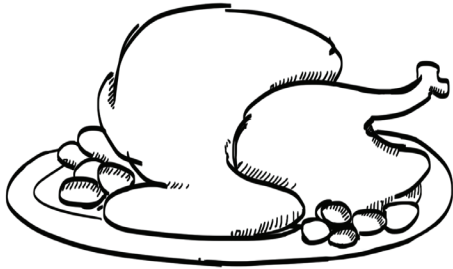
banana



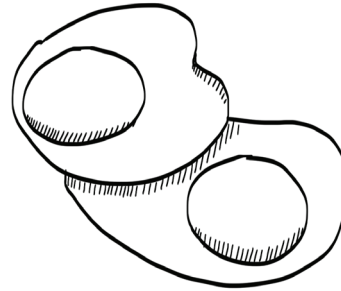
potato chips



candy bar



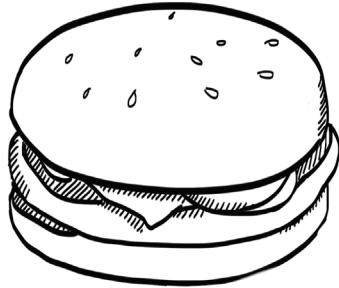
turkey



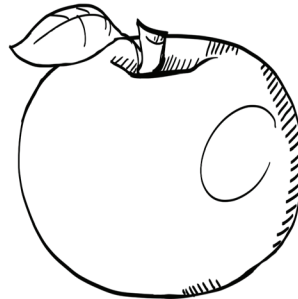
eggs



ice cream



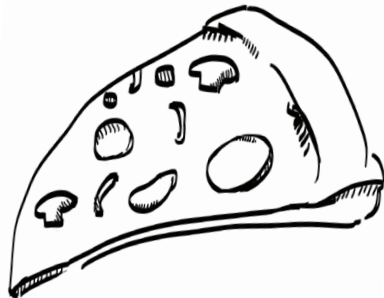
burger



apple



broccoli



pizza

celery

milkshake



brownies

soup

lollipop

yogurt

cupcake

fish

chicken

cake

cheese