

Healthy Eating Dominoes



Making pupils aware of the quality of the food they eat and the impact on their health is very important, especially with the rise in obesity. The sorting and domino games will give pupils a greater understanding of the content of some of their food and can be a starting point for discussions on healthy eating. This is a companion activity to the Healthy Eating Game.

Suitable for pupils aged 9+

The Learning Outcome will be that pupils will have gained an understanding of the fat, sugar and fibre content of the food they eat.

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Healthy Eating Dominoes

Developed by Hounslow Community Languages Support Service
Illustrations by Peter Bennett

Theme: Health
Age range: 9+

Context:

Making pupils aware of the quality of the food they eat and the impact on their health is very important, especially with the rise in obesity. The sorting and domino games will give pupils a greater understanding of the content of some of their food and can be a starting point for discussions on healthy eating. This is a companion activity to the Healthy Eating Game. If you make your own version of this game why not send it to us for sharing with others.

Preparation:

Print out the A4 sheets.

If possible, cover the Sorting Cards and Domino pages with 'clear pvc self adhesive book cover film' and then cut into cards.

Sorting Activity:

You will need the Sorting Boards and Cards.

Players take it in turn to pick up a Sorting Card and place it on the appropriate Sorting Board.

We provided three sorting board.

All the players have to agree that it is in the right place. If they are not sure encourage them to look it up. They can then use the Sorting Board as a reference for playing dominoes.

HOW TO PLAY:

You will need one set dominoes.

Play in groups of two or three.

Deal out all the dominoes.

The first player places a domino face up on the table.

The next player has to try and find a match and then place it at the matching end of the first domino. If they haven't got a match they miss a go.

Continue working round the group until one player has finished.

The winner is the first player to have no dominoes left.

Learning Outcomes:

Pupils will have gained an understanding of the fat, sugar and fibre content of the food they eat.

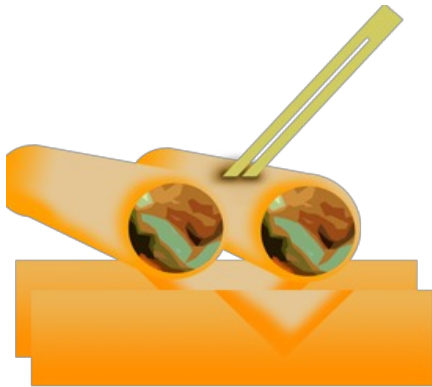
If you have found further learning outcomes please share them by emailing collaborate@mantralingua.com.

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(You can purchase a professionally printed, sound-enabled version of this activity with pre-cut cards from www.mantralingua.com. Students can use PENpal to record and re-record aurally onto the pages and cards. Recordings can be saved and used for assessment, or shared with other classes and schools via "ShareLINK".)



