

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

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

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BODY CARDS

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