



Food pyramid games

(6-10 y)

Game 1: The food pyramid game

No limit to the number of players.

Aim: learning the proper food consumption frequency.

All the players take a paper and create the nutritional pyramid, so they draw a pyramid and divide it into 6 floors. The teacher says the name of a food and the players should put it into the correct floor of the pyramid (if the teacher says "apple", they should write it in the first floor; if the teacher says "chocolate bar", they should put it into the top of the pyramid). The game is over when all the food groups are written into the pyramid, or when the teacher decides to stop listing the food groups. At the end of the game, all the nutritional pyramids built by the players are checked by the teacher along with the children and the winner is the child who has properly created the nutritional pyramid. When they find some mistakes, the children should try to understand why that food is not in the correct floor.

Game 2: Let's play with colours

Number of suggested players: from 4 to 6.

Aim: learning the different colours of fruits and vegetables and improving children's knowledge about this food category.

All the players take a sheet of paper and split it into 5 parts which represent the five different colours of fruit and vegetables (red, orange/yellow, green, white, blue/purple). Everyone thinks about specific fruits and vegetables he/she usually eats and writes the names in the correct group according to the colour. In turn, each player chooses one food from his/her list and describes it using 5 senses (sight, taste, smell, touch and hearing). The other players should try to recognise this food using the clues they receive, and guess it. The turn is won by the first one who manages to guess. The game is over when all the players do not have any foods in their list anymore. The winner is the player who manages to guess more times. But there is another winner... at the end of the game every player should count all the foods on his paper and the one who has reached the highest number is the winner.

If you don't like losing, try to eat more fruits and vegetables and the next time you will be the winner!

All together think if there are some products which have not been mentioned and try to describe them.

Game 3: The game of the senses

No limit to the number of players.

Aim: learning how to recognise fruits and vegetables using the 5 senses.

All the players are blindfolded and, in turn, they receive a fruit or a vegetable. Each player can touch, smell and taste it in order to understand what he/she has in his hands. If the player guesses, he/she gets one point. The winner is the player who will guess the greatest numbers of fruits and vegetables.

