

You crawled
under the
table.

Move back



You chewed
food with your
mouth closed.

Move ahead



You wiped your
mouth on your
sleeve.

Move back



You used your
fork to eat
instead of
your fingers.

Move ahead



You said thank
you to the person
who brought you
food.

Move ahead



You used a
napkin instead of
your sleeve.

Move ahead



You talked with
food in your
mouth.

Move back



space.

You made
your sister cry.

Move back



spaces.

You stayed
sitting in your
seat until you
were excused.

Move ahead



spaces.

You yelled
really loudly in
the middle of
dinner.

Move back



You chewed
food with your
mouth closed.

Move ahead



You spit your
food out and
complained
loudly it was
yucky.

Move back



You said
please when
you asked for
something.

Move ahead



You used your
indoor voice.

Move ahead



You kept your
straw in your cup.

Move ahead



You told a
gross joke at
the table.

Move back



You kept sipping
you straw loudly
after your drink
was gone.

Move back



You sat up
straight and
kept your
elbows off the
table.

Move ahead



You pretended
to burp and
didn't say
excuse me.
Move back



You said
excuse me
when you
burped
Move ahead



You refused
to try new
food.
Move back



You tried new
food and said
no thank you
even though
you didn't like it
Move ahead



You used your
indoor voice.
Move ahead



You swallowed
your food before
talking.
Move ahead



You weren't
hungry because
you ate too
much candy.
Move back



You fed your
food to the dog.
Move back



You waited your
turn before
talking.
Move ahead



You made a healthy snack choice, move to



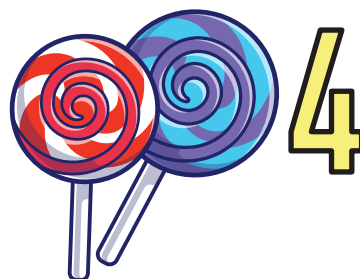
if you are past 20 move ahead 1.

You made a healthy food choice, move to



if you are past 18, move ahead 1.

You ate unhealthy too often, move to



You ate unhealthy too often, move to



You ate unhealthy too often, move to



You ate unhealthy too often



Don't move this turn.

You ate unhealthy too often, move to



You ate unhealthy too often, move to



You ate unhealthy too often, move to



TRIVIA CARD

Which of these breakfast foods will provide you with the most energy?

- A. Candy bar
- B. Whole grain cereal or oatmeal
- C. Potato chips

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

Which type of food should take up most of your plate at lunch or dinner?

- A. Fruits and vegetables
- B. Meats (Beef, chicken, pork)
- C. Grains (Rice, pasta, bread)

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

What should I do if I hate broccoli?

- A. Feed it to the dog
- B. Give up on all vegetables
- C. Try peas instead

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

If I want to stay healthy, do I have to stop eating french fries?

- A. Yes, never eat them again
- B. No, only eat American fries!
- C. You can eat them, just not every day

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

What's a nutritious after school snack?

- A. Potato chips and soda
- B. Apple, cheese, and crackers
- C. Mom's famous brownies

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

How much fruits and veggies should you eat?

- A. 1-2 cups per day
- B. Once per month
- C. 100 cups per day

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

Which of these foods is the best source of calcium, a nutrient that helps build strong bones

- A. Bread
- B. Milk
- C. Apples

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

Which of these foods has a lot of fiber, a nutrient that helps you feel more full so you don't eat too much

- A. White rice and chicken
- B. Pasta and beef
- C. Apples and beans

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

Which of these foods has a lot of protein, a nutrient that helps give us energy and grow?

- A. Beef or chicken
- B. Bread or oatmeal
- C. Tomatoes or broccoli

Correct answer:
Move forward 2.
Wrong answer:
Move back 1.

TRIVIA CARD

What should you drink the most of each day?

- A. Milk
- B. Water
- C. Orange Juice

Correct answer:
Move forward 2.

Wrong answer:
Move back 1.

TRIVIA CARD

When should you wash your hands?

- A. After sneezing
- B. Before eating
- C. Before preparing a meal or snack
- D. After taking out the trash
- E. All of the above

Correct answer:
Move forward 2.

Wrong answer:
Move back 1.

TRIVIA CARD

How long should you wash your hands?

- A. 5 seconds
- B. 20 seconds
- C. 5 minutes

Correct answer:
Move forward 2.

Wrong answer:
Move back 1.

You ate
unhealthy too
often, move to



You ate
unhealthy too
often, move to



You ate
unhealthy too
often



Don't move this
turn.

You ate
unhealthy too
often, move to



You ate
unhealthy too
often, move to



You ate
unhealthy too
often, move to

