

Pile It On My Plate

Healthy Eating Game

This is a game to promote healthy eating for lower key stage 2 children.

This document contains all the copies of the game board and different types of food. The idea is to fill the game board with the different types of food.

The different types of food can be printed off onto different coloured paper to show the different food types.

Mystery cards change the direction of play in various ways and scoring cards correspond to the number on a dice.

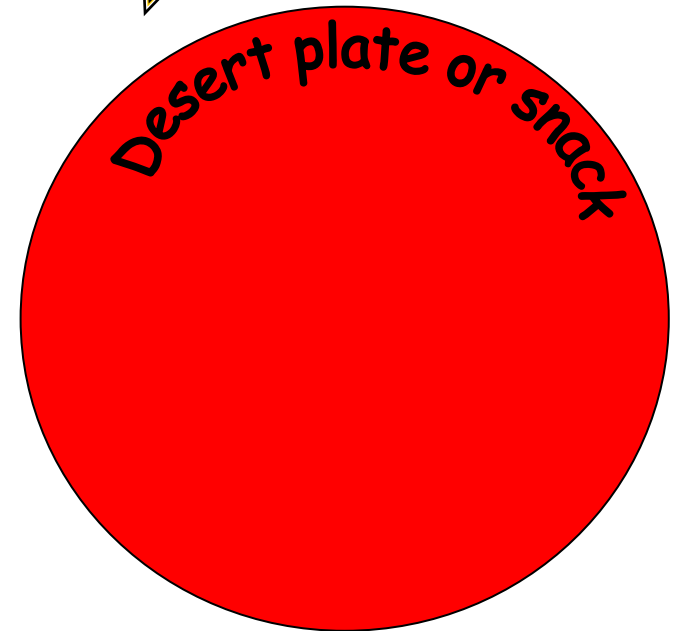
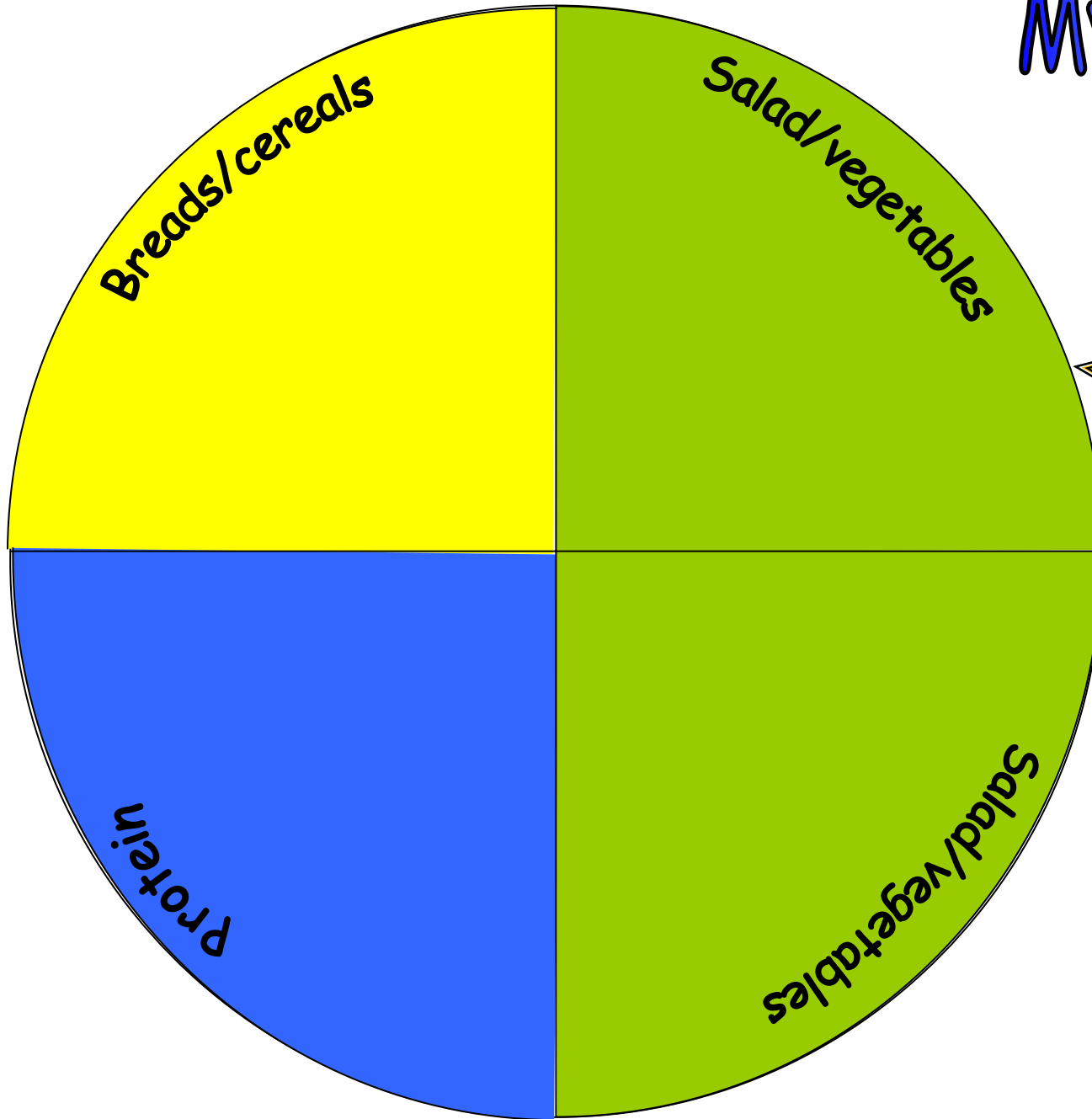
Take turns in shaking the dice with the following scores meaning:

- 7) Take a protein card
- 8) Take a bread/cereal card
- 9) Take a salad/vegetable card
- 10) Take a dessert/snack card
- 11) You choose
- 12) Take a mystery card

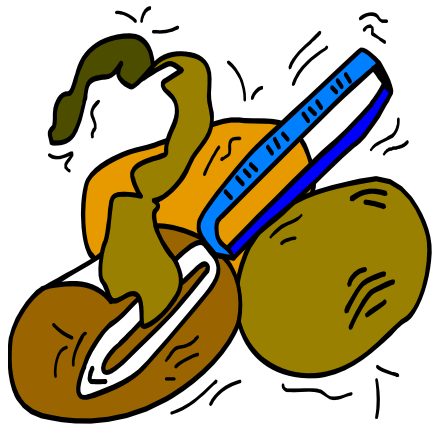
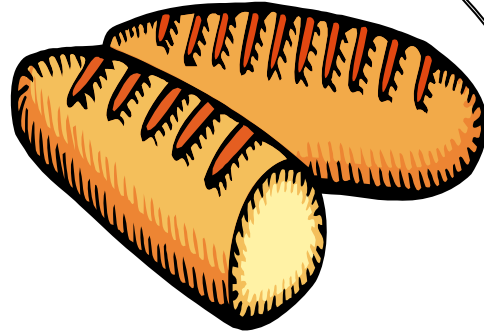
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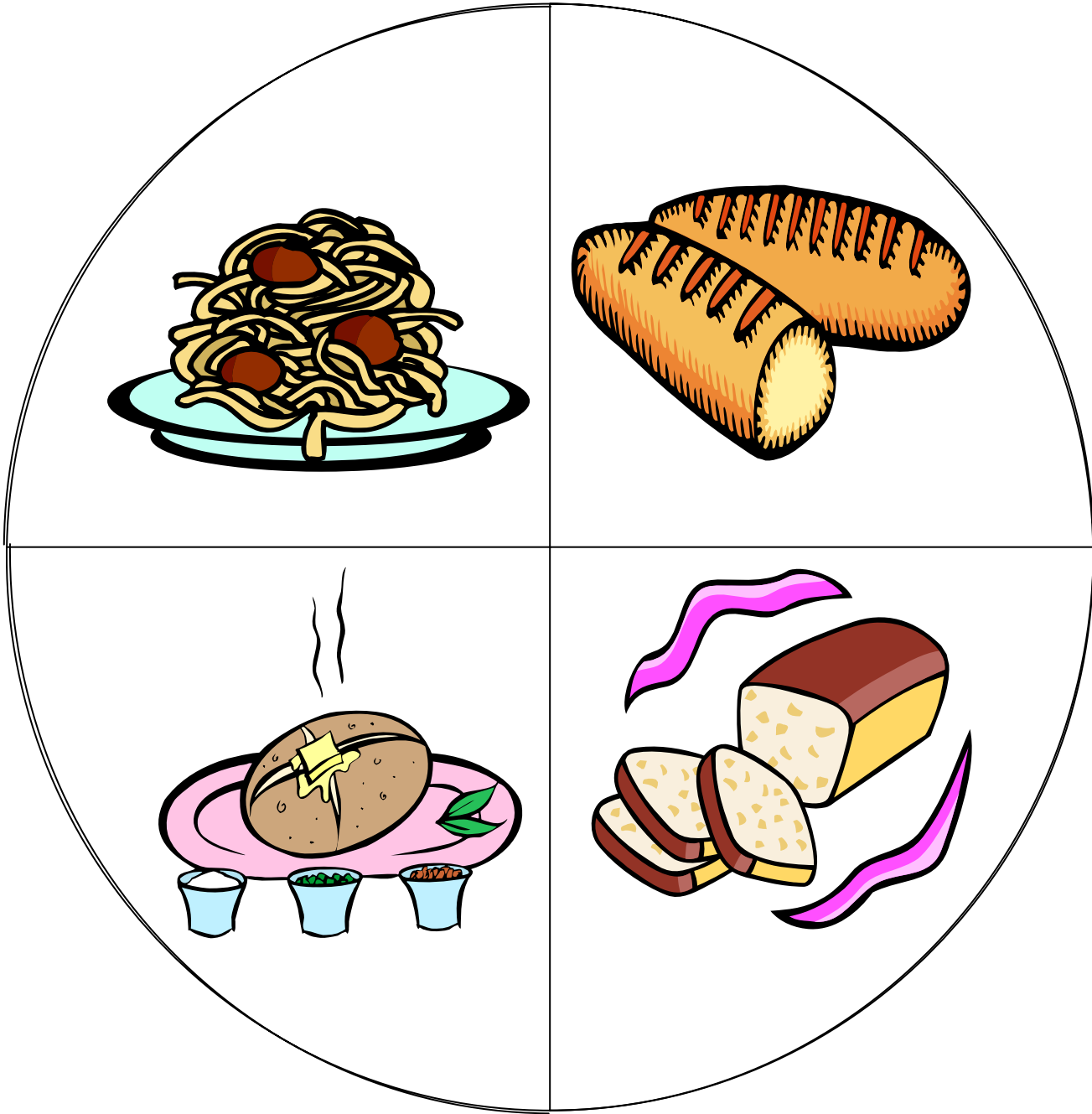
- 1) Take a protein card
- 2) Take a bread/cereal card
- 3) Take a salad/vegetable card
- 4) Take a dessert/snack card
- 5) You choose
- 6) Take a mystery card