corn flakes



spring roll

high in fibre



wholemeal flour



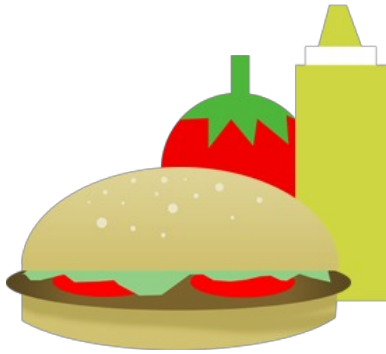
pineapple chunks in syrup

high in fat

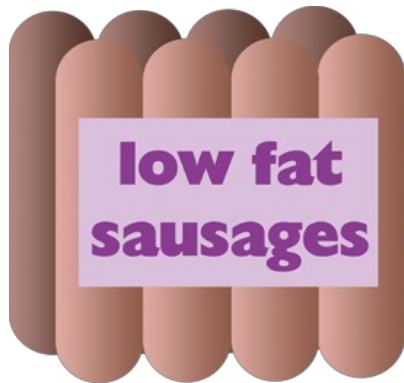
low in fat



jacket potato and baked beans



beef burger



low fat sausages

high in fat



fizzy lemonade



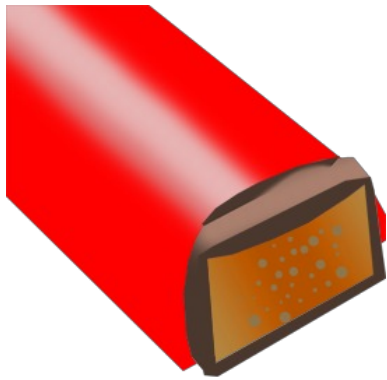
skimmed milk

high in sugar

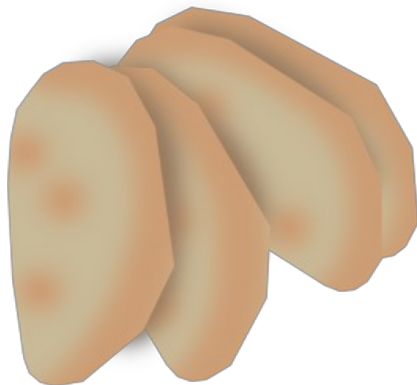


low calorie fizzy orange

lower in fibre



honeycomb chocolate bar



wholemeal pitta bread

high in sugar



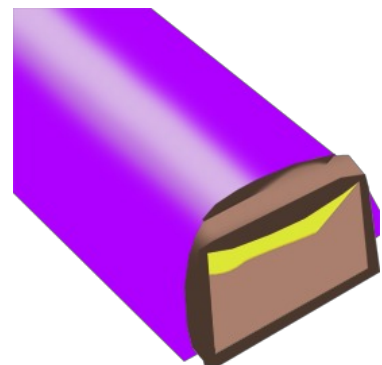
instant whip



low fat butter

high in fibre

high in fibre



caramel bar

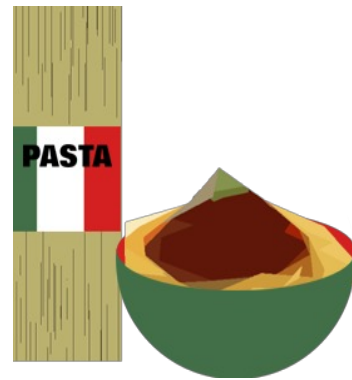


red kidney beans

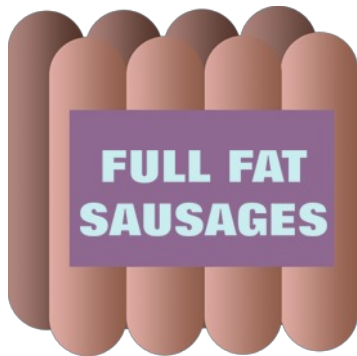


low fat Greek yogurt

high in fat



spaghetti



sausages

high in fat

lower in sugar



fizzy cola



white rice

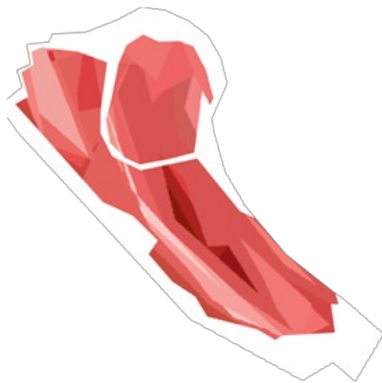


stir fried vegetables

high in fibre



plain white flour



lamb chop

lower in fat

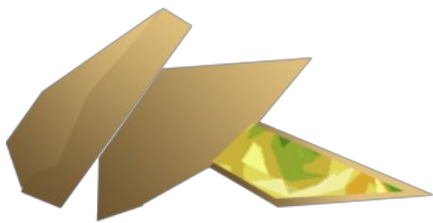
high in sugar



pineapple in natural juice



lentils



samosas

high in fat



