

## **Drive Through Nufrition**

Welcome to Drive Through Nutrition! Can we take your order? Come along on our road trip while learning fun facts about nutrition and the foods you order. Get ready to get active as we drive along!

3. Keep track, on the menu, of what food

groups you've eaten. Make a copy of this

page or use another sheet of paper to record.

## Game

- 1. Gather materials to play the game. You can play with the whole class or make copies and play in small groups.
- 2. Roll the die, move that number of spaces, read the fact and do the activity.

Grades 3-6

- Ag-Bite game board •
- 1 Die •
- Space for Physical Activity
- Marker for game board
- Copy this page or have paper and pencil to keep track of food groups "eaten" from

## TIDS

Visit www.ChooseMyPlate.gov for snack and meal ideas.



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