

## Fishing For Nutrition

### Materials needed:

- Six different colors of felt cloth
- Clear shower curtain
- Spray adhesive
- Food model game pieces
- Velcro
- Paper clips
- Fishing pole (dowel rod prepared with string and strong magnet)
- Small wading pool

### Instructions for making game:

Cut shower curtain in half lengthwise. Cut out levels of Food Guide Pyramid using a different color felt for each section and following pattern guide. Attach felt pieces to shower curtain using spray adhesive.

Develop food model game pieces by cutting pictures of food from magazines and gluing to construction paper, or purchasing paper food models. (We used ones from the Dairy Association.) Attach the loop side of Velcro to each food piece. Attach a paperclip to each model.

Make the fishing pole.

### Instructions for playing the game:

In the wading pool, place food models face down. As the children take turns, have them “fish” a model out of the pool and then place it in the appropriate food group on the pyramid. Discuss why it goes in that food group, colors, shapes, texture of the food, if they like to eat/drink it, etc.

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## **Pattern Guide for Fishing For Nutrition**

Top Section is 8" x 10"

Second Section is 8" x 4" x 10" and 8" x 4" x 10"

Third Section is 11" x 7" x 10" and 13" x 9" x 10"

Bottom Section is 32" x 24" x 10 inches

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