






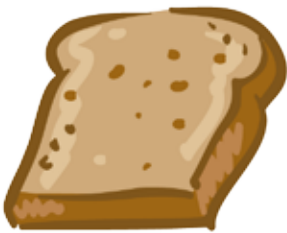


Sometime Anytime Food Cards

Directions: Help your child cut the cards out along the dotted lines. Mix up the cards and divide them so you each get four cards. Take turns showing a card and decide whether it's a "sometime food" or an "anytime food". Make separate piles for each type of food. "Sometime foods" are foods that are okay to eat once in a while, a little at a time. "Anytime" foods are healthy foods that are good for you to eat every day!



			
candy	chips	cupcake	donut
			
oatmeal	carrots	apple	whole-grain bread