

# Roll a Snack

## Food Message

A wide variety of foods make healthy snack choices. Snacks can be single foods such as carrot sticks or an apple or combination foods like a peanut butter sandwich or a slice of pizza. This interactive game helps young children to name healthy snack choices.

## Supplies

One 7-inch square shipping box, construction paper in six different colors, food pictures, glue, scissors, clear contact paper, markers

## Directions

1. On each side of the cube, glue a different color of construction paper and write the food group name. For example: Grain (brown), vegetable (green), fruit (yellow), milk (white), meat (red), combination (purple). If desired, glue on pictures of food that correspond with each food group.
2. Players sit in a circle. At a signal from the leader, the players begin passing the die around the circle in one direction. When the leader calls, "Change!" the die should be moved in the other direction. When the leader calls, "Roll!" the player holding the die rolls it and names a snack from the food group shown on the die. That player becomes the leader and begins the game again.
3. To increase the challenge, write names of snacks down as they are called and give points for each new snack.

*This material was taken from "A Pyramid of Snacks", Cornell Cooperative Extension, Division of Nutritional Sciences, Cornell University, 1998.*

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