

## Game Directions:

1. Create the game pattern.
2. Ask a partner to name a number between 1 and 8.
3. Open the game pattern that number of times. To open- move your fingers so that the pointer finger and thumb of the left hand and the pointer finger and thumb of the right hand, touch.
4. Your partner will look into the open game pattern and choose the number that was named. Unfold that number so everyone can see the food picture under it.
5. Ask your partner, "Do you like this high fiber food?"
6. After your partner answers, change roles with them and repeat to keep playing the game for more fiber fun!

## Fiber Fun Facts!

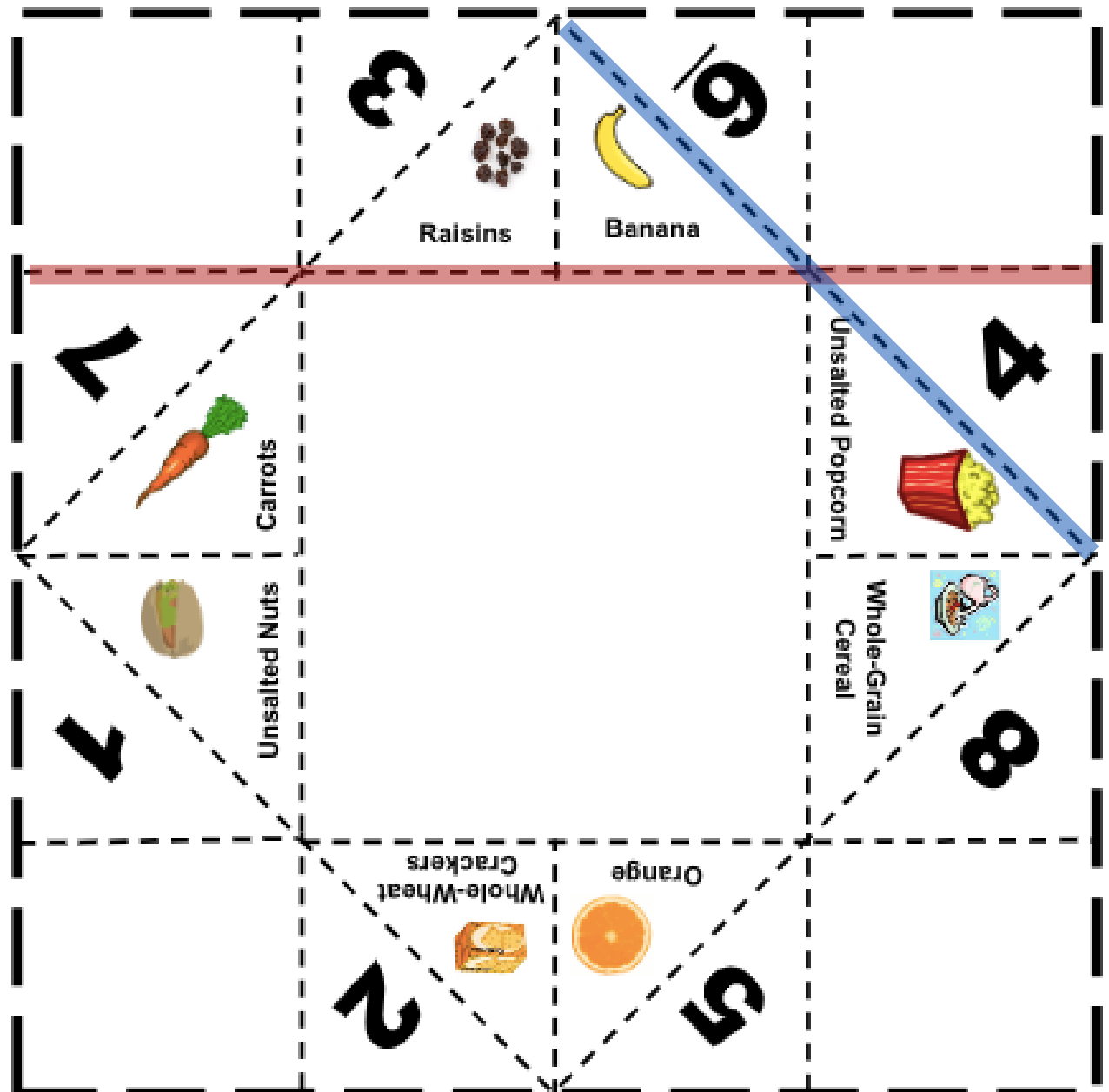
Fiber cleans the parts of your body where food passes through, kind of like a scouring pad cleans pots and pans.

If you eat enough fiber the chances of ever getting some diseases will go way down.

The more a food looks like it did when it was growing in the ground, on a tree or other plant, the more fiber the food has.

# High-fiber Game

- DIRECTIONS:** 1. Cut along the bold broken lines on the outside edge of the pattern. 2. Fold along the broken red and blue lines inside the pattern. 3. Fold the new corners backwards to the center. 4. Now fold in half.



RECIPE

# Overnight Oatmeal

foodhero.org/recipes

## Ingredients

- 1 cup uncooked rolled **oats**
- 1 cup low-fat **yogurt**
- 1/2 cup nonfat or 1% **milk**
- 1/2 cup **berries**, fresh or frozen
- 1/2 cup chopped **apple**  
(about 1/3 medium apple [3" diameter])

## Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids.  
\*\* Refrigerate leftovers within 2 hours.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	almost 1 cup (150g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	4%
<b>Saturated Fat</b> 1g	5%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 27g	10%
<b>Dietary Fiber</b> 3g	11%
<b>Total Sugars</b> 9g	
<b>Includes</b> 0g <b>Added Sugars</b>	0%
<b>Protein</b> 8g	

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**Cornell Cooperative Extension**  
**St. Lawrence County**

# SNAP-ee!

## Where do you find **Fiber**?



**Fiber** is only found in **plant foods**.  
Never in foods that come from animals.  
**Which of these foods have fiber?**  
(Circle the foods that have fiber)

- Corn
- Bacon
- Milk
- Watermelon

Answer: Corn, Watermelon