

Foods & Nutrition

Curriculum Development



Food Trimmer

Give your bulletin boards a unique edge! Includes 12 trimmers in two designs (eight horizontal and four vertical) and 16 decorative corners in four designs. Trimmers measure 3" x 39" and corners measure 3" x 3" for a total of 43" per package. Sh. wt. 0.56 lbs.

WA31105H — \$5.00



Fruits and Veggies Classroom Borders

Promote healthy eating with these borders featuring rows of tasty fruits and vegetables. Includes 12 die-cut strips (six fruit and six vegetable), each 3" x 36". Sh. wt. 0.44 lbs.

WA33083H — \$5.10

Nasco Silicone Wristbands

Colorful wristbands can be used to promote healthy lifestyles. They can be given away to all participants or used as awards or prizes. Measures 8" x 1/2". (Δ1) Sh. wt. 0.19 lbs. each; 1.25 lbs. pkg. of 50.



WA29118H

WA29646H

SAVE! BUY THE SET **Focus on Nutrient-Dense Foods.** Multicolored wristband stresses nutrient-dense foods on one side, and the other side identifies vegetables, fruits, whole grains, and low-fat milk.

WA29118H Each — **\$1.00**

WA29119H Pkg. of 50 — **\$50.00** **Nasco Price \$42.00**

SAVE! BUY THE SET **Fruits and Veggies.** Red and green wristband with "Make half your plate FRUITS and VEGETABLES" in white print.

WA29646H Each — **\$1.00**

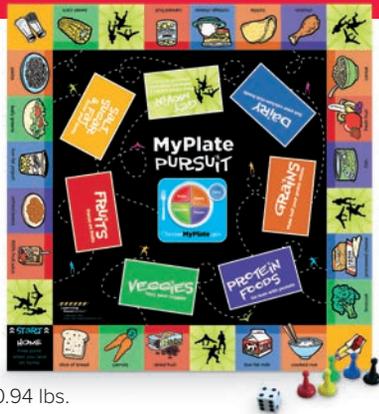
WA29647H Pkg. of 50 — **\$50.00** **Nasco Price \$42.00**

Games

MyPlate Pursuit Board Game

Gr. 6+ A great way to learn and review the USDA's guidelines. The object of the game is for each player to complete his or her own personal plate based on age, gender, and activity level by answering questions correctly. Players also learn practical applications of the MyPlate, nutrition facts about the food group, and ways to include more activity in their daily routine. Includes game sheet, 100 questions, six game pieces, and a die. For 2-6 players. ©2011. (Δ1) Sh. wt. 0.94 lbs.

WA29661H — \$24.95



Nasco's Better Bites

Gr. 5+ A fast-paced card game encouraging players to eat healthy. This deck of cards features five suits (food groups) with different point values based on the nutritional value of the food illustrated on the card. Players are dealt five cards and take turns drawing and discarding cards until one player has all five food groups in their hand and shouts out "Better Bites!" This deck can also be used to play other games such as Old Maid, Go Fish, Memory, and more — any card game that is played with a regular deck of 52 playing cards can be played with these food cards and players learn about nutrition at the same time. Deck of 74 cards including instructions. Cards are 2 1/4" x 3 1/2" and are coated cardstock. For 2-6 players. Sh. wt. 0.38 lbs.

WA33081H — \$13.95



WA22189H



WA22190H

SAVE! BUY THE SET Fruit and Vegetable Beanbag Set

Set of 12 plush fruit and vegetable beanbags. Each fruit or vegetable character sports a fun facial expression. Beanbags display superb detailed embroidery and vibrant colors. Velvety soft! Contains one each of: strawberry, orange, pear, watermelon, red apple, lemon, peapod, potato, carrot, ear of corn, tomato, and celery. 3"-7" tall. Fabric imported. Sh. wt. 3.50 lbs.

WA22194H — \$82.50 **Nasco Price \$68.95**

WA22189H Fruit Beanbags. Set of six. Sh. wt. 1.75 lbs.

WA22190H Vegetable Beanbags. Set of six. Sh. wt. 1.75 lbs.

Each — \$41.25

Fruit and Veggie Stickers

Incorporate this colorful sticker collection into your lesson plans, or give away as rewards. Stickers feature images of fruits and vegetables. Each sticker is 1". Includes 20 sheets of 24 stickers (480 total). Sh. wt. 0.31 lbs.

WA33082H — \$9.95



Actual Size



Fruit and Vegetable Trivia Game

Gr. 1+ Students will learn fun facts about some of the earth's healthiest foods. Each correct answer moves them closer to the plate at the end of the board; reach dinner first to win. Includes 18" x 24" laminated poster game board, four game pieces, and one die. For 2-4 players or teams. Sh. wt. 0.75 lbs.

WA33142H — \$29.95



CLUE: Six of these crunchy snacks count as 1/2 cup of "orange" vegetables.
ANSWER: baby carrots

Portion Size MyPlate Bingo

Gr. 6+ Help students learn the portion sizes recommended by the USDA.

The laminated bingo cards depict foods and drinks that fall into five categories: grains, vegetables, fruits, dairy, and protein. The teacher reads a clue ("A 'mini' one of these dense rolls shaped in a ring equals 1 oz. of grains. A large one equals 4 oz."), after which participants guess the item (bagel) and cover its picture if it appears on their cards. Contains 30 cards (8 1/2" x 11"), 60 clue cards, master list, and directions. For 2-30 players. ©2011. Sh. wt. 1.50 lbs.

WA24987H — \$39.95

Plastic Bingo Chips. 5-oz. package (approximately 350). Green. Sh. wt. 0.38 lbs.
TB16922(X)H — \$4.55