

# BALANCED MEAL CARD GAMES

## INSTRUCTIONS

You can play these games with your children to teach them about food groups and balanced diets. The games will also help you remember what you learned in our nutrition lessons!

### Game #1: Rummy

**Goal:** To collect a combination of cards: 3 vegetables, 2 fruits, 2 proteins, 6 grains, and 2 dairy.



#### To begin:

- Everyone takes 15 cards.
- Turn one card face-up next to the deck.

#### On your turn:

- First, you take a card. You can:
  - Take the face-up card next to the deck, OR
  - Take the face-down card on the top of the deck.
- Then, get rid of a card. Place it face-up next to the deck.
- The next player either takes that card or takes the card on the top of the deck.

#### Keep playing until:

- One person gets the winning combination. The first player to do so wins.

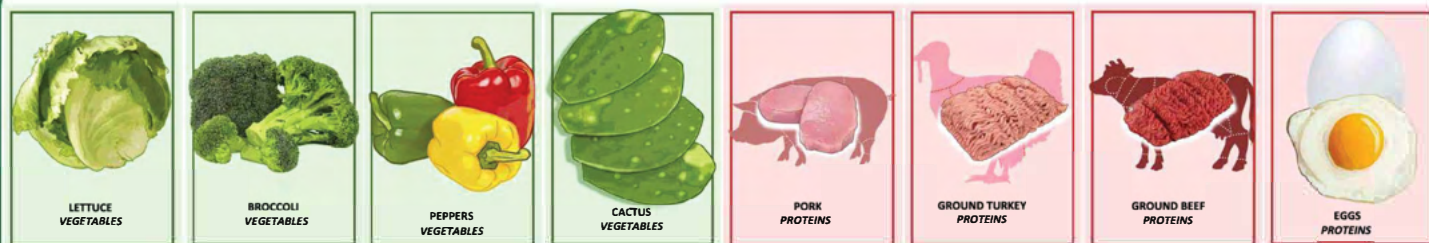
#### Mini-Lesson

*The winning combination of cards represents a balanced diet for a day! After one player wins, take out the planning worksheet from Activity #3 of the Juntos training addendum. Then, look at the winning card combination. Write down the foods from those cards in the worksheet under "Sunday." Then, write down other possible winning combinations on the other days. You can use the deck to help you! While you fill out the sheet, explain balanced meals to your child.*

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## Game #2: Go Fish

**Goal:** To get all of your cards into sets of 4, from the same food group. Like this:



### To begin:

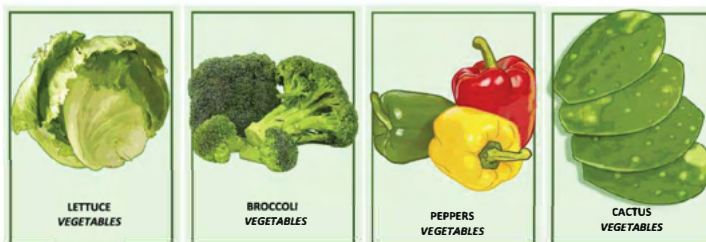
- Everyone takes 7 cards.
- Set the deck of cards face-down on the table.

### On your turn:

- Look at the different food groups in your hand. Pick one.



- Ask the other player if they have cards in that food group. For example, "Do you have any vegetables?"
  - If they do, the other player has to give you one card from that food group.
  - If they don't, you take a card from the deck.
- Then, the other player asks you for cards.
- Once you have 4 cards from the same food group, you can put them down on the table, face-up, like this:



### Play until:

- All of your cards are in sets of 4. The first player to get all of their cards in sets wins.

### Mini-Lesson

*This game can be used to teach children about food groups. After one player wins, go over the different food groups in their hand. Then, work together to think of other foods in those groups. You can use the deck of cards to help you!*

## Game #3: Memory

**Goal:** To collect the most cards.

**To begin:**

- Lay 16 cards out, face down, in 4 rows. Like this:



**On your turn:**

- Turn 2 cards face-up.
  - If they show the same food group, you take them. Replace them with 2 new cards from the deck.
  - If they do not show the same food group, you turn them back over.



**Keep playing until:**

- The deck runs out. The player with the most cards wins.

