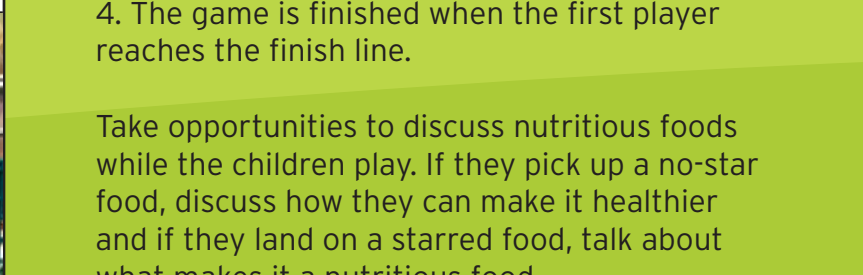


Playing the Game

1. Cut out game cards. Each child chooses a game marker such as a penny, dime, nickel or small objects that are different from each other.
2. Decide who will begin the game.
3. First child draws a card and moves their marker the number of stars that food gets. If the food doesn't receive a star, the player doesn't move any spaces that turn. Each player takes turns drawing a card.
4. The game is finished when the first player reaches the finish line.



Take opportunities to discuss nutritious foods while the children play. If they pick up a no-star food, discuss how they can make it healthier and if they land on a starred food, talk about what makes it a nutritious food.



START



END

A Guide to The Stars

No stars? The food did not meet the nutritional criteria to earn a star.



One star means **good** nutritional value.



Two stars, **better** nutritional value.



Three stars, **best** nutritional value.



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