sugar free baked beans



crisps

high in fibre

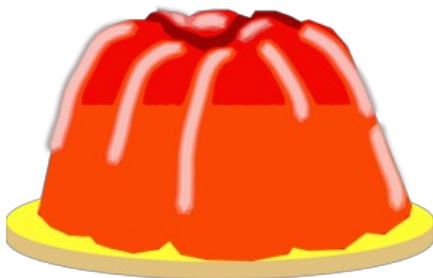


boiled potatoes

lower in fat



wholemeal chapatis

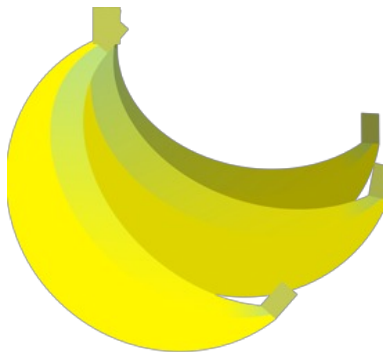


jelly

high in fibre



plain white flour



bananas

high in fibre

high in fat



peas



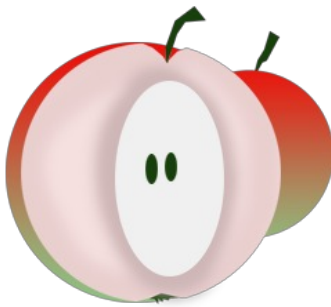
fish fingers

lower in sugar

high in sugar



full fat milk



apples

lower in sugar

lower in fibre



natural yogurt



biscuits

lower in fibre

lower in fat



shredded wheat



sugar coated cereal

lower in fat

lower in sugar



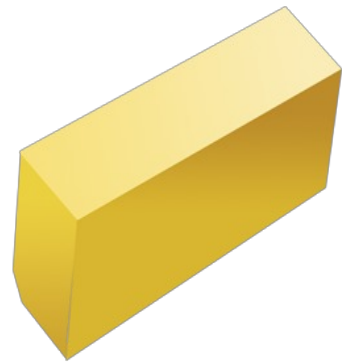
chips



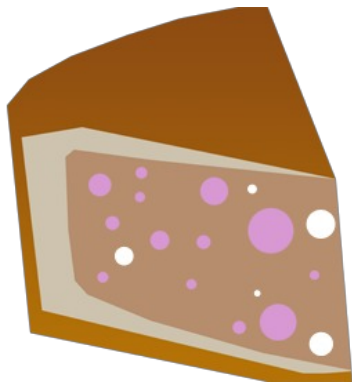
whole wheat spaghetti

high in sugar

lower in fibre



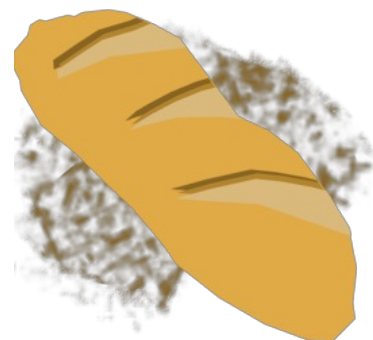
butter



pork pie

lower in sugar

lower in fat



wholemeal bread

Low in sugar

High in sugar

Low in fibre

High in fibre

Low in fat

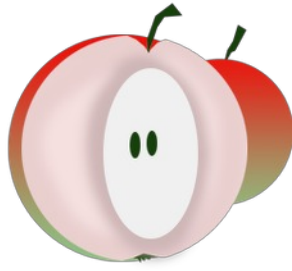
High in fat

Healthy Eating Dominoes - Sorting Cards

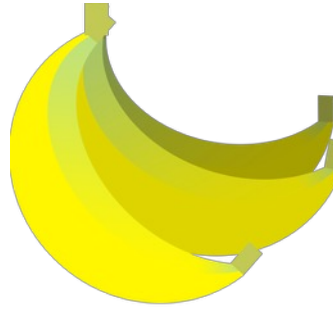
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(Cut along the dotted lines to create Sorting Cards)



