Humpty Dumpty

Eggs are a good source of protein. They help you have strong muscles and bones. Cut apart the puzzle below and decorate each piece. Then put the pieces back together and see what your egg looks like.

For more fun games, visit EatWellBeWell.org.
Pin the Feathers on the Chicken

Cut out the feathers below, color them, and play “Pin the Feathers on the Chicken” with your group. Your instructor will read the messages on each feather and discuss why eating healthy proteins is good for you.

Chicken has protein, B vitamins, and iron.

Chicken helps keep your body strong.

Chicken has nutrients that can help give you healthy bones and skin.

Chicken without skin is lower in saturated fat.

For more fun games, visit EatWellBeWell.org.