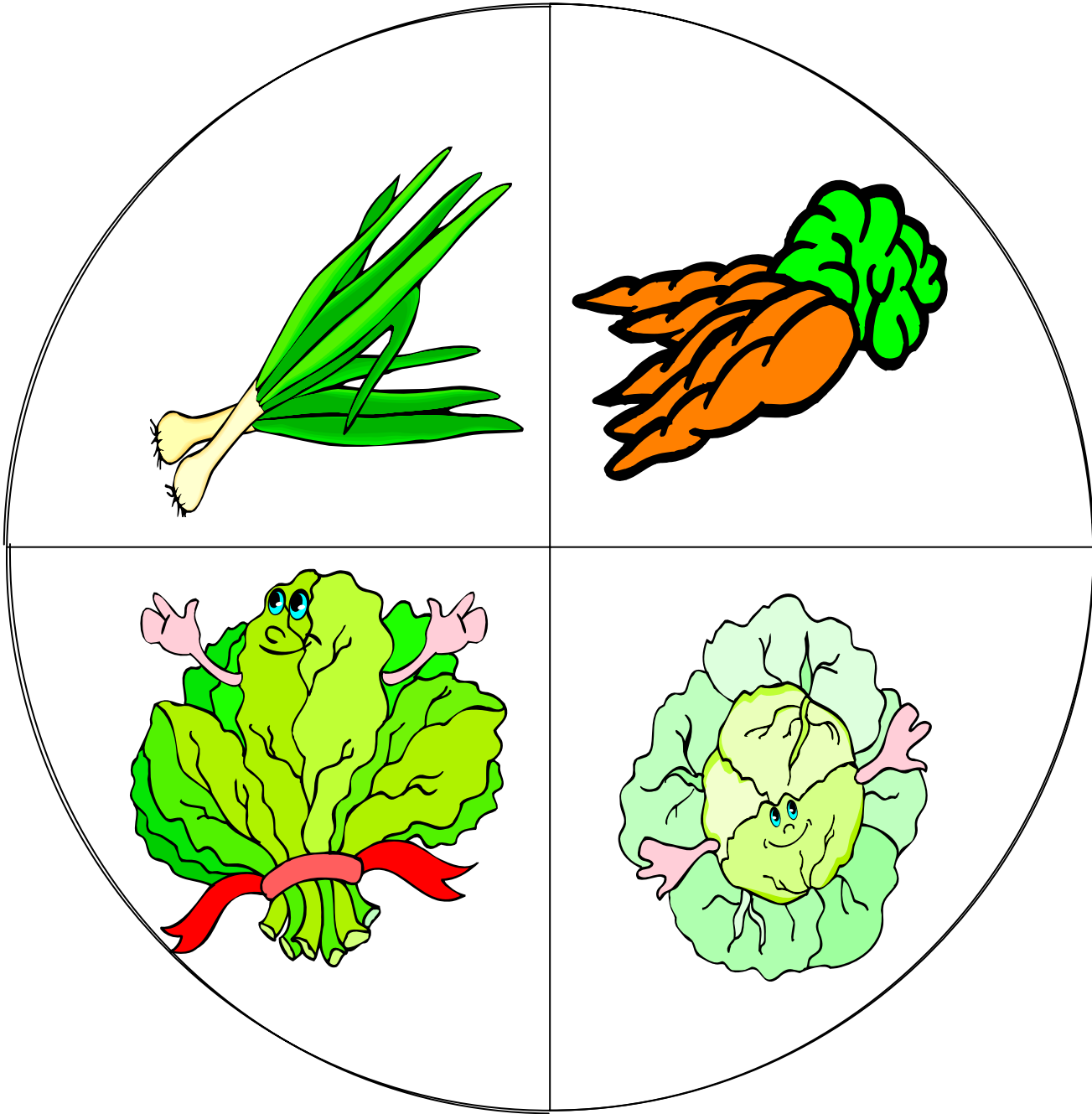
My Place Setting

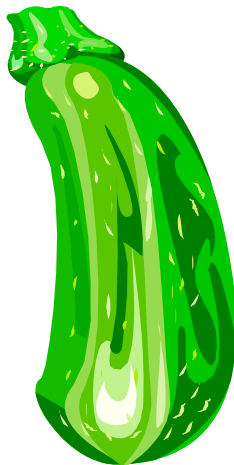
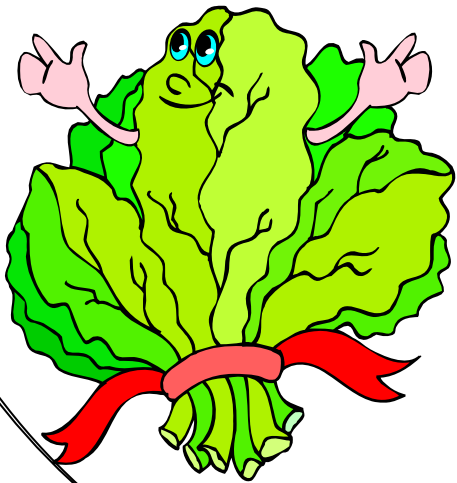
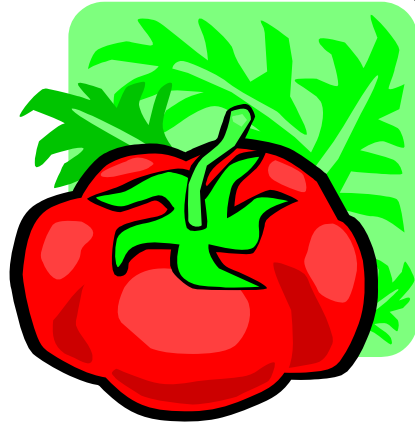


