



Mission: Nutrition

To help pupils understand about a variety of foods and their benefits through an active game.



Tools required:

Food Fit Game cards.



Special Agent Action:

Photocopy (and laminate if possible) the Food Fit Game cards. Set out a safe play area in the playground. Select a game and follow the instructions (see other side).



Making the activity easier or harder:

See options provided in the games on the other side.



Undercover:

Photocopy extra sets of Food Fit Game cards and the rules for teachers to use in lessons.



Support Team Members:

Support Special Agents with games.

Write a healthy eating article for newsletter/school website.

Organise fun activities for pupils to take part in (see Mission: Movement activity card).

The Food Fit Game

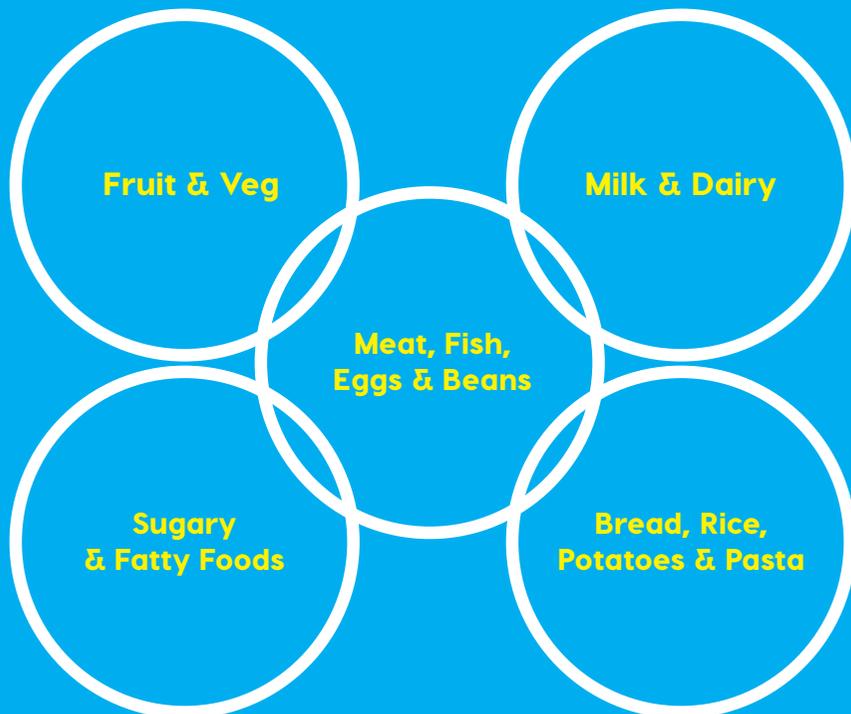
Food Smart

A game for 4 or more players.

Place 5 hoops or markers around the play area and label them with the 5 food groups.

Place games cards face around the play the area. Ask pupils to run/hop/skip around the area, call "Find the food", pupils find a card, look at it and run to the correct food group hoop/station and shout out the food they have.

They replace their cards and play again, who is the first player to visit all 5 food groups?



Two of a kind

A pairing game for 6 or more players

Place all the cards (at least 1 per person) face down in the play area. Ask players to move around the area, call "Find the food", pupils find a card, look at it and hold on to it as they continue to move around the area and follow these instructions.

Easier version

"Find someone with the same coloured food"

"Find someone with food from the same food group"

Players must find one or more person who have a match to their card. They share a fact about the food on their card. Players place their card back on the floor each time and repeat.

For a harder version add the following instructions

"Find someone with the same food fact"

"Find someone with the same 'Good for' fact"

"Find someone whose food fact card has the same vitamin as theirs"

Players place their card back on the floor and repeat, to provide variety.

