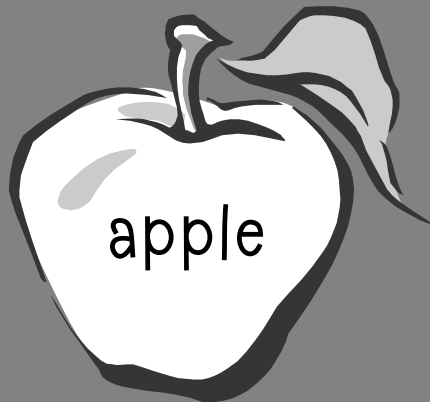




Go Fish for Fiber

Instructions: Glue each sheet to a piece of construction paper (so that you won't be able to see through the cards). Then cut out the cards. Shuffle the cards, and then deal five cards to a friend and five to yourself. Place the rest of the cards in a stack in between the two of you. Look at your cards. If you have any matches, put them down in front of you. If it's your turn, ask your friend if he or she has a card that would match one of the cards in your hand. ("Do you have an oatmeal?") If your friend has the card, he or she gives it to you and you put the matched pair in front of you. Then you can keep asking your friend for another card until he or she doesn't have the card you want. If that happens, your partner will say, "Go Fish for Fiber!" That means you have to draw a card from the stack. Then it's your friend's turn. Keep playing until there are no cards left in the deck.

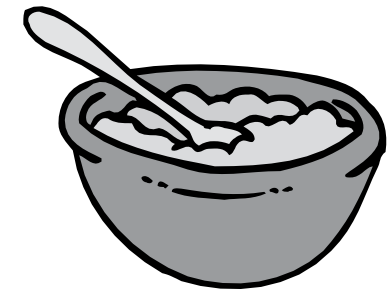


apple



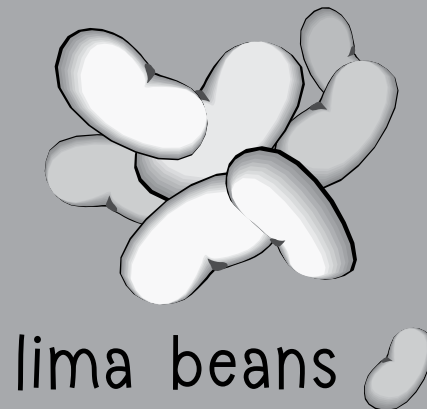
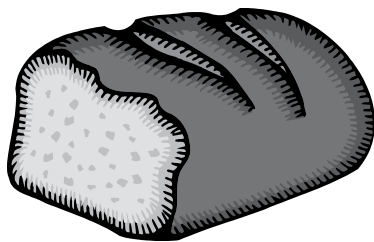
almonds

baked beans



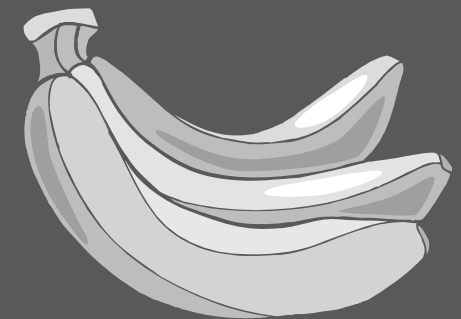
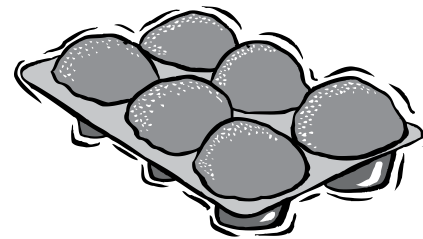
oatmeal

whole-grain
bread



lima beans

bran muffins

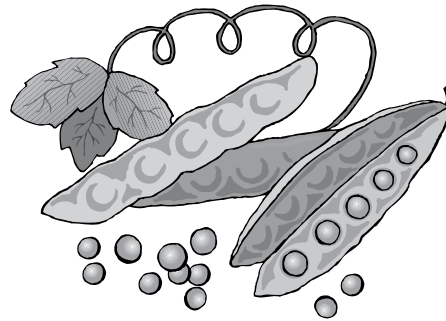
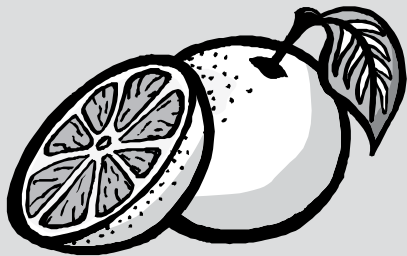


