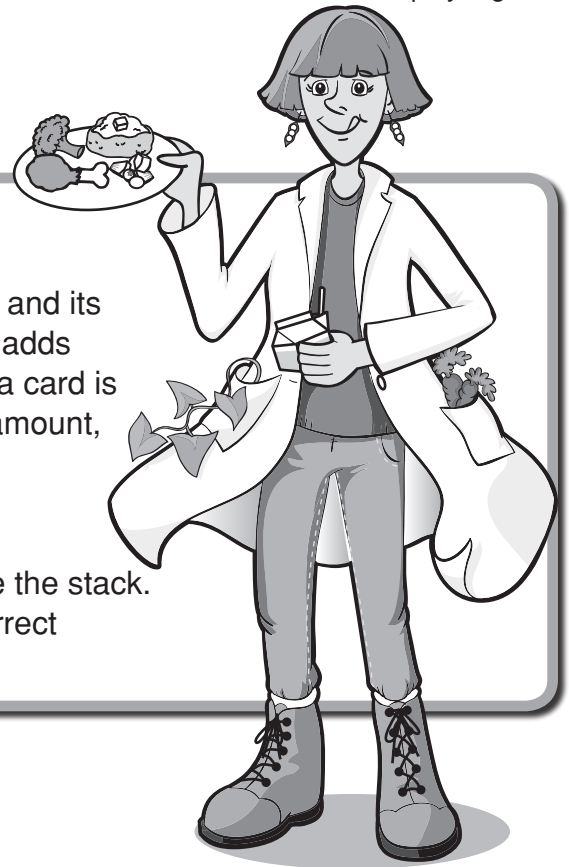


# MAKE-A-MEAL

## A game for two players



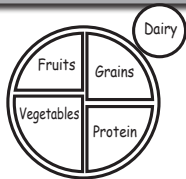
### Directions:

1. Cut out the cards and stack them facedown.
2. To take a turn, a player takes a card. He writes the food and its amount in the matching food group row of his chart. He adds the amounts in the same food group after each turn. (If a card is picked for a food group that has reached its maximum amount, then the player's turn is over.)
3. When a food group target amount is fulfilled, the player colors the matching section on his plate symbol.
4. Replace the card after each turn and periodically shuffle the stack.
5. Play continues until one player fills his plate with the correct amount of food in each food group.

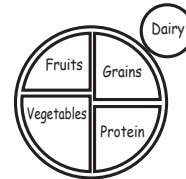
### Target Amount per Food Group

Grains — 6 oz.                      Dairy — 3 cups  
 Vegetables — 3 cups              Protein — 6 oz.  
 Fruits — 2 cups

**Player 1**











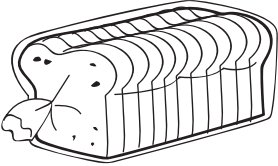

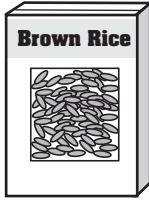








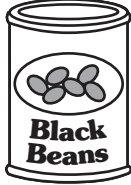
**Player 2**



<b>Grains:</b> 6 oz.	
<b>Vegetables:</b> 3 cups	
<b>Fruits:</b> 2 cups	
<b>Dairy:</b> 3 cups	
<b>Protein:</b> 6 oz.	

<b>Grains:</b> 6 oz.	
<b>Vegetables:</b> 3 cups	
<b>Fruits:</b> 2 cups	
<b>Dairy:</b> 3 cups	
<b>Protein:</b> 6 oz.	

# Food Cards

<p><b>Vegetable</b></p>  <p>1 cup broccoli</p>	<p><b>Vegetable</b></p>  <p>1 cup carrots</p>	<p><b>Vegetable</b></p>  <p>1 cup tomato juice</p>	<p><b>Vegetable</b></p>  <p>1 cup celery</p>
<p><b>Fruit</b></p>  <p>1 cup pineapple</p>	<p><b>Fruit</b></p>  <p>1 cup diced peaches</p>	<p><b>Fruit</b></p>  <p>1 cup apple slices</p>	<p><b>Fruit</b></p>  <p>1 cup 100% fruit juice</p>
<p><b>Grain</b></p>  <p>2 oz. bread</p>	<p><b>Grain</b></p>  <p>2 oz. cereal</p>	<p><b>Grain</b></p>  <p>1 oz. rice</p>	<p><b>Grain</b></p>  <p>3 oz. pasta</p>
<p><b>Dairy</b></p>  <p>1 cup milk</p>	<p><b>Dairy</b></p>  <p>2 cups milk</p>	<p><b>Dairy</b></p>  <p>1 cup shredded cheese</p>	<p><b>Dairy</b></p>  <p>1 cup yogurt</p>
<p><b>Protein</b></p>  <p>4 oz. chicken</p>	<p><b>Protein</b></p>  <p>2 oz. fish</p>	<p><b>Protein</b></p>  <p>1 oz. peanut butter</p>	<p><b>Protein</b></p>  <p>3 oz. beans</p>