

Health Game



We all have a choice in the food we eat and making students aware of the quality of their food and the impact it can have on their health is very important, especially with the increase in obesity.

Suitable for students aged 9+

The Learning Outcome will be that students will have gained an understanding of the choices they make about the food they eat.

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Developed by Hounslow Community Languages Support Service
Illustrations by Peter Bennett

Theme: Health

Age range: 9+

Context:

We all have a choice in the food we eat and making students aware of the quality of their food and the impact it can have on their health is very important, especially with the rise in obesity.

This is a companion game to Healthy Eating Dominoes.

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, laminate the "baseboards" and cover the pages of the cards with 'clear pvc self adhesive film'. Then cut out the squares to make the cards

HOW TO PLAY:

This game can be played by two to five players. Place the "Food Shops" board and the "Food Choice" board on the table. Each player will need a Score Sheet, a Healthy Food Chart, a counter (you can use the pre-made counters or ask the students to make their own) and a pencil to write with.

Players throw the dice provided to move forward one square or two squares along the "Food Shops" board. Players have to keep score on the Score Sheet: They start with a score of 10, then add and subtract numbers as they are told on the "Food Choice" board.

When players reach the end of the game they can see if they are healthy eaters or not by checking their score on the Score Comments Sheet.

At the end of the game players have to pick out all the healthy food from the "Food Choice" board and fill in the Healthy Food Chart by putting a tick (✓) in the right column.

Learning Outcomes:

Students will have gained an understanding of the choices they make about the food they eat.

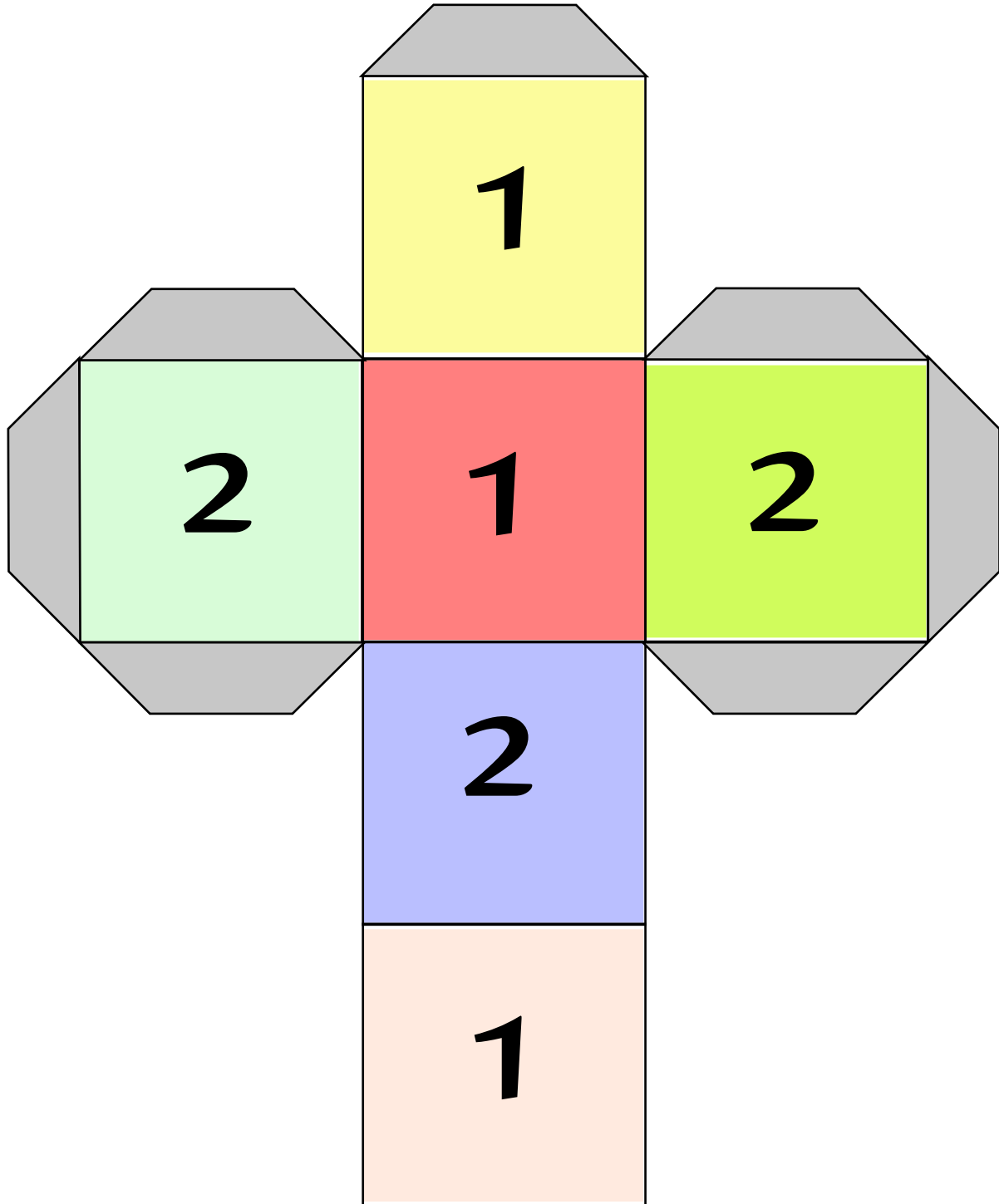
If you have found further learning outcomes please share them by emailing collaborate@mantralingua.com