bananas



Go Fish for Fiber

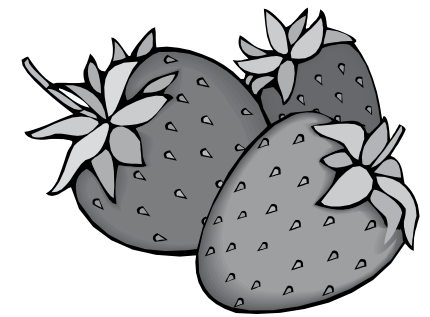
orange



peas



pear

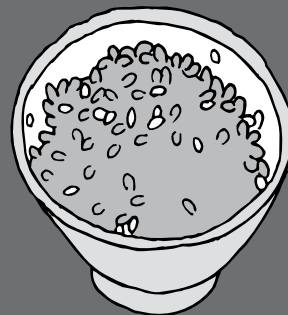


strawberries



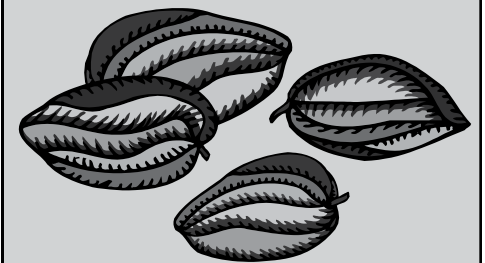
raspberries

brown rice



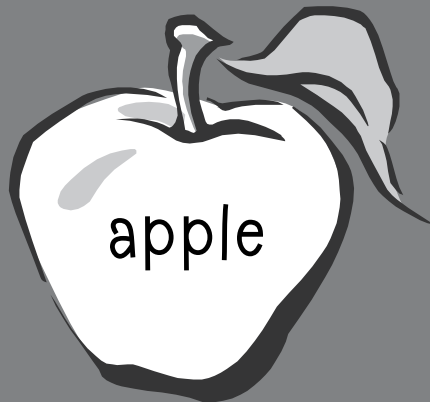
sweet
potatoes

prunes





Go Fish for Fiber

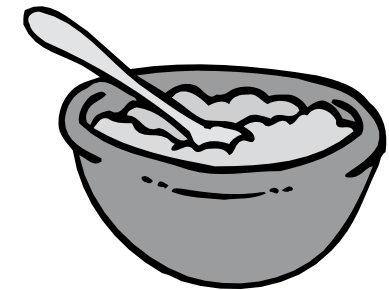


apple



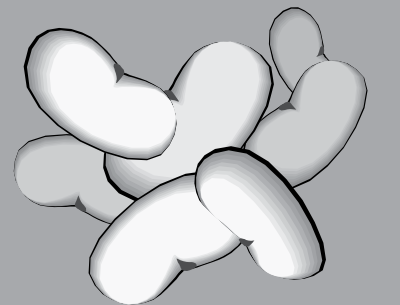
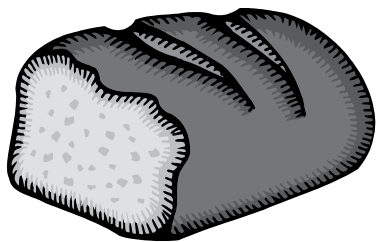
almonds

baked beans



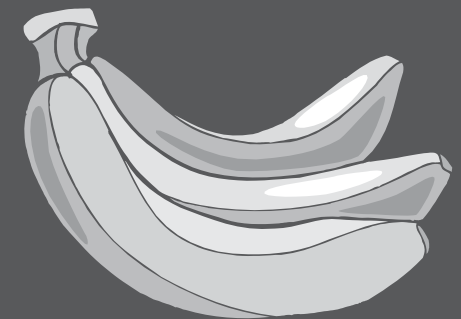
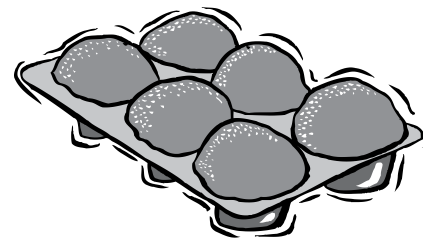
oatmeal

whole-grain
bread



lima beans

bran muffins

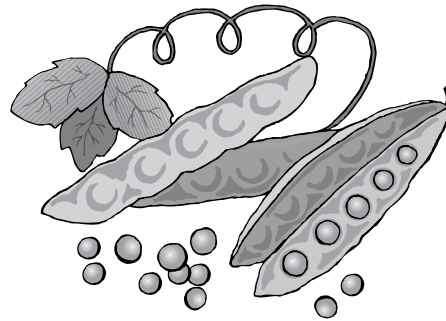
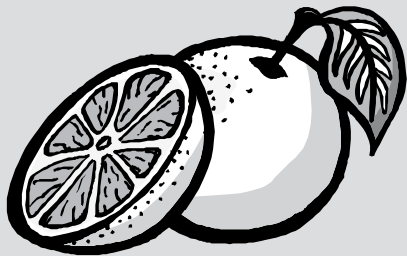


bananas



Go Fish for Fiber

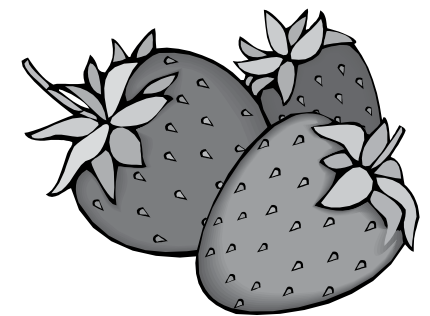
orange



peas



pear

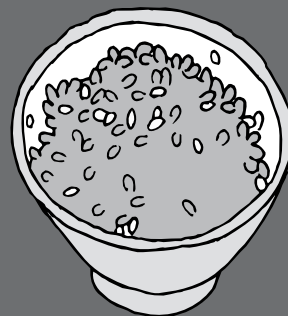


strawberries



raspberries

brown rice



sweet
potatoes

prunes

