

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.

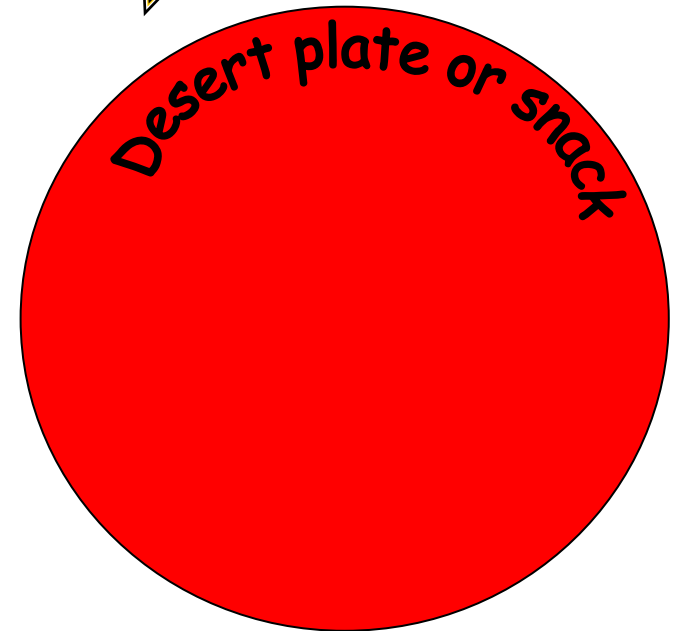
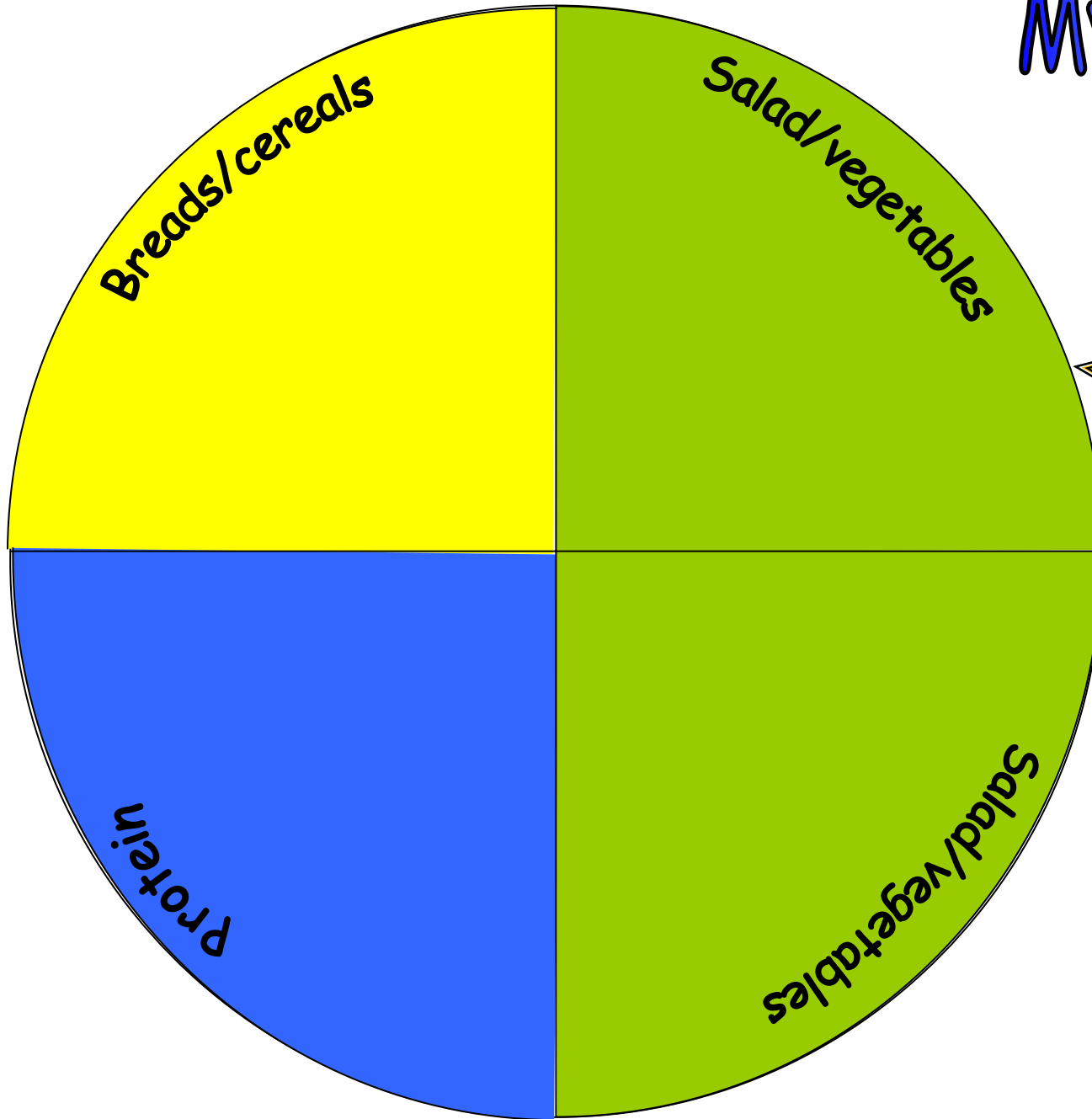
Take turns in shaking the dice with the following scores meaning:

- 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

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

- 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