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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".)

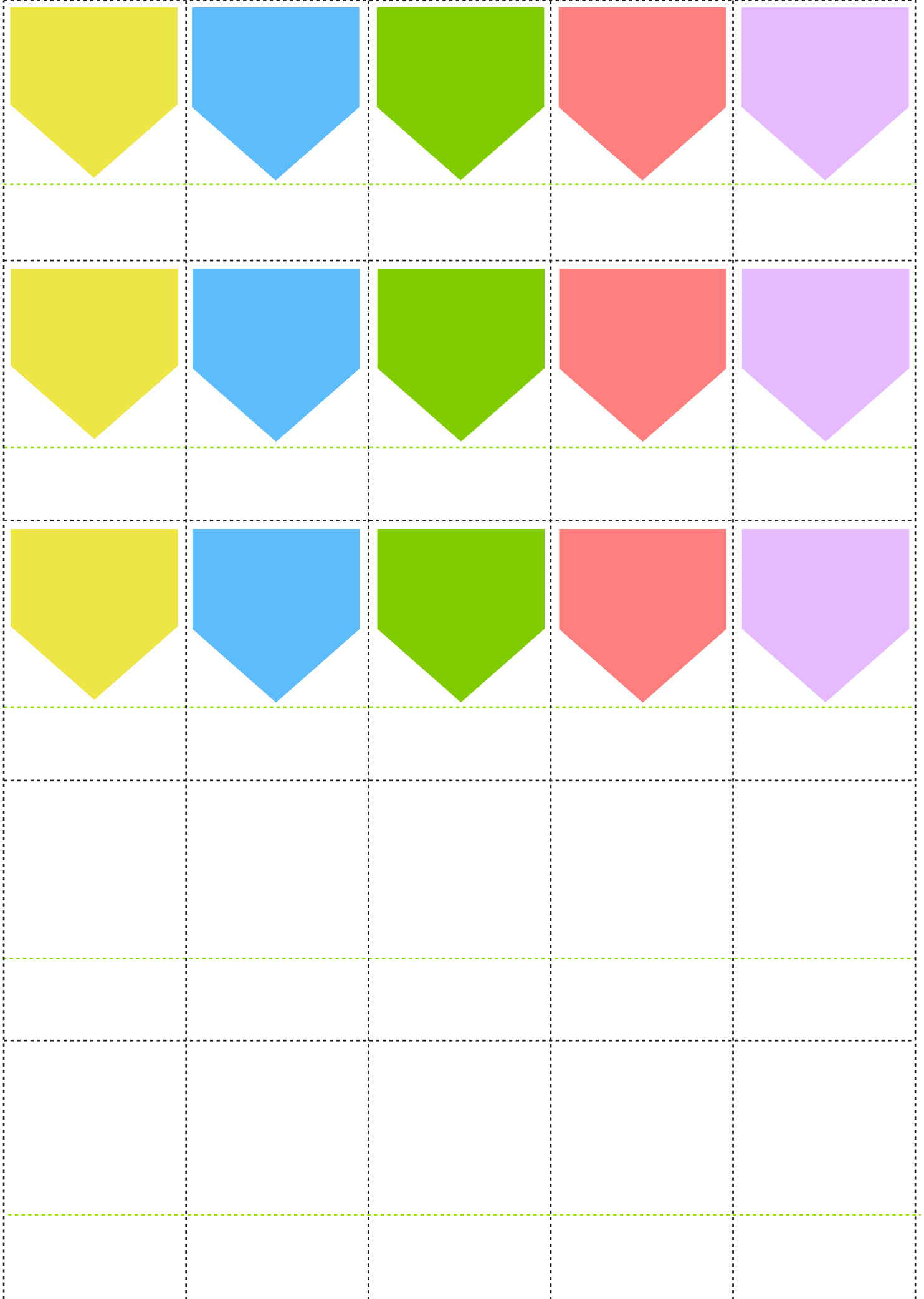
You can use this template to make up a dice.

