

Experts presenting importance of healthy nutrition









PYRAMID OF HEALTHY FOOD

















"We are what we eat!" poster







"Eat Wisely, Grow Healthy!" Board game



"EAT WISELY, GROW HEALTHY!"

Description of the game :

The game elements : a board game, four pieces of different colors (red, yellow, blue, green) a dice, chips with healthy foods and vegetables, a board representing the nutrition domain for food categories (cereals, fruits, fish, people and white), 4 shopping baskets, 4 cardboards plates having different colors (red, yellow, blue, green).

Number of players: 2, 3 or 4 players.

Game goal: An exercise of the importance of using healthy food.

Game objectives :

- to recognize and label images on the game board, representing healthy and unhealthy foods;
- to choose from the category corresponding to the token representing the image on the board;
- to recognize the figure within the border of 1-10, moving forward or back as many squares;
- to discriminate against healthy and unhealthy foods, making healthy food plan;
- to apply correctly the rules of the game;
- to participate actively to the conduct of the game, observing the order of completing the tasks.

The order of players: each player who throws the dice with the highest number of points.

Rules of the game: each player chooses a game that is placed in the start area, chooses a piece and a shopping basket.

Players throw the dice to turn, one time and will start in the descending order of number of dice on the dice. Shall be submitted with a number of chips equal to the value of the dice thrown.

If a player gets on a brown box corresponding to the green/red/blue, will choose the token representing the item shown in the picture on the chip (with a uniform color and game) to be the basket.

If a player arrives on a green box corresponding to fruit and vegetables, will choose the token representing the item shown in the picture on the chip with a same color and puts it in the basket.

If a player gets on a blue box corresponding to the dairy products, will choose the token representing the item shown in the picture on the chip and puts it in the basket.

If a player arrives on a purple box corresponding to proteins, will choose the token representing the item shown in the picture on the chip (purple and puts it in the basket).

If a player arrives on a white box corresponding to the unhealthy foods, will choose the token representing the item shown in the picture on the chip with a same color and puts it in the basket.

If the player arrives on a green box will go forward as many squares corresponding to the figure indicated.

If the player arrives on a yellow box, will go back as many squares corresponding to the figure indicated.

If the player arrives on a red box, will stop and eat a chip.

If the player arrives on an empty box, will choose a token representing the item shown in the picture on the chip.

The first player who finish the tasks, awards the others.

In the end they will try out the tokens, representing healthy foods, on each plate, then achieving "The Healthy Food Plan".

Final price # 1













