

“Feed the Monster” Matching Game

Directions

2 or more players

Recommended for ages 4 and older

1. Print out the pages with the five food groups on them.
2. Cut out each food item (with the name still attached) on pages 1-5 and lay them out on a flat surface, such as table.
3. Next, print out the pages with each monster on them and cut down the dotted line.
4. Flip over the pages with the monsters on them so the blank side is facing up and have the person playing the game chose a page at random.
5. Turn the selected monster page over to reveal the monster the person will be “feeding.”
6. Then, have the person choose food to the feed the monster (setting the food pieces next to the monster page) that match the description of the food the monster likes to eat.
7. Finally, check their work.
8. Repeat Steps 4-7 to play again!



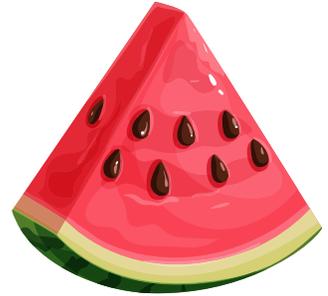
Fruits



Apple



Peach



Watermelon



Blueberries



Orange



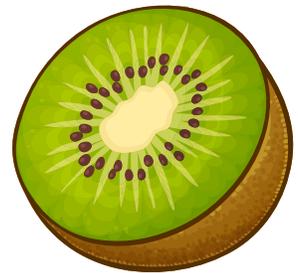
Grapes



Strawberry

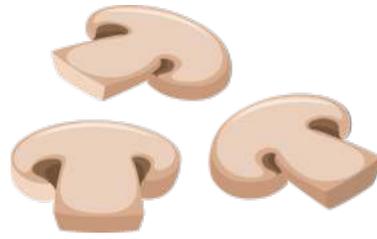


Banana



Kiwi

Vegetables



Mushrooms



Spinach



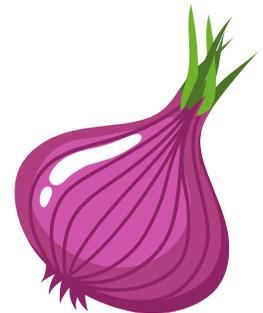
Peas



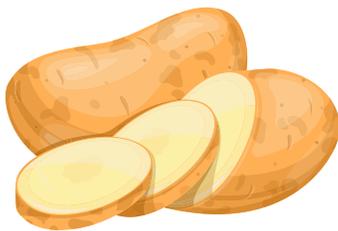
Tomatoes



Broccoli



Onion



Potatoes



Corn



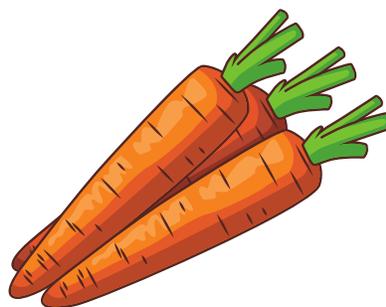
Squash



Lentils



Peppers



Carrots

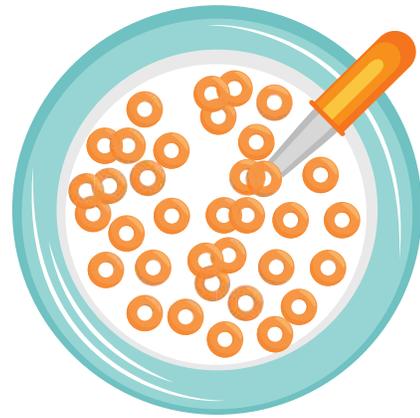


Celery

Grains



Pasta



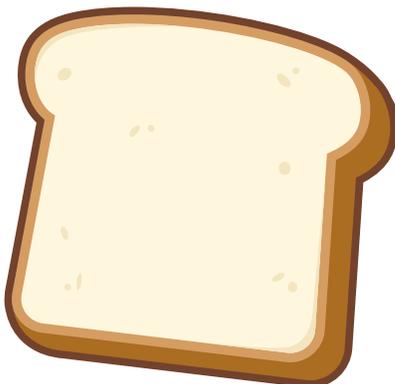
Cereal



Rice



Tortillas



Bread



Oatmeal

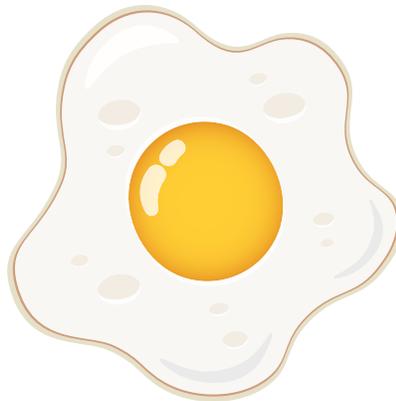
Proteins



Nuts



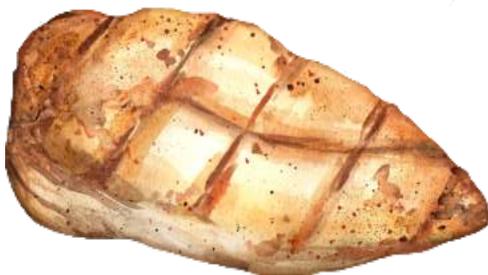
Steak



Eggs



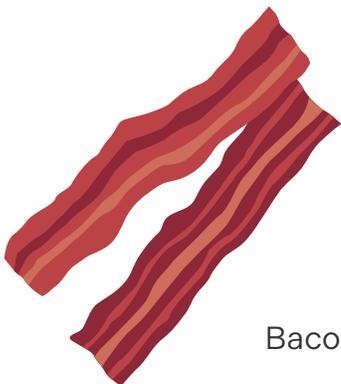
Beans



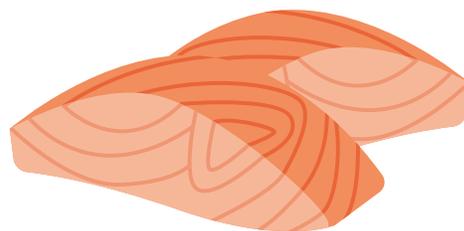
Chicken



Shrimp/seafood



Bacon



Fish

Dairy



Milk



Cottage Cheese



Yogurt



Cheese



Feed me! I love to eat **proteins**.



Feed me! I love to eat **fruits**.



Feed me! I love to eat **grains**.



Feed me! I love to
eat **dairy**.



Feed me! I love to
eat **vegetables**.

