

# Eat Like a Bear Food Cards

By: Dr. Clare Walker

The following sets of cards are developed to go along with the WILD at Schools Eat Like a Bear program. The cards should be used in different sets:

## Spring:

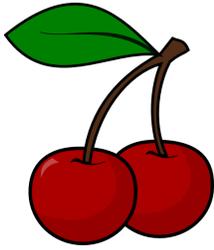
- Fruits (page 2)
- Insects and Meats (page 3)
- Plants (page 4)
- Be sure there are 5 cards for each student. For example, print off 100 cards for a 20 student class. Include an extra 10 cards in case some students take too many.

## Fall:

- Insects and Meats (page 3)
- Plants (page 4)
- Nuts and Seeds (page 5)
- People Food (page 6); print and place in orange envelopes
  - Note: these cards should only be used for Grade 1 and Grade 2 with bee hives and bird feeders being appropriate for Grade 2.
- Print off 10 cards for each student. So, a 20 person class should have 200 cards. The extra 3 or 5 envelopes of human food provide the equivalent of 30-50 lbs of food. Subtract this number from the total card number so some students are forced to collect the envelopes.



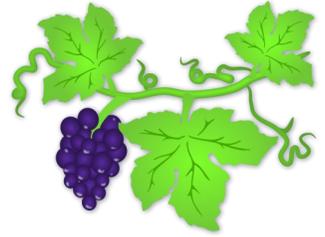
Fruit  
cherries



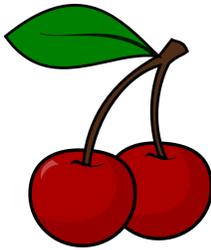
Fruit  
blueberries



Fruit  
wild grapes



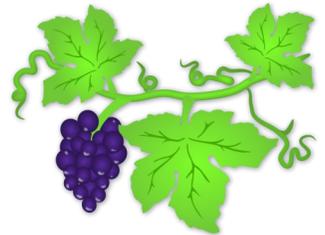
Fruit  
cherries



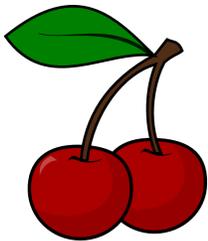
Fruit  
blueberries



Fruit  
wild grapes



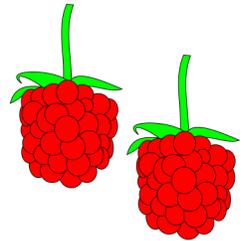
Fruit  
cherries



Fruit  
blueberries



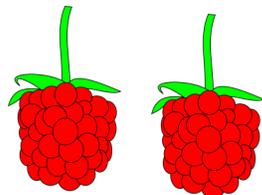
Fruit  
raspberries



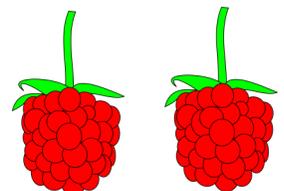
Fruit  
wild grapes



Fruit  
raspberries



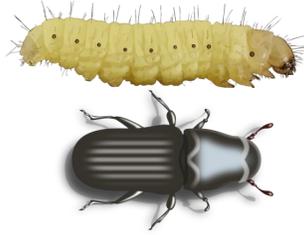
Fruit  
raspberries



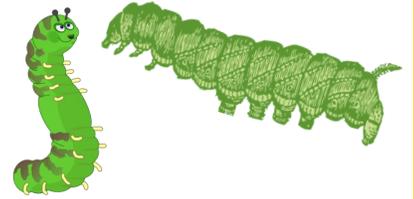
Insects  
ants



Insects  
grubs



Insects  
caterpillars



Meat  
mice and shrews



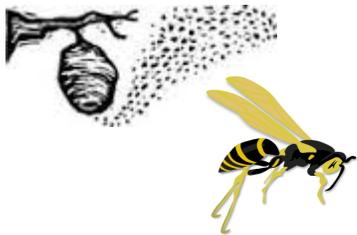
Meat  
carrion



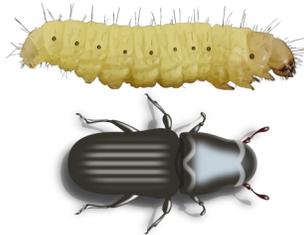
Meat  
bird eggs



Insects  
wasps and hornets



Insects  
grubs



Meat  
carrion



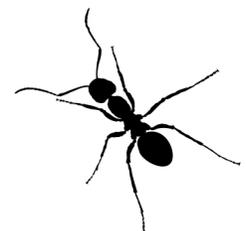
Insects  
wasps and hornets



Meat  
mice and shrews



Insects  
ants



Plants  
skunk cabbage



Plants  
roots and flowers



Plants  
grass



Plants  
leaves



Plants  
ferns



Plants  
clover



Plants  
leaves



Plants  
grass



Plants  
clover



Plants  
leaves



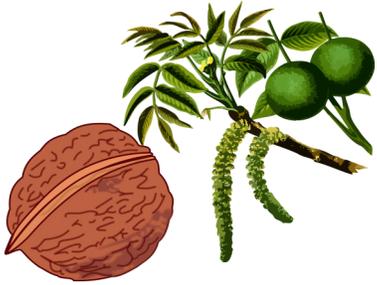
Plants  
roots and flowers



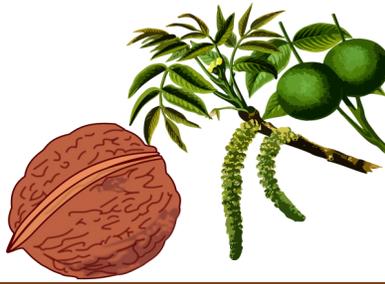
Plants  
roots and flowers



Nuts & Seeds  
walnuts



Nuts & Seeds  
walnuts



Nuts & Seeds  
pine seeds



Nuts & Seeds  
walnuts



Nuts & Seeds  
acorns



Nuts & Seeds  
pine seeds



Nuts & Seeds  
acorns



Nuts & Seeds  
acorns



Nuts & Seeds  
hickory nuts



Nuts & Seeds  
acorns



Nuts & Seeds  
acorn



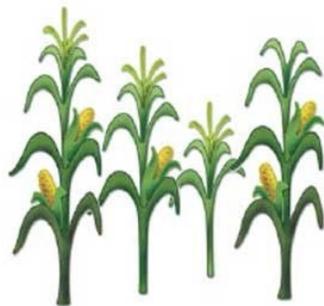
Nuts & Seeds  
hickory nuts



People Food  
Bird feeder



People Food  
Farmer's Corn



People Food  
Bee hive



People Food  
Pet Food



People Food  
Trash



People Food  
Pet Food



People Food  
Bird feeder



People Food  
Trash



People Food  
Bee hive