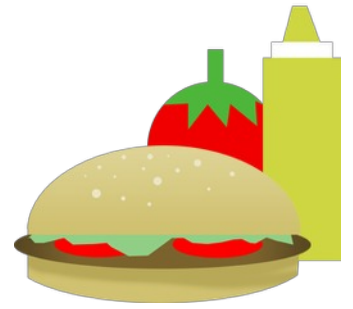
instant whip



apple



banana



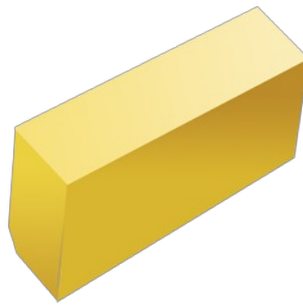
beef burger



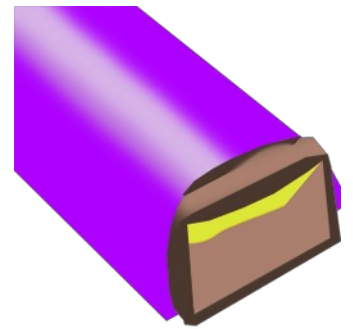
biscuits



boiled potatoes



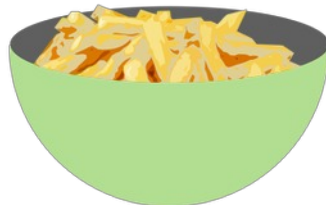
butter



caramel bar



wholemeal chapatis



chips



fizzy cola



corn flakes



crisps



fish fingers



lemonade



low calorie
fizzy orange

Healthy Eating Dominoes - Sorting Cards

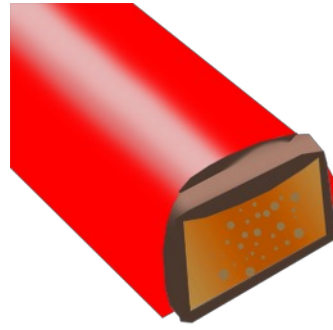
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full fat milk



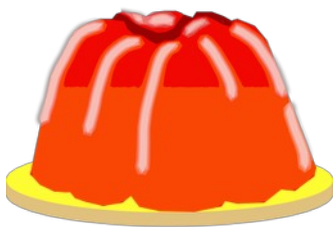
low fat Greek yogurt



honeycomb chocolate bar



baked beans and jacket potatoes



jelly



lamb chop



lentils



low fat butter



low fat sausages



natural yogurt



peas



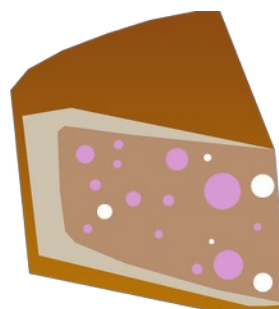
pineapple chunks



pineapple chunks in syrup



plain white flour



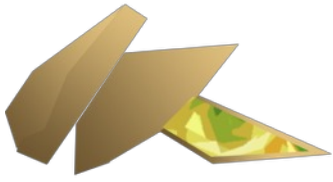
pork pie



red kidney beans

Healthy Eating Dominoes - Sorting Cards

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samosas



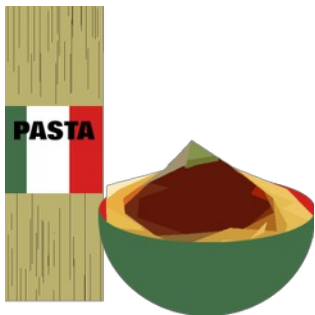
full fat sausages



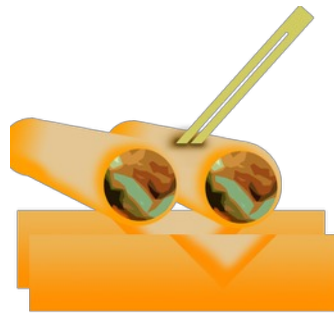
shredded wheat



skimmed milk



whole wheat spaghetti



spring roll



stir fry



sugar coated cereal



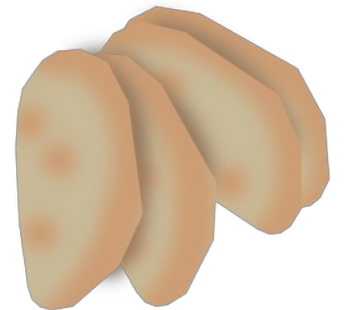
sugar free baked beans



white rice



wholemeal bread



wholemeal pitta bread



spaghetti

<p>high in sugar</p>	<p>Mars bar Pineapple chunks in syrup Cake Biscuits Fizzy lemonade</p>	<p>Jelly Instant Whip Ricles Cereal Crunchie Bar</p>
<p>lower in sugar</p>	<p>Sugar free baked beans Pineapple chunks in natural juice Low calories Tango Natural yogurt</p>	
<p>high in fibre</p>	<p>Jacket potatoes and baked beans Wholemeal bread Whole wheat cereals Peas Apple</p>	<p>Whole wheat spaghetti Red kidney beans Wholemeal Chapatis Wholemeal Pitta Bread Dahl / Lentils Bananas</p>
<p>lower in fibre</p>	<p>Cornflakes Wheat flour White spaghetti White rice</p>	
<p>high in fat</p>	<p>Chips Butter Lamb chops Sausages Full cream milk</p>	<p>Crisps Pork Pies Samosas Spring roll Hamburgers</p>
<p>lower in fat</p>	<p>Skimmed milk Low fat spread Low fat yogurt Boiled potatoes Grilled fish finger</p>	<p>Low fat sausages Stir fried vegetables</p>