

NUTRITIONARY

Sketch or Sculpt Nutrient-Rich Foods

A Game of Artistic Fun and Nutrition

For Grades K – 5

For 4 or more players

Adult supervision is helpful, especially with younger players

The Nutritionary Challenge: Players sketch or sculpt clay into a food listed on their Nutritionary Food Card. Who can name their creation?

Supplies Needed

- ✿ 40 Nutritionary Food Cards*
(download, print, and cut along dotted lines)
- ✿ Modeling or dough-type clay in one or several colors
- ✿ Dry erase board, colored markers, eraser
(or paper and crayons)
- ✿ What Food Am I? food clues
Food clues match the foods on the Food Cards -- use
if teams need more help guessing a food creation
- ✿ Stop watch or clock with a second hand
- ✿ Prizes (optional)

* The foods and beverages used for the Food Cards are foods familiar to most kids, from meals served at home or school. They are healthy choices from each food group, as emphasized by MyPyramid and the Dietary Guidelines for Americans.

Game Play

SETTING UP THE GAME

1. Shuffle all Food Cards and place in a pile, face down.
2. Lay the drawing and sculpting materials together on a table.
3. Divide players into two teams. Teams move to opposite sides of the table.
4. An adult is the Judge and keeps track of time.

PLAYING GAME 1

1. The team with the youngest player starts. The youngest player becomes the first "Nutritionist".
2. The Nutritionist draws a Food Card from the pile, reads it, and reveals the food only to the Judge.
3. The Nutritionist has 15 seconds to draw or sculpt the food.
 - Must not gesture or talk
 - Cannot use numbers or letters
 - May create a serving container along with the food, if needed, to give the food shape
4. The team that correctly guesses the food creation is awarded one point for Game 1. Guessing may start before the Nutritionist is finished creating.
5. If 15 seconds elapses before the food is correctly identified, the Judge announces, Food's Ready! and the Nutritionist must stop and step away.
6. If 30 seconds more passes without a correct guess, the Judge reads the matching What Food Am I? clue. The team that correctly guesses the clue wins one point for Game 1. If there are still no correct guesses after reading the food clue, Game 1 ends and no points are awarded.

PLAYING GAME 2

1. The Nutritionist from Game 1 picks the next Nutritionist from his or her opposing team. The old Nutritionist rejoins his or her original team.
2. Game 2 begins with the new Nutritionist.

Play as many games as time allows. Adapt game play rules as needed for younger players.