### Mini-Lesson

*This game can be used to teach children about the healthiest versions of different foods. As they match cards, draw their attention to the details on the illustrations, such as the words “low-fat” and “unsweetened” on the yogurt. Explain that they should choose those kinds of foods, when possible!*

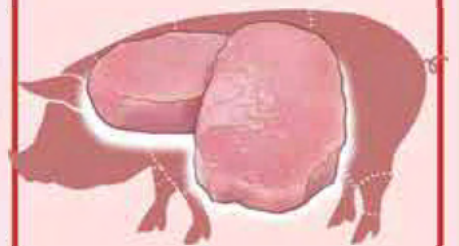




**GROUND TURKEY  
PROTEINS**



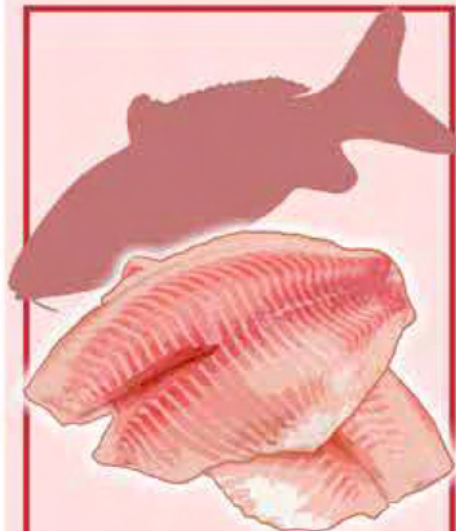
**GROUND BEEF  
PROTEINS**



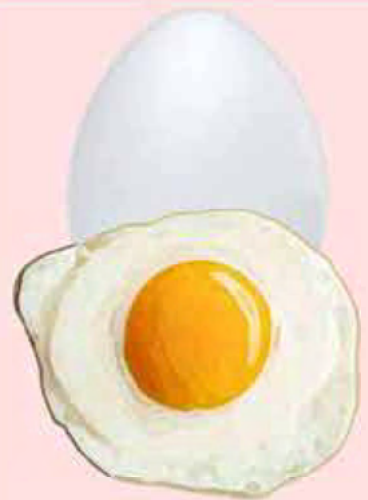
**PORK  
PROTEINS**



**CHICKEN  
PROTEINS**



**FISH  
PROTEINS**



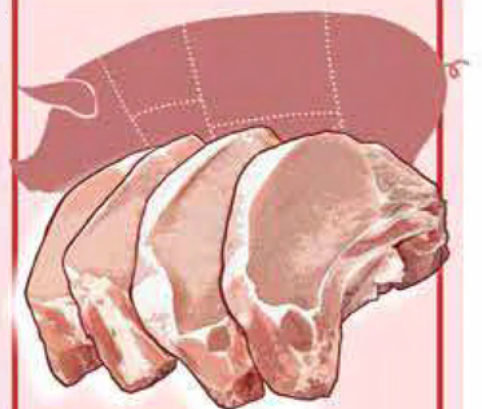
