

14096219 FOOD GROUP FRENZY GAME RESOURCE GUIDE

Most foods fit into one or more of the five major food groups. **Grains**, especially whole grains and enriched grain products, are good sources of fiber, minerals and several B vitamins. Grains include foods made with wheat, rice, oats, cornmeal, barley and any of the other many grains that exist. **Vegetables** are usually a good source of fiber, minerals and vitamins. Just like all food groups, variety of foods usually means more variety of nutrients. **Fruits** are usually a good source of potassium, fiber, vitamin C and folate. Whole fruit, fresh or frozen, contains more fiber than juice. **Dairy** replaces the old milk food group, now that calcium-fortified soy milk is in this group. The dairy group is important because it provides calcium, potassium and vitamin D. **Protein Foods** include meat, dry beans, poultry, fish, eggs and nuts, which are usually good sources of protein, minerals and vitamin E and several B vitamins.

The **Food Group Frenzy Game** helps students learn the five major food groups and recognize what foods are part of these food groups.

Game Components:

- 6 game mats
- 40 food tokens
- 1 game spinner

Objective: Be the first player to fill the belly of their animal with a food from each of the five major food groups.

How to Play (2-6 players):

- Provide each player with a game mat
- Spread the food tokens in the center of the play area with the pictures of food face-up
- Select a player to go first
- Player One spins and selects a food they think is part of the food group that the spinner landed on, then flips over the token to see if it is a correct match to the spinner
- If correct, the player “feeds” their animal and play moves to the next player
- If incorrect, the player puts the token back in the play area and play moves to the next player
- If the player gets the FRENZY! space, they can select any food from any food group to help them finish “feeding” their animal
- If the player lands on a food group they have already collected, play moves to the next player
- The first player to “feed” their animal with a food from each of the five major food groups wins the game!