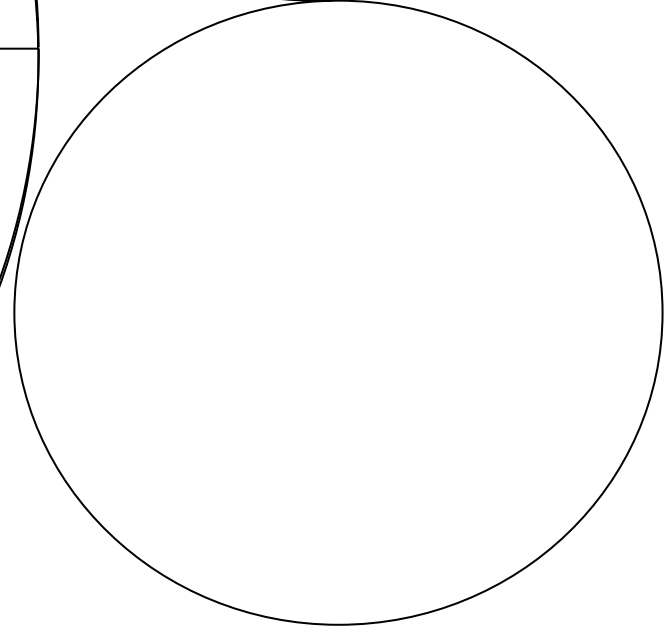
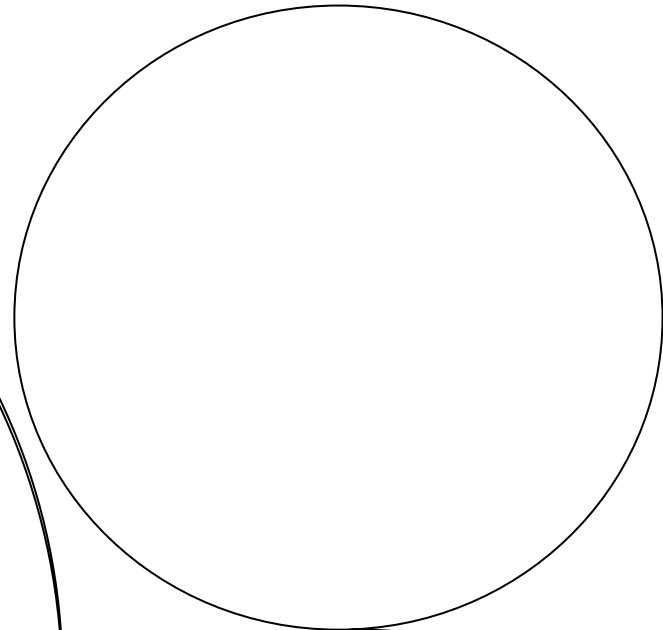
