















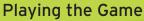


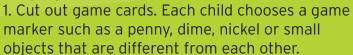






## **Guiding Stars Land**



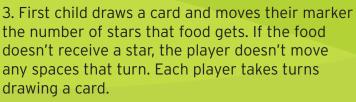




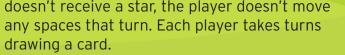
2. Decide who will begin the game.











4. The game is finished when the first player

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

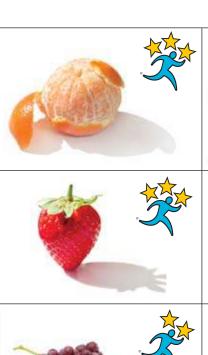
what makes it a nutritious food.

reaches the finish line.

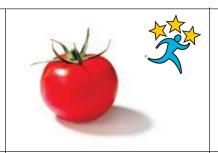


**START** 

**END** 





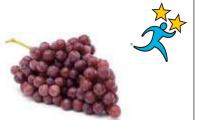




































## A Guide to The Stars

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.

