

Food Cards

Possible Activities with Food Cards:

1. Sorting

- Sort according to Food Pyramid
(Eat Most, Eat Moderate, Eat Least)
- Sort according to Basic Food Groups
(Milk and dairy, Meat, Fruit and Vegetable, Carbohydrates, Fats)
- Sort according to 6 basic nutrients
(Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water)

2. Plan a balanced meal / food for a day

- Either by selecting cards—or by drawing pictures of food on a blank circle/plate

3. EAL—word recognition