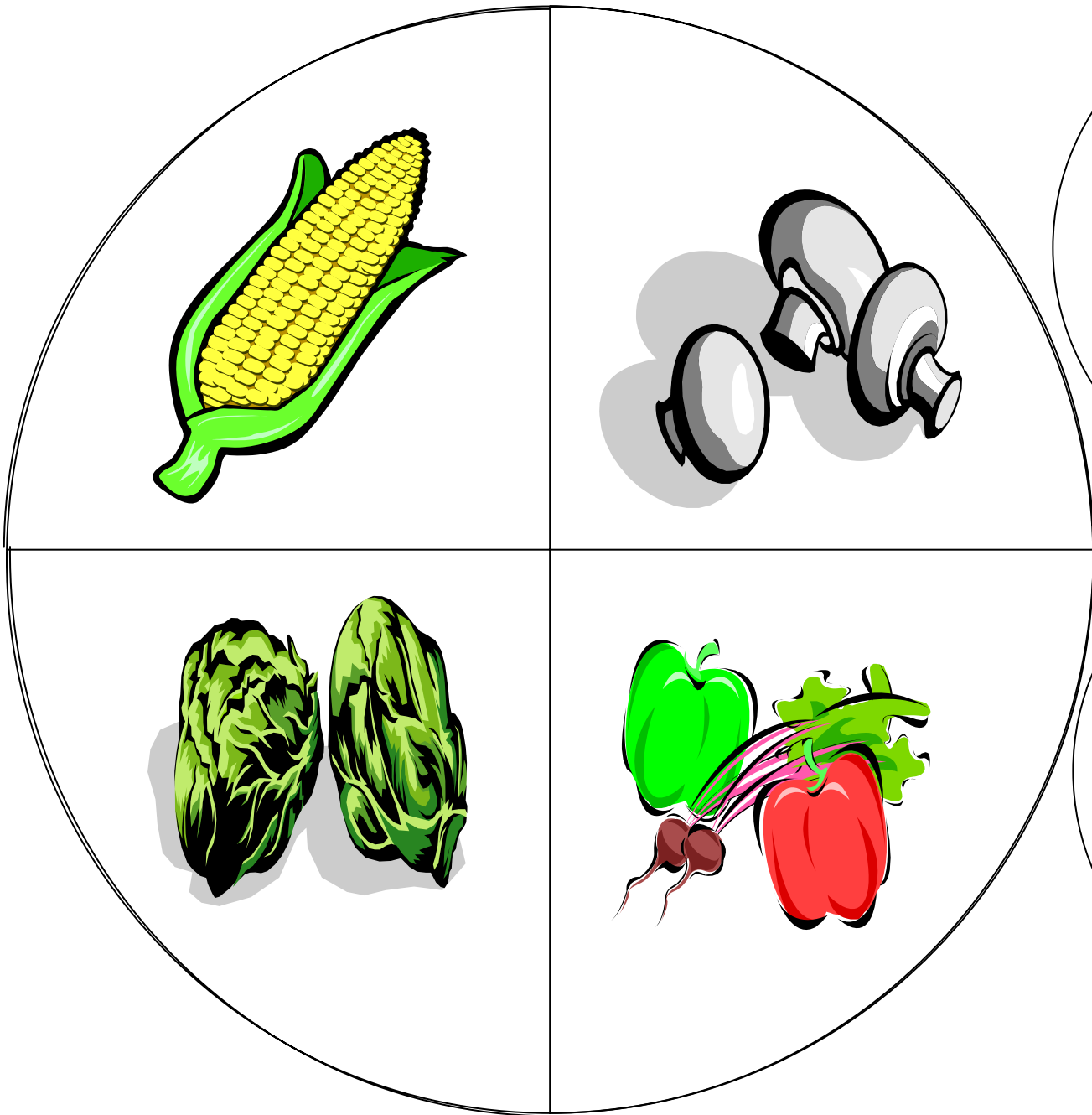
Game board

