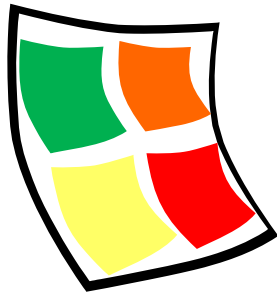


Try these fun Food Card Activities to help teach children about healthy food

Healthy Food Bingo

1. Every child is handed a piece of paper with four coloured squares on it (each paper has a different selection of fruit & Veg colours on it).
2. Explain to children the concept of Bingo.
3. When the game begins the educator selects one laminated food card at a time to hold up, explaining to children that if the food on the card matches the colour of a square on their paper they can put a cross through that square.
4. The child who crosses off all the colours on their paper is the child who wins the game.



Food FMS

1. Scatter the food pictures on the floor.
2. Using your Fundamental Movement Skill (FMS) Lanyard, choose an FMS you would like to practice, for example galloping.
3. Play music for children to dance to, when you stop the music call out a category of food, for example fruit/vegetable or 'everyday food' or 'sometimes food'.
4. The children then gallop to a picture that matches the food that you called out. Multiple children can stand on one food card.
5. Repeat and call out different categories of food each round. You can also alternate different FMS for the children to do.



Celery Head

1. The educator clips one of the laminated 'everyday' food cards to a headband and displays it so the children can see the image.
2. The educator then asks yes/no questions of the children until they have enough information to guess which food is displayed.
3. Once the children have grasped the concept choose a child to take the educators spot with the food headband and ask questions to determine the name of the food displayed on their head.



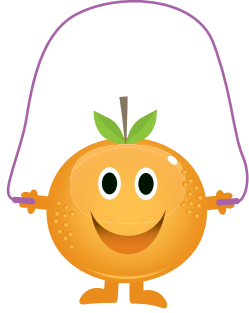
Food Relay

1. Place food pictures down one end of the room in no particular order.
2. Place two baskets at other end of the room, one labelled 'sometimes food' and other labelled 'everyday foods'.
3. Ask children to line up behind the baskets.
4. On 'Go' children run and choose one card, running back to place it in the right basket.
5. Continue until all pictures are put in the basket.
6. Vary by choosing a different FMS instead of only running eg. hopping, jumping, leaping, galloping.



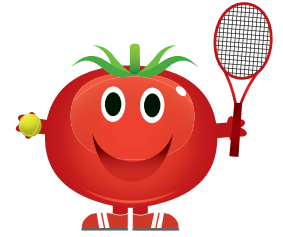
Fruit Salad

1. Scatter two or more (if you want to make the game harder) cards of fruits or vegetables on the floor in a circle. Ensure that there are enough pictures for each child.
2. Call out a FMS for children to do around the circle and when you call 'STOP' each child needs to stop behind a card. For example, if there are two cards (apples and carrots) and a child stops behind a carrot, that child is a carrot for the game.
3. Take turns calling out the different food on the cards i.e. 'carrot' and all children who are carrots need to run and swap places with other children who are 'carrots'. If 'fruit salad' is called, then everyone must swap places.
4. Increase the difficulty by having one less picture in the circle so that the child who misses out starts in the centre and is responsible for calling the next food item and during the 'swap' can take someone's place to be included in the game again.



Harvest the Garden

1. Place children into four groups.
2. Each group is designated as a fruit or vegetable group.
3. Position them into the 'corners of a square' and place a variety of different fruit and vegetable (items/cards) in the centre.
4. Players from each team take it in turns to run and take a fruit/vegetable from the middle depending on their group type.
5. Next player is tagged and runs in to grab another item.
6. This continues until all fruit and vegetables items are gone.



Hide & Find

1. Hide a picture of a fruit or veg.
2. Call out some basic instructions asking children to use FMS to get closer to where the fruit or vegetable is hidden. For example, ask the children to:
 - Jump forward until you reach (name area or object in room)
 - Side slide until you reach (name object in room)
 - Gallop over to the... Now you are very close. Who can find the food?
3. Once the food has been found have a discussion with the children about the food e.g. have they eaten it before?, is it healthy?, do you cook it or eat it raw? etc.
4. You could also organise to have the actual food for children to taste.

Sorting Foods

1. Source a plate for the children or draw one on a piece of paper. Ask children to put together a 'healthy' morning tea/ lunch/dinner using the laminated pictures.
2. Be careful not to label 'sometimes' foods as 'bad' foods rather emphasising they are not part of a healthy meal and not as good for growing bodies.

