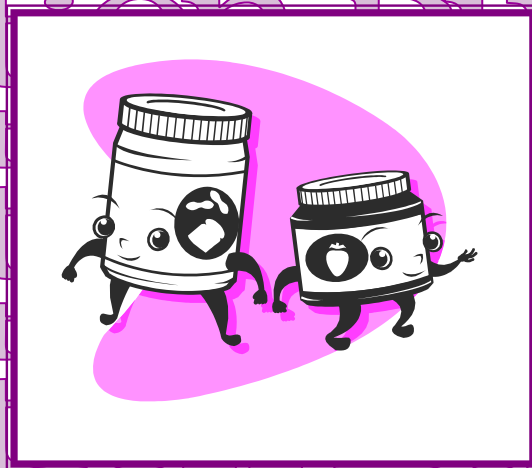


Food Group: Meat & Beans
Lesson 3



Activity: Meat & Beans 'Go Fish'

1) Materials:

- One set of 'Go Fish' cards for every 2-4 children
- Optional: To make the cards stronger and last for repeat uses, you could glue the 'Go Fish' cards to the faces of cards in a traditional deck of cards

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children today they will play a game to review what they have learned about the Meat & Beans food group
- Put the children into groups of 2-4 children per group
- Explain the directions of the game to the children
 - Game is played just like 'Go Fish'
 - Object: obtain matches by asking other members if they have specific cards
 - Each player gets 7 cards dealt
 - Remaining cards are placed face down in the middle of the group (on the floor or table)
 - All players remove any matches from their hand and sets them to the side
 - First player asks any other player if that player has a specific hand-if they do that card is given to the player who asked who then takes another turn-if not the player who is asked says 'Go Fish' and player one selects a card from the pile in the center
 - Player 2 now takes their turn-game continues until all the matches have been made
- Hand out the "decks" of cards to the groups

3) Activity: Children play 'Go Fish'

4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office



Chicken



Chicken



Chicken



Chicken



Tuna



Tuna



Tuna



Tuna



Ham



Ham



Ham



Ham



Almonds



Almonds



Almonds



Almonds



Cashews



Cashews



Cashews



Cashews



Fish



Fish



Fish



Fish



Peanut Butter



Peanut Butter



Peanut Butter



Peanut Butter



Salmon



Salmon



Salmon



Salmon



Beef



Beef



Beef



Beef



Kidney Beans



Kidney Beans



Kidney Beans



Kidney Beans



Turkey



Turkey



Turkey



Turkey



Lunch Meat



Lunch Meat



Lunch Meat



Lunch Meat



Pecans



Pecans



Pecans



Pecans



Lobster



Lobster



Lobster



Lobster



Shrimp



Shrimp



Shrimp



Shrimp



Pork



Pork



Pork



Pork



Black Beans



Black Beans



Black Beans



Black Beans



Eggs



Eggs



Eggs



Eggs



Crab



Crab



Crab



Crab



Meatballs



Meatballs



Meatballs



Meatballs



Peanuts



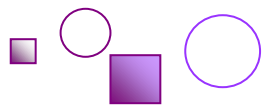
Peanuts



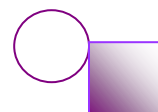
Peanuts



Peanuts



Evaluation & Report Form



Chapter: _____ **Report Filled Out By:** _____

Type of site: _____

Target Group: (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

- _____ Entire School
- _____ Church group
- _____ Specific grade level (what grade)
- _____ Community partner _____
- _____ After school group
- _____ One on One Mentorship
- _____ Other: _____

Audience:

New Nutrition Buddies

(If unknown include all Buddies as new)

Number in age group

Birth to 5 _____ 6 to 10 _____
11 to 14 _____ 15 to 18 _____ **Totals=**

Returning Nutrition Buddies

(If unknown include all Buddies as new)

Number in Age Group

Birth to 5 _____ 6 to 10 _____
11 to 14 _____ 15 to 18 _____ **Totals=**

_____ Total number of youth that participated

_____ Percentage of youth who receive reduced or free lunches (must be at least 50%)

_____ Family Audience Taught (if applicable)

Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule (Ex. They listed 4 foods in the group at the beginning but learned 6 more foods while completing the worksheet)

Based on your observations rank the child(ren)'s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session. 0-little to no knowledge – 10-know it all!

Beginning _____

Comments:

Completion _____

Comments:

List any comments you have on this capsule and/or ways it could be improved: