

# Food Sustainability games

## (6-10 y)

### Game 1: The food seasonality game

Number of suggested players: from 4 to 15.

Aim: learning the seasonality of fruit and vegetables.

Before starting to play, the children should cut out the image of fruits and vegetables from newspapers or magazines (the number of images is decided by the teacher) to stick them on the poster they will prepare. Then they take a sheet of paper (preferably in white colour) in which they draw a circle in the centre writing inside it "all year" and in the remaining part of the sheet they make lines to create 4 cloves, one for each season they indicate with the relative name (spring, summer, autumn and winter). After setting up this preliminary phase, the game can start.

The teacher puts all the pictures in a box and each child in turn bring randomly one of them and place the picture of fruit or vegetables in the proper clove. To each child one point will be assigned for each figure placed in the correct position.

The game is over when the teacher decides to stop it and the winner is the child with the highest score. When the game is over, the teacher can discuss with the children about the poster created to try to increase their knowledge about and awareness about food seasonality.

### Game 2: A memory game on food sustainability

Number of suggested players: from 6 to 10.

Aim: learning which foods are more eco-friendly.

Before starting to play, the children have to create some paper cards on which they stick the image of many different foods (apple, tomatoes, milk, bread, pasta, rice, nuts, butter, eggs, fish...). The children can cut out such images from newspaper or magazines and stick them on the cardboards. At least two cards need to be created for each food. Furthermore, the children should create the double pyramid on a cardboard.

The game consists of shuffling the cards with foods and placing them face down on the table. In turn each player takes two cards. If they have different figures, he/she has to place them again on the table and everyone should memorize the position of each card. On the contrary, if two cards with the same image are selected, he/she will have to place one card on the food pyramid and the other one on the corresponding level of the environmental pyramid. If the player guesses, he/she can leave the two cards on the double pyramid, but if he/she makes a mistake, he/she has to leave them on the table and finishes his/her turn. Of course every time that the players take a card, each child will have to remember the position to find the pair of equal figures and get the cards with the same image when it's their turn.

The game is over when no card remains on the table and the winner is the child who has put more cards on the two pyramid in a correct way.