**EGGS  
PROTEINS**



**NUTS  
PROTEINS**



**BEANS  
PROTEINS**



**PORK CHOPS  
PROTEINS**



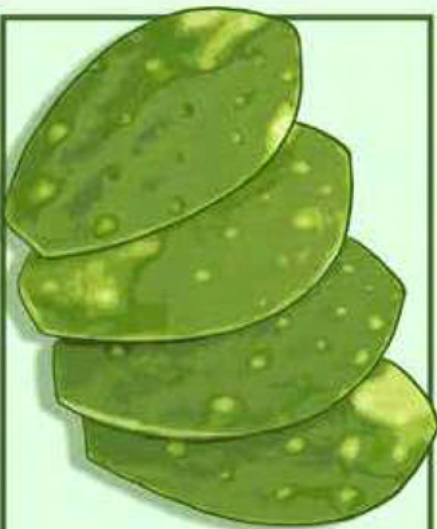
**LETTUCE  
VEGETABLES**



**SQUASH  
VEGETABLES**



**BROCCOLI  
VEGETABLES**



**CACTUS  
VEGETABLES**



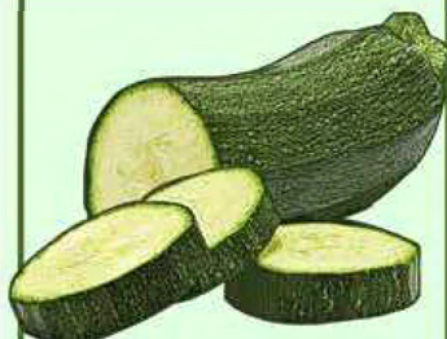
**CELERY  
VEGETABLES**



**CARROTS  
VEGETABLES**



**CABBAGE  
VEGETABLES**



**ZUCCHINI  
VEGETABLES**



**PEPPERS  
VEGETABLES**





**TORTILLAS  
GRAINS**



**WHOLE WHEAT BREAD  
GRAINS**



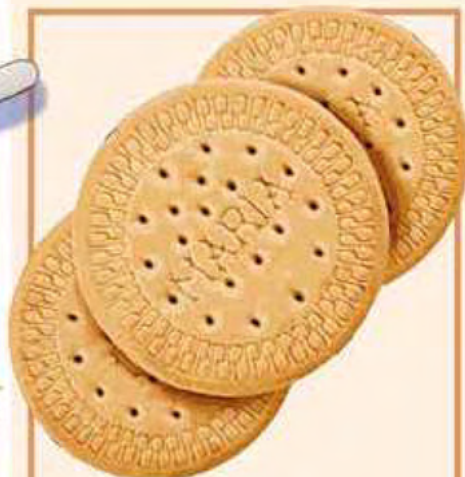
**PASTA  
GRAINS**



**BROWN RICE  
GRAINS**



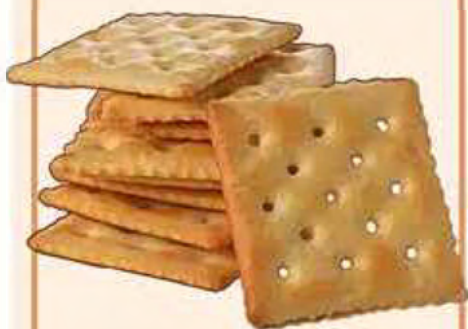
