



## MOOD AND FOOD GAME

### INSTRUCTIONS

Cut out all cards.

Select a FOOD card, then select a MOOD or BODY card to complete this statement:

I feel \_\_\_\_\_ (MOOD or BODY card) when I eat \_\_\_\_\_ (randomly drawn FOOD card).

Then, decide if how you feel represents an effect on your body or your mind.

This affects my \_\_\_\_\_ (BODY or MIND).

Here is an example of a completed statement:

I feel **EXCITED** when I eat **PIZZA**. This affects my **Mind**.

MOOD and BODY cards can be used as many times as you like, and the game ends when all of the FOOD cards are used.

Have Fun!

### FOOD CARDS

Pizza	Yogurt	Ice Cream	Tofu
Pasta	Tomato Soup	Grilled Cheese	Fried Chicken
Jello	Popcorn	Steak	Strawberries
Salad	French Fries	Mac and Cheese	Applesauce
Hard Boiled Egg	Chocolate Milk	Tomato	Kimchi
Toast with Jelly	Hummus	Beans and Rice	Octopus
Oatmeal	Soft Pretzel	Hamburger	Corn on the Cob
Nothing	Avocado	Milkshake	Crickets
Taco	Cola	Turkey	Hot Sauce



## MOOD CARDS

<b>Happy</b>	<b>Inspired</b>	<b>Cheerful</b>	<b>Relieved</b>
<b>Surprised</b>	<b>Indifferent</b>	<b>Apprehensive</b>	<b>Brave</b>
<b>Confident</b>	<b>Satisfied</b>	<b>Motivated</b>	<b>Loved</b>
<b>Eager</b>	<b>Comfortable</b>	<b>Conflicted</b>	<b>Excited</b>
<b>Lucky</b>	<b>Energetic</b>	<b>Fascinated</b>	<b>Gratified</b>
<b>Courageous</b>	<b>Curious</b>	<b>Delighted</b>	<b>Unsure</b>
<b>Content</b>	<b>Pleased</b>	<b>Adventurous</b>	<b>Stunned</b>
<b>Safe</b>	<b>Grateful</b>	<b>Hesitant</b>	<b>Proud</b>
<b>Enthusiastic</b>	<b>Refreshed</b>	<b>Open-minded</b>	<b>Sentimental</b>



## BODY CARDS

<b>Hungry</b>	<b>Gassy</b>	<b>Clammy</b>	<b>Light</b>
<b>Full</b>	<b>Fidgety</b>	<b>Strong</b>	<b>Bubbly</b>
<b>Sluggish</b>	<b>Healthy</b>	<b>Weak</b>	<b>Shivery</b>
<b>Bloated</b>	<b>Sweaty</b>	<b>Dizzy</b>	<b>Alert</b>
<b>Energetic</b>	<b>Jittery</b>	<b>Faint</b>	<b>Focused</b>
<b>Sick</b>	<b>Satisfied</b>	<b>Relaxed</b>	<b>Sharp</b>
<b>Sweaty</b>	<b>Achy</b>	<b>Chill</b>	<b>Queasy</b>
<b>Tense</b>	<b>Fit</b>	<b>Nauseous</b>	<b>Calm</b>
<b>Stuffed</b>	<b>Itchy</b>	<b>Revived</b>	<b>Refueled</b>
<b>Loose</b>	<b>Breathless</b>	<b>Empty</b>	<b>Reset</b>