

Healthy Food Race

You will need:

Two game markers (plastic race cars are fun)

Game set up:

Make several copies of the food card pages. Cut and laminate. Make two copies of the game board sheet. Glue the game board onto a file folder. Color and decorate. I like to use colors that match the game pieces (green piece races on the green track).

To Play:

Place the food cards face down by the game.

Players take turns choosing the top card and moving the corresponding number of spaces. An "unhealthy food" is designated by the word "stop." This means the player does not move during this turn.

The winner is the first player to reach the "finish" space.

