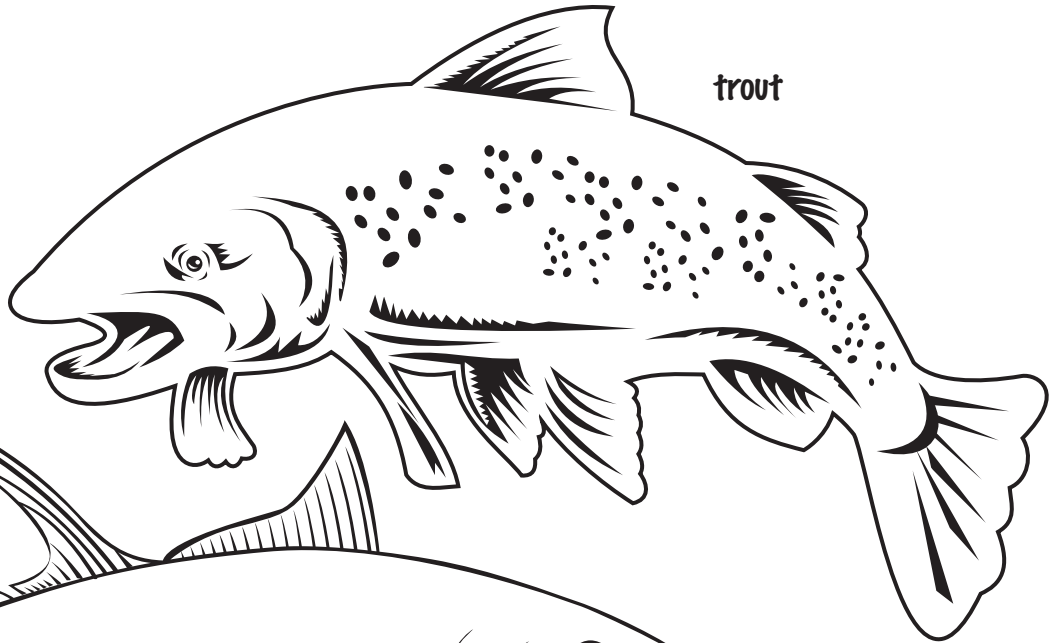




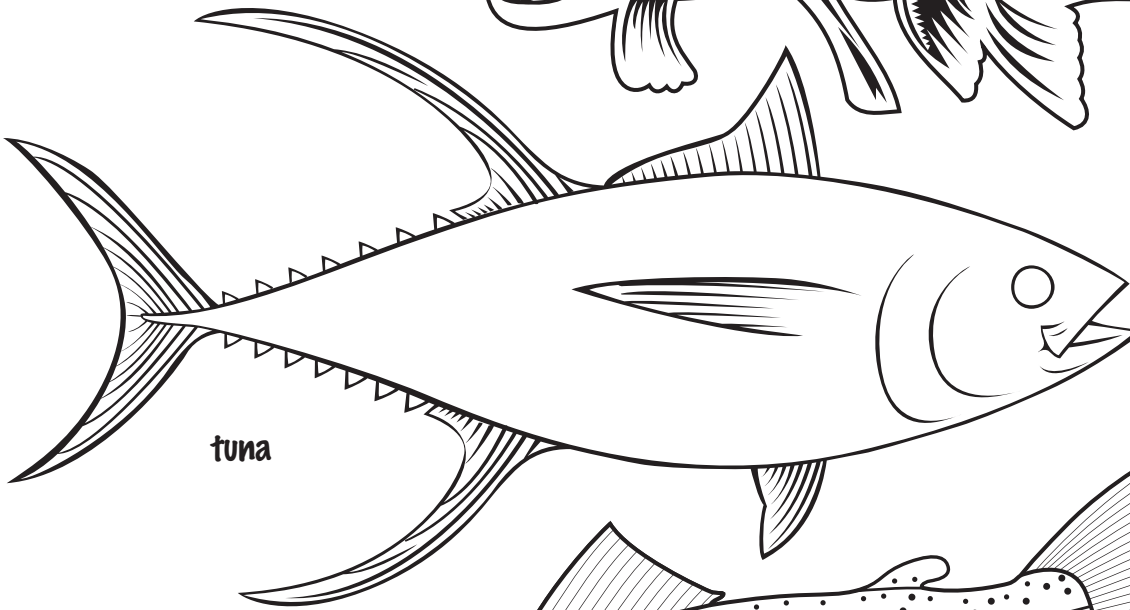
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School of Fish

Cut out the fish below, color them in, and make a school of fish with your group.
Fish have lots of protein and some fish have lots of healthy fat in them. Name all the kinds of fish you can think of, your favorite kind of fish to eat, and why eating fish is good for you.



trout



tuna



salmon

**For more fun games,
visit EatWellBeWell.org.**



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 4/11.



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Protein Dash

Below are four meals containing healthy proteins. Cut out all the images and follow your instructor's directions on how to play Protein Dash! After the winning teams read their healthy message to the group, talk about your favorite healthy proteins!



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