**OATMEAL  
GRAINS**



**COOKIES  
GRAINS**



**QUINOA  
GRAINS**



**CRACKERS  
GRAINS**



**TAMALITOS  
GRAINS**





**AVOCADO  
FRUITS**



**ORANGE  
FRUITS**



**TOMATO  
FRUITS**



**MANGO  
FRUITS**



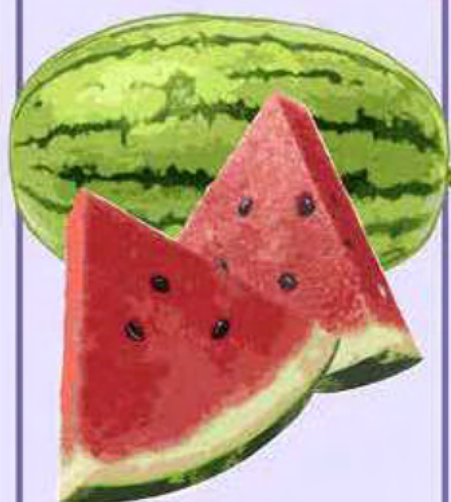
**CANTALOUPE  
FRUITS**



**APPLE  
FRUITS**



**GRAPES  
FRUITS**



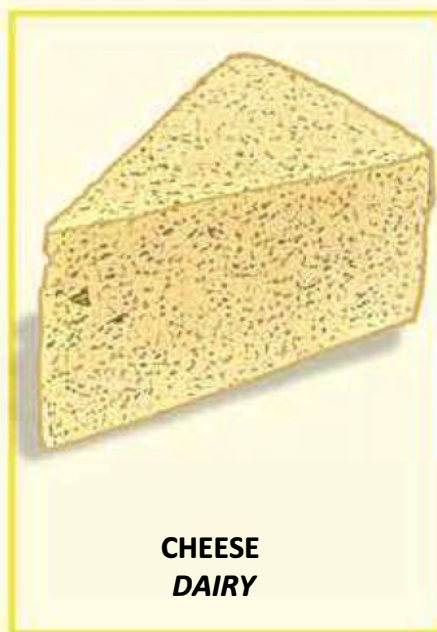
**WATERMELON  
FRUITS**



**BANANA  
FRUITS**



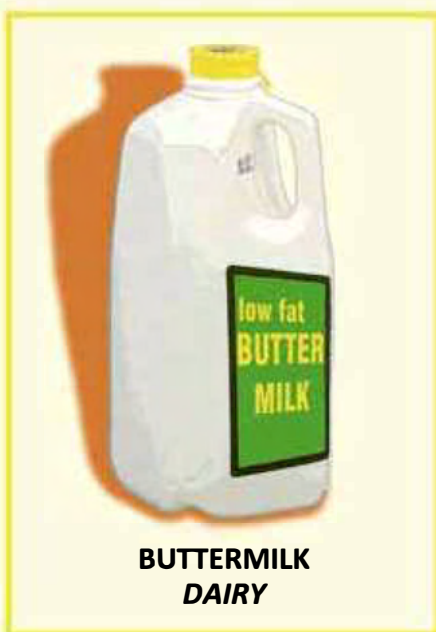
**MILK**  
**DAIRY**



**CHEESE**  
**DAIRY**



**YOGURT**  
**DAIRY**



**BUTTERMILK**  
**DAIRY**



**COTTAGE CHEESE**  
**DAIRY**



**BUTTER**  
**DAIRY**



