

Safe Food Matching Game

Help Karyn's friends find foods they can safely eat at her party!

What You Need:

- scissors
- Crayons (optional)
- Glue (optional)

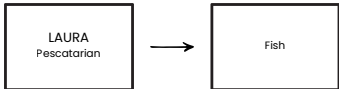
Helpful Tip!

- If you want to colour the cards, do it before before cutting them out - it's easier and more fun!

How to Play:

Play alone or work together as a team!

1. Cut out all the character cards (page 2)
2. Cut out all the food cards (pages 3-5)
3. Read each character's dietary needs carefully
4. Sort the food cards - which foods can each friend eat at the party?
5. Make separate piles for each character
6. Check your answers on page 6!



Example: Laura can eat fish!



Laura
Pescatarian



Sam
Nut allergy



Lucy
Gluten free



Jamie
Lactose Intolerant



Maya
Vegan



Gavin
Vegetarian



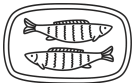
Apple



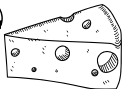
Carrot



Rice



Fish



Cheese



Regular bread



Nuts



Chicken



Bananna



Broccoli



Strawberries



Egg



Cow's Milk



Regular pasta



Yogurt



Beef Steak



Orange



Corn



Potatoes



Tofu



Oat Milk



Cheese Pizza



Watermelon



Peanut butter

Answer Sheet for Teachers and Parents

LAURA (Pescatarian):

✓ Apple, Carrot, Rice, Fish, Cheese, Regular Bread, Banana, Broccoli, Strawberries, Eggs, Milk, Regular Pasta, Yogurt, Orange, Corn, Potato, Tofu, Oat Milk, Pizza, Watermelon
✗ Chicken, Beef, nuts, Peanut Butter

GAVIN (Vegetarian):

✓ Apple, Carrot, Rice, Cheese, Regular Bread, Banana, Broccoli, Strawberries, Eggs, Milk, Regular Pasta, Yogurt, Orange, Corn, Potato, Tofu, Oat Milk, Pizza, Watermelon
✗ Fish, Chicken, Beef, Nuts, Peanut Butter

MAYA (Vegan):

✓ Apple, Carrot, Rice, Banana, Broccoli, Strawberries, Orange, Corn, Potato, Tofu, Oat Milk, Watermelon
✗ Fish, Cheese, Regular Bread (often has milk/eggs), Chicken, Eggs, Milk, Pasta (often has eggs), Yogurt, Beef, Pizza, Nuts, Peanut Butter

JAMIE (Lactose Intolerant):

✓ Apple, Carrot, Rice, Fish, Banana, Broccoli, Strawberries, Eggs, Chicken, Beef, Orange, Corn, Potato, Tofu, Oat Milk, Watermelon, Regular Pasta
✗ Cheese, Regular Bread, Milk, Yogurt, Pizza, Nuts, Peanut Butter

LUCY (Gluten-Free):

✓ Apple, Carrot, Rice, Fish, Cheese, Banana, Broccoli, Strawberries, Eggs, Milk, Chicken, Yogurt, Beef, Orange, Corn, Potato, Tofu, Oat Milk (check the label), Watermelon
✗ Regular Bread, Regular Pasta, Regular Pizza (crust), Nuts, Peanut Butter

SAM (Nut Allergy):

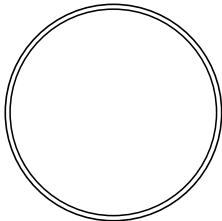
✓ Apple, Carrot, Rice, Fish, Cheese, Regular Bread, Banana, Broccoli, Strawberries, Eggs, Milk, Chicken, Regular Pasta, Yogurt, Beef, Orange, Corn, Potato, Tofu, Oat Milk, Pizza, Watermelon
✗ Nuts, Peanut butter

Teaching Note: Some answers may vary (like bread or pasta) depending on ingredients. Use this as a discussion starter about reading labels! The most important lesson: Everyone at this party must avoid ALL nuts to keep Sam safe.

Plan Karyn's Party Menu!

Help Karyn make sure everyone has something safe to eat!

- 1: Draw or write foods on the plate below
- 2: Make sure EACH friend has at least one safe option
- 3: Check off each friend when they have something to eat
- 4: Remember: NO NUTS at this party to keep Sam safe!

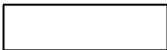


Is everyone covered?

Laura (Pescatarian)	☐
Sam (Nut allergy)	☐
Lucy (Gluten free)	☐
Jamie (Lactose intolerant)	☐
Maya (Vegan)	☐
Gavin (Vegetarian)	☐



Can you find **ONE** food that ALL six friends can eat? Draw it here



Need help? Think about foods that grow on trees or in the ground!

