

MyPlate FINGER PUZZLE Game

Your Nutrition Fortune

DAIRY

You will share your French Fries with a friend since a serving is just 10 fries. Choose more dark green and orange veggies for more nutrients.

PROTEIN FOODS

Your muscles could get stronger and bigger if you exercise them daily. Get at least 60 minutes of exercise every day.

FRUITS & VEGGIES

You will find 2 cups of fruit hidden in your meals today - your lunch and dinner. Be sure to eat 1 1/2 - 2 cups of fruit every day.

GRAINS

Your bones will be stronger if you consume 3 servings a day of low-fat and fat-free dairy products, like milk, cheese and yogurt.

Choose **MyPlate**.gov

www.EatSmart.org

Instructions:

- Copy the Nutrition Fortune game for your file and for handouts.
- Cut out the large yellow square on the dashed lines.
- Put the printed side face down and fold each corner to the center.
- Turn the folded paper over so the flaps are now face down.
- Once again, fold each corner to the center point, making a square and crease.
- Fold in half and crease to make a rectangle, then fold in half again to make a square. This is your finger puzzle game.
- Unfold twice and using both hands, place both thumbs and index fingers under each flap.
- Push toward the center and practice opening and closing the game piece.
- Ask a partner to pick a color and you spell the color by opening and closing game puzzle for each letter of the color: **B-L-U-E**, that would be 4 moves.
- Next ask your partner to look at the foods and pick their favorite. Spell the *food* with your puzzle. Your partner should choose one more favorite food, then lift the panel to read your partners **nutrition fortune**.