**OAXACA CHEESE**  
**DAIRY**



**SOUR CREAM**  
**DAIRY**



**ICE CREAM**  
**DAIRY**



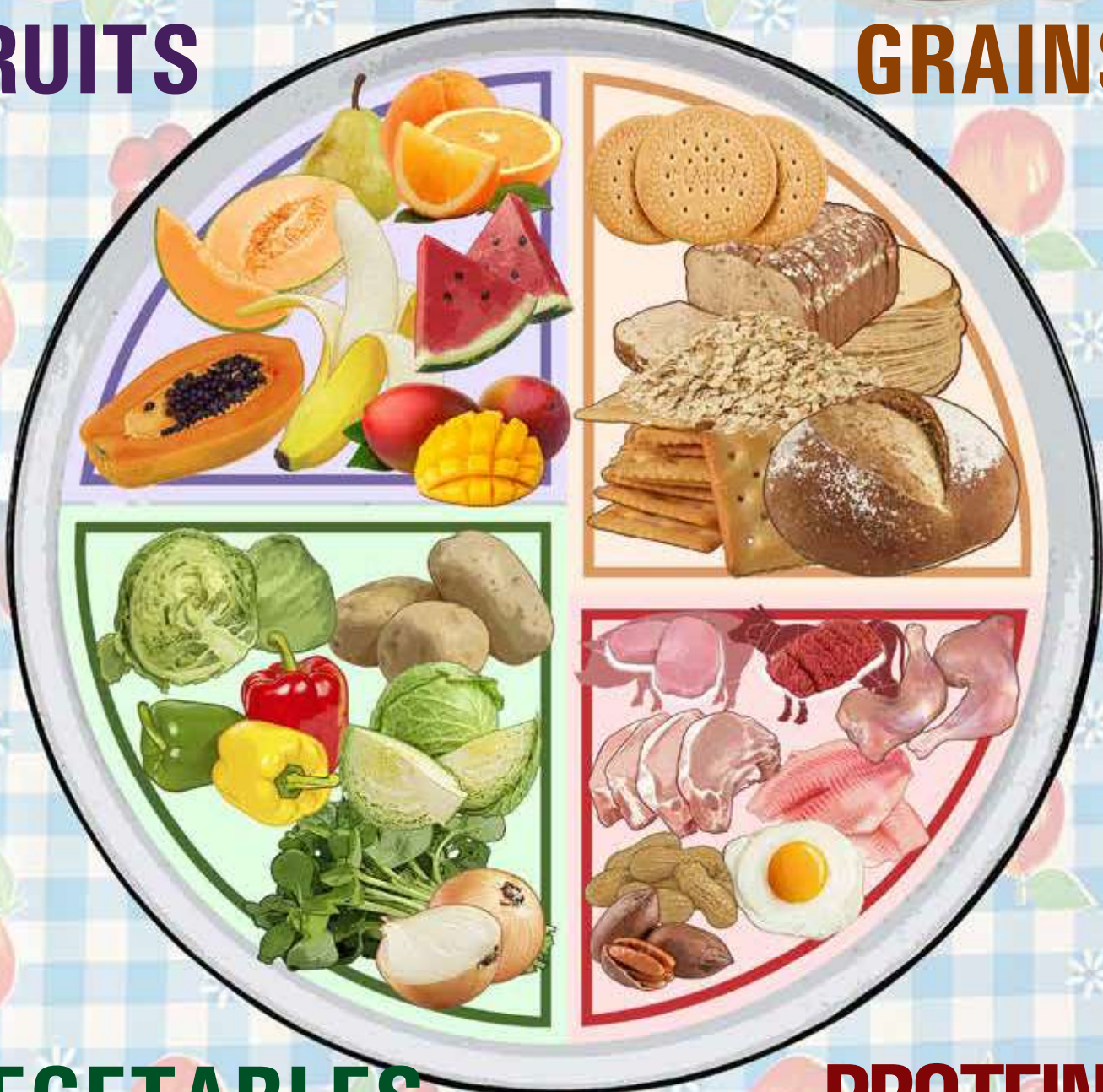
# MY BALANCED MEAL

DAIRY



FRUITS

GRAINS



VEGETABLES

PROTEINS

# TIPS

## DAIRY

Choose low-fat or non-fat dairy products.



## Fruits

Choose fruits without added sugar. They can be fresh or frozen.

## Grains

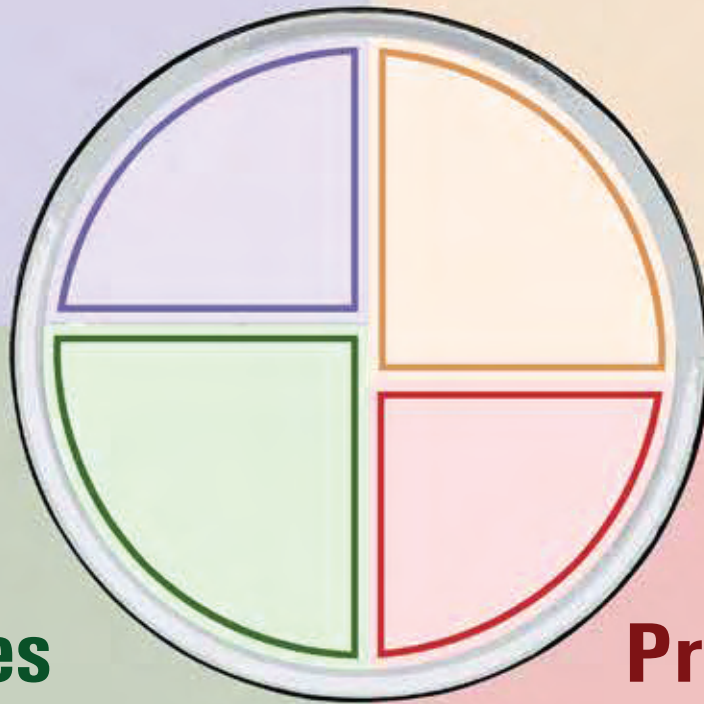
Choose products made from whole grains and with less sugar.

## Vegetables

Fill your plate with vegetables of different colors.

## Proteins

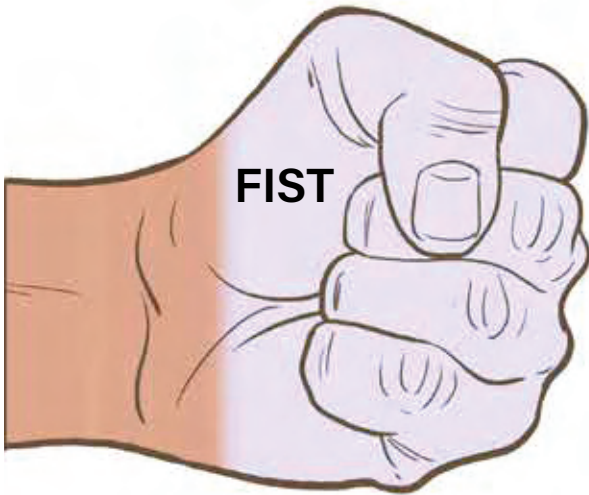
Choose low-fat meats and unsalted nuts.



