

Food Groups Switchit

Dairy: ice cream, yogurt, whipped cream, cheese, butter, cream puffs, cheese cake, custard pudding, fondue

Drinks: milk, orange juice, water, cola, beer, green tea, coffee, tea, cocoa, wine

Fruit: bananas, grapes, cherries, strawberries, pears, apples, oranges, pineapples, watermelon, mangoes

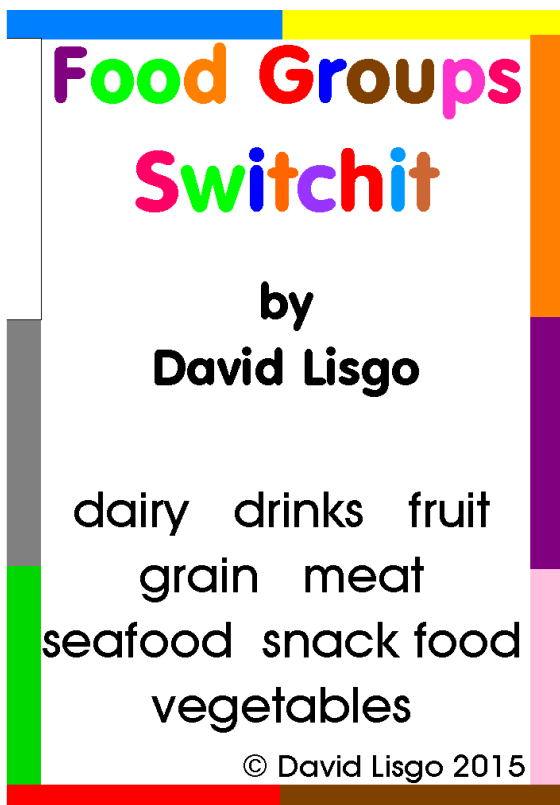
Grain: rice, oatmeal, bread, popcorn, noodles, ramen, spaghetti, cornflakes, pretzels

Meat: pork, beef, mutton, turkey, chicken, sausages, hamburgers, hotdogs, steak, ham

Seafood: salmon, crab, lobster, fish and chips, sushi, oysters, mussels, prawn tails, tuna, sashimi

Snack Food: doughnuts, chocolates, gum balls, marshmallows, candies, cookies, chips, peanuts, lollipops, candy bars

Vegetables: carrots, potatoes, pumpkins, cucumbers, peas, beans, broccoli, tomatoes, onions, cabbage



**Food Groups
Switchit**
by
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dairy drinks fruit
grain meat
seafood snack food
vegetables

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	meat
	seafood
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Food Groups Switchit is unusual in that it has 90 cards and 8 food groups with 10 foods to each group. That is just one of the many resources I try to use in the classroom.

food



The cake
tastes very

food



I love eating
... lemons.

food



The chef is
making ... pizza.

food



His food is
hot and

food



Sushi is a
... food.

drink



I like drinking ...
tea in summer.

drink



Champagne is
a ... wine.

drink



My dad likes
drinking ... beer.

drink



No milk. I like
my coffee

drink



Cola is
a ... drink.

Food Groups Switchit Rules

1. Deal 7 cards to each player.
2. Place the pack facedown and turn over the top card.
3. The 1st player plays a card that matches the color or key word, then forms a "like" statement or question. The 2nd player answers and does likewise.
4. A special switchit card changes the color or key word of the card to be played.
5. When a player cannot play, a card is taken from the pack.
6. The object of the game is to get rid of all your cards.
7. Remove pack after a winner is found and continue playing.