



**Healthy Food Sort  
An Activity for Program  
Leaders**

**Suggested Age Level:** 3-5 yrs.

**Objective:** To teach children the importance of making healthy choices.

**Materials:**

Tag Board  
Marker or pen  
Old food magazines  
Scissors

Tag board (cut into playing card sized pieces)  
Glue  
Tape

**Pre-Delivery Preparation:**

1. Cut out food pictures from magazines. Glue to small pieces of tag board to create food cards. Laminate.
2. Create a chart by drawing a line down the center of the large tag board. Label one side "Healthy Choices". Label the other side "Unhealthy Choices".

**Delivery Instruction:**

1. Show students a food card.
2. Ask them to identify the food.
3. Ask students which side of the Choices Chart this food belongs on.
4. Place the item on the correct side.
5. Give students factual information regarding the nutrition value of the food.
6. Repeat with each food card.



For more information, contact  
Consult 4 Kids at  
[www.consultfourkids.com](http://www.consultfourkids.com)