If you place a ball of cotton wool inside your cardboard dice, it will roll better!



Health Game - Counters

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(Cut along the black dotted line to make the counters. Fold along the green dotted lines so that they stand up.)



Score Sheet 1

Keep record of your score on this Score Sheet using the counters provided.
10 is the score you start off with. Then you add and subtract numbers as you
are told on the "Food Choice" board.

| | | | | | | |
|----|----|----|----|----|----|----|
| -9 | -8 | -7 | -6 | -5 | -4 | -3 |
| -2 | -1 | 0 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | 37 | 38 | 39 |
| 40 | 41 | 42 | 43 | 44 | 45 | 46 |

Score Sheet 2

Keep record of your score on this Score Sheet using the counters provided.
10 is the score you start off with. Then you add and subtract numbers as you
are told on the "Food Choice" board.

| | | | | | | |
|----|----|----|----|----|----|----|
| -9 | -8 | -7 | -6 | -5 | -4 | -3 |
| -2 | -1 | 0 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | 37 | 38 | 39 |
| 40 | 41 | 42 | 43 | 44 | 45 | 46 |

Score Sheet 3

Keep record of your score on this Score Sheet using the counters provided.
10 is the score you start off with. Then you add and subtract numbers as you
are told on the "Food Choice" board.

| | | | | | | |
|----|----|----|----|----|----|----|
| -9 | -8 | -7 | -6 | -5 | -4 | -3 |
| -2 | -1 | 0 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | 37 | 38 | 39 |
| 40 | 41 | 42 | 43 | 44 | 45 | 46 |

Score Sheet 4

Keep record of your score on this Score Sheet using the counters provided.
10 is the score you start off with. Then you add and subtract numbers as you
are told on the "Food Choice" board.

| | | | | | | |
|----|----|----|----|----|----|----|
| -9 | -8 | -7 | -6 | -5 | -4 | -3 |
| -2 | -1 | 0 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | 37 | 38 | 39 |
| 40 | 41 | 42 | 43 | 44 | 45 | 46 |

Score Sheet 5

Keep record of your score on this Score Sheet using the counters provided.
10 is the score you start off with. Then you add and subtract numbers as you
are told on the "Food Choice" board.

| | | | | | | |
|----|----|----|----|----|----|----|
| -9 | -8 | -7 | -6 | -5 | -4 | -3 |
| -2 | -1 | 0 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 32 |
| 33 | 34 | 35 | 36 | 37 | 38 | 39 |
| 40 | 41 | 42 | 43 | 44 | 45 | 46 |

Score Comments Sheet

OVER 30

Very Good!

Well done. You obviously think about what goes into your body. You have a healthy future ahead.

21-30

Quite good.

You have one or two weak spots. Is it chips or chocolate you can't say no to?

11-20

Not very good.

You manage to eat some healthy things but there are a lot of nasty things in your diet. Get rid of them!

0-10

Bad.

Not good at all! You give in far too easily. You know where you're going wrong, don't you?!

LESS
THAN 0

Terrible!

