

# Drive Through Nutrition

Grades 3-6

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!

## 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.
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.
4. You're finished when you've landed on or "eaten" from all 5 food groups at least 3 times.



Start Here ►