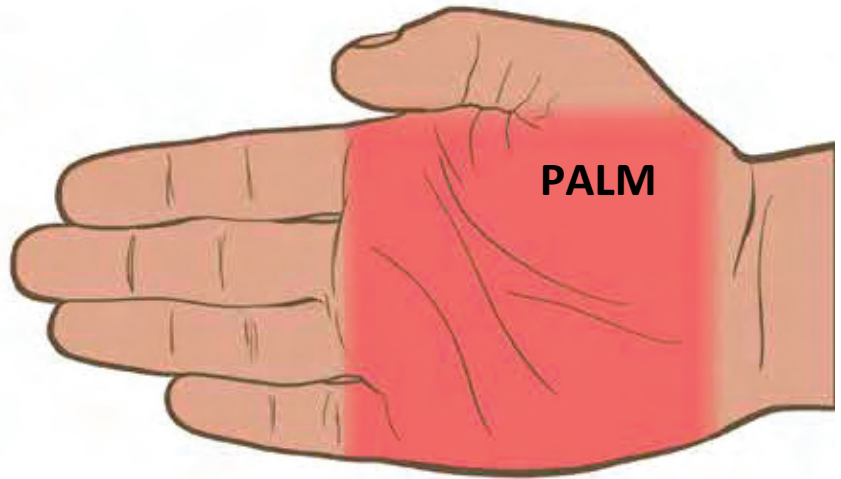


# MY HEALTHY PORTIONS

Fruits and Vegetables



Proteins

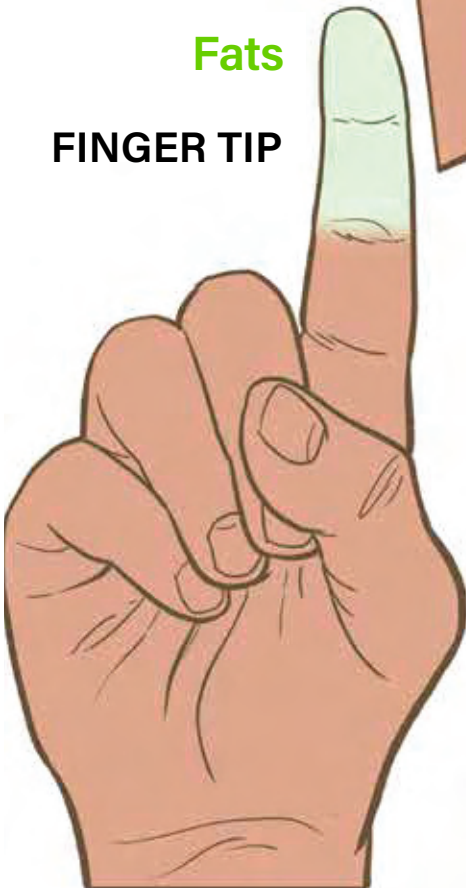


Grains and Beans



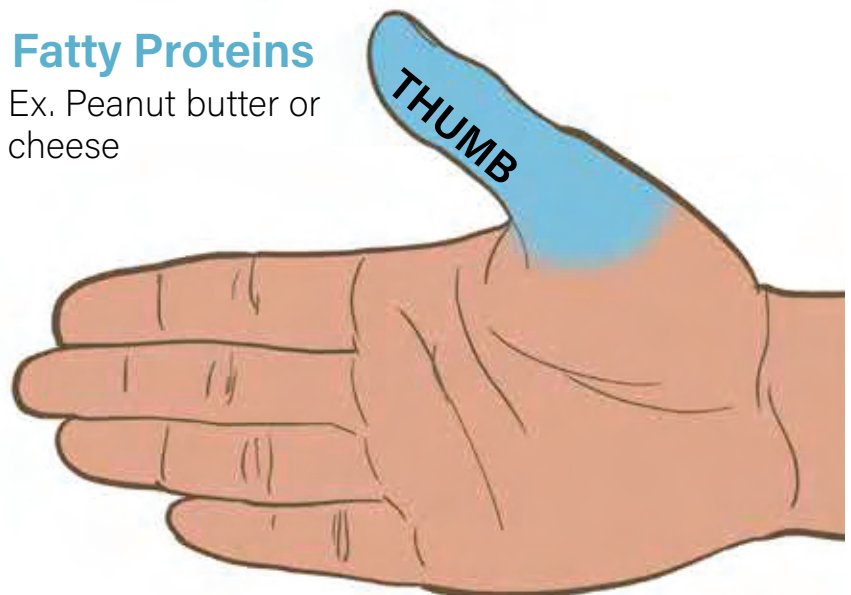
Fats

FINGER TIP



Fatty Proteins

Ex. Peanut butter or cheese



# SOURCES

- “Your MyPlate Plan: 2000 Calories, Ages 14+,” USDA MyPlate –  
<https://www.myplate.gov/myplate-plan/results/2000-calories-ages-14-plus>
- “DASH Diet: Guide to Recommended Servings,” Mayo Clinic –  
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20050989>
- “Diabetes Meal Planning,” CDC –  
<https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>
- “Explore the MyPlate Food Groups,” USDA MyPlate –  
<https://www.myplate.gov/>