You need to think about your diet and change it drastically.

Health Game - Healthy Food Chart

| FOOD | HIGH FIBRE | LOW FAT | LOW SUGAR |
|------|------------|---------|-----------|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |
| 10. | | | |
| 11. | | | |
| 12. | | | |
| 13. | | | |

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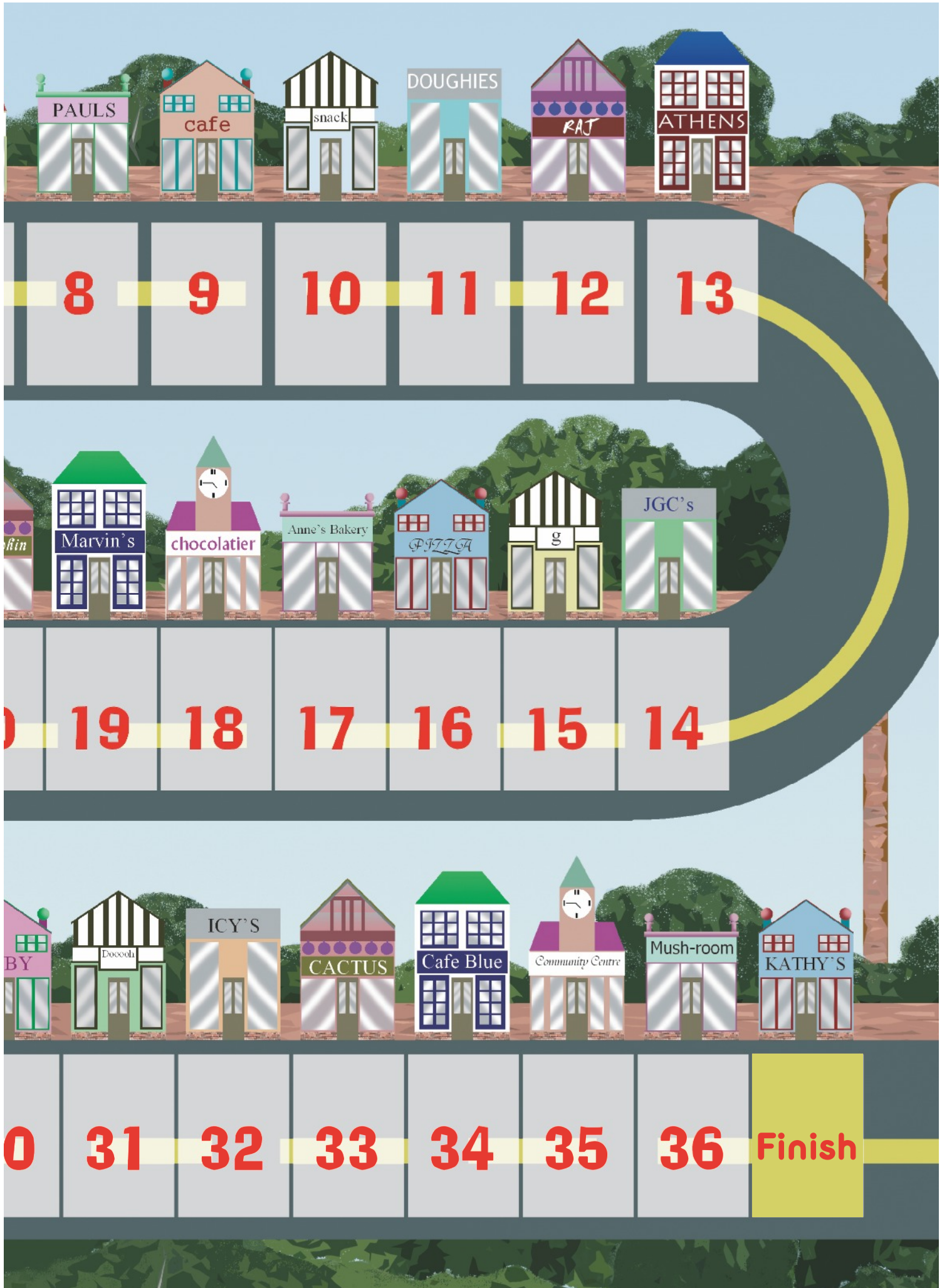
Health Game - "Food hops" Board

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(This is the left half of the game board. Cut along the dotted line and glue to the right one, mount or laminate.)