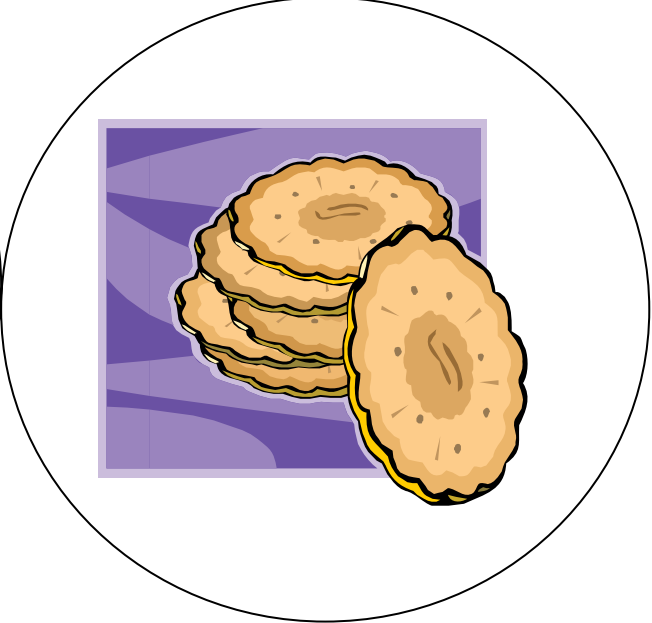
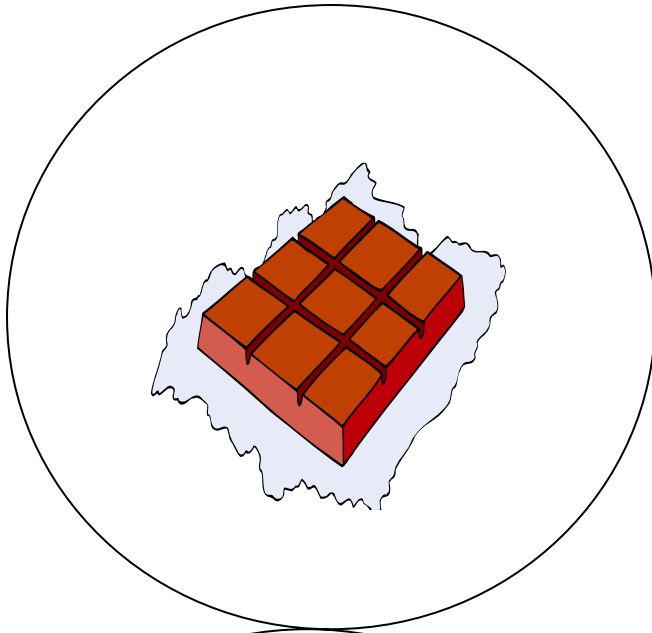