The board game layout consists of three rows of numbered squares, each with a corresponding illustration of a food establishment above it. A large, stylized 'C' shape is drawn over the bottom two rows, starting from square 25 and ending at square 30. The path of squares is as follows:

- Row 1: Squares 1-7. Buildings: BAKERY, SALLY'S, KEY, Tim's Grocery's, Chinese, Grocery's, IRISH.
- Row 2: Squares 20-25. Buildings: Witches, Shake Shack, PISCES, treats, TED'S, The dolphin.
- Row 3: Squares 26-30. Buildings: 50s Diner, Jackets, Sarah's, CHIPS N DIPS, RUBY.

The numbers on the squares are: 1 (Start Here), 2, 3, 4, 5, 6, 7, 25, 24, 23, 22, 21, 20, 26, 27, 28, 29, 30.



1

START

2

Wholemeal toast for breakfast.

ADD 3 POINTS

3

Caramel bar for break time.

LOSE 2 POINTS

4

The Grocery is selling fruits and vegetables. You buy an apple for a morning snack. Excellent!

ADD 2 POINTS

5

Chips for lunch. Too much fat!

LOSE 4 POINTS

11

Jam doughnuts after lunch. Oh dear!

LOSE 3 POINTS

12

Vegetable carry with wholemeal rice. Excellent!

ADD 4 POINT

13

Low fat Greek yogurt for a quick snack. Good!

ADD 3 POINTS

14

Hamburger and chips for dinner. Oh dear!!

LOSE 3 POINTS

15

Homemade lentils soup with wholemeal baguette. Yum!

ADD 4 POINTS

21

Organic broccoli soup and wholemeal bread rolls. Excellent!

ADD 3 POINTS

22

You stop at Treats to get jam doughnuts.

LOSE 3 POINTS

23

Chips for a quick snack. Too much fat!

LOSE 3 POINTS

24

Strawberry smoothie made with fresh strawberry and low fat yogurt for a snack.

ADD 2 POINTS

25

Wholemeal salad sandwiches. Good!

ADD 3 POINTS

31

You get a jam doughnuts on your way home.

LOSE 3 POINTS

32

Frozen low fat yogurt with fresh fruit for a quick snack.

ADD 1 POINT

33

Mexican burger and chips for dinner.

LOSE 3 POINTS

34

Wholemeal pizza with fresh tomatoes. Delicious!

ADD 2 POINTS

35

Carrot soup with wholemeal baguette for dinner.

ADD 2 POINTS

6

The Grocery sells healthy bottled juice, but you buy Cola, which is very sweet and full of sugar.
LOSE 2 POINTS

7

Traditional Irish jacket potato and salad for lunch. Excellent!

ADD 3 POINTS

8

You have been offered some creamy cakes to taste but you said no. Well done!
ADD 2 POINTS

9

Home made vegetable soup with wholemeal bread rolls. Yum!

ADD 4 POINTS

10

You buy some crisps for a snack. Too much fat!

LOSE 3 POINTS

16

Wholemeal pizza with mushrooms. Delicious!

ADD 4 POINTS

17

You get a wholemeal fruit crumble at Anne's Bakery. Lovely!

ADD 4 POINTS

18

Three chocolate biscuits for a quick snack!

LOSE 4 POINTS

19

Hot chocolate on your way home.

LOSE 3 POINTS

20

Wholemeal sandwich and salad. Good choice!

ADD 3 POINTS

26

Cola with lemon and ice. Too much sugar!

LOSE 2 POINTS

27

Organic Jacket potato with salad. Good!

ADD 3 POINTS

28

Vegetable risotto with wholemeal rice. Excellent choice!

ADD 3 POINTS

29

Low fat crisps for a quick snack.

ADD 1 POINT

30

Hamburger and chips for dinner. Too much fat!

LOSE 3 POINTS

36

Fruit salad for a quick snack.

ADD 4 POINTS

37

FINISH