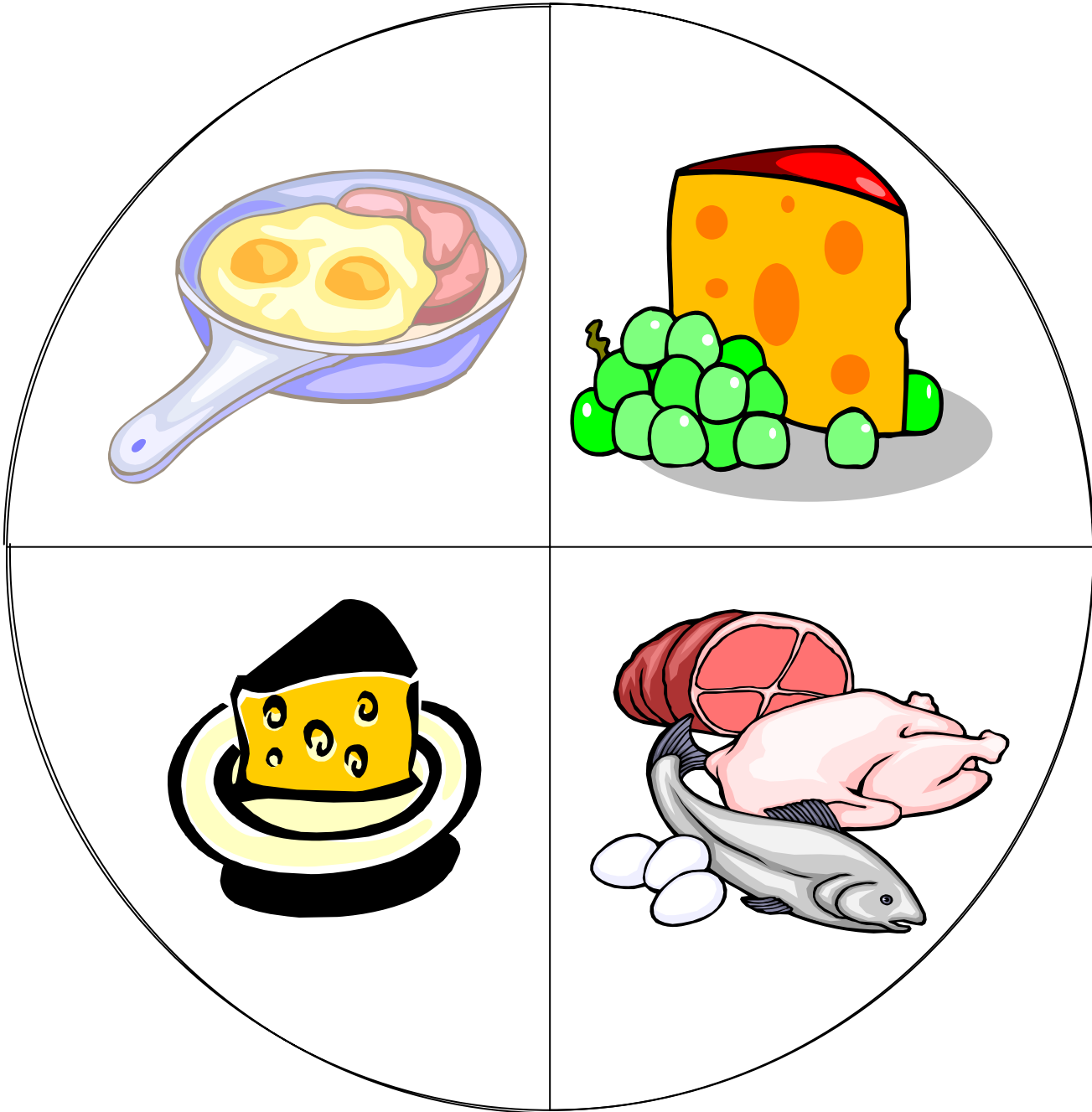


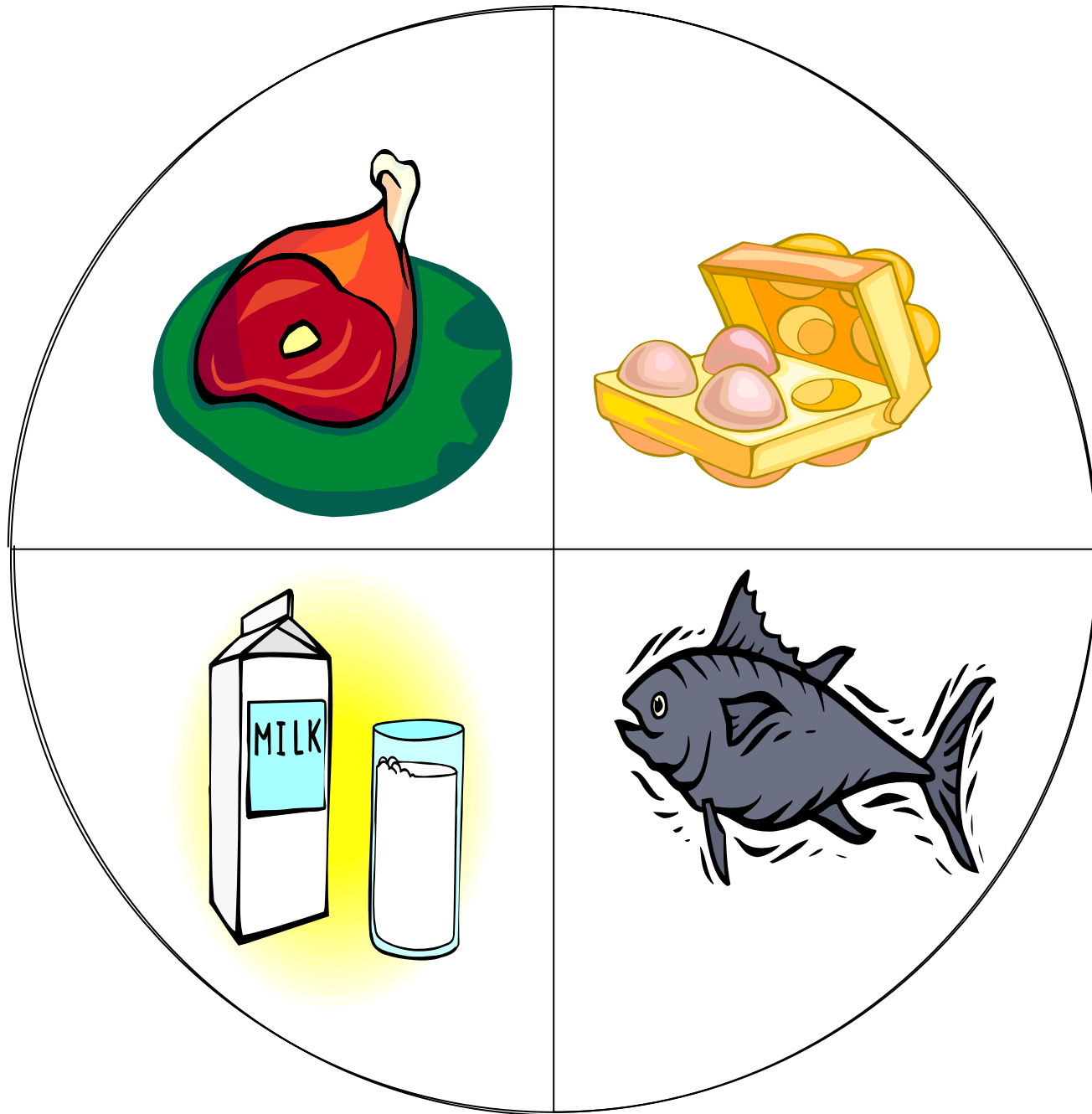












Mystery Card

Take a bread/cereal card

Mystery Card

Take a bread/vegetable card

Mystery Card

You can choose a piece of food of someone else's plate

Mystery Card

Well done for helping with the cooking, get an extra go!

Mystery Card

The dog eats your dinner, empty your plates and start again

Mystery Card

Take any item of food you want to

Mystery Card

Put one of fruit/vegetable foods back

Mystery Card

Put a protein food back

Mystery Card

Miss a go!

Mystery Card

The dog eats your dinner,
empty your plates and
start again!

Mystery Card

You have already had a
bar of chocolate so no
more sugary foods today!

Mystery Card

Well done for helping
with the cooking, get an
extra go!

Mystery Card

You can swap a food with
a friend if you want to

Mystery Card

Take any item of
food you want to

Mystery Card

Put one of
fruit/vegetable foods
back

Mystery Card

Put a protein food
back

