



# Food and Nutrition



## Task 1 - 'Design a board game that teaches about Food and Nutrition'.

You need to make a board game about the importance of food and nutrition.

### Research:

1. Play the board game or a game you have at home. What did you like about it? What did you dislike about it? Think how you could adapt it to make your own game!

### Development:

2. Write 10 questions and answers - anything on food and nutrition! Below are some question ideas. These can be adapted to your age.

- Eatwell guide - which section does yoghurt come in? What foods give us energy?, What is the function of protein?, What happens if we eat too much chocolate?
- Food Origins - which country is fish and chips associated with? Is fish caught or grown? What is a staple food of a country? How is milk produced?
- Food storage - Name a food kept in the cupboard? What food should be kept in the fridge?, what is a use by date?, where should you store meat in a fridge? What is the temperature of a freezer?
- Fun questions - what is small, round and green? What is your favourite food? Which food do you dislike?

### Make:

3. Create a board game with your questions! You could make your own idea or snakes or ladders or use the template. Remember to put your questions in! You could add in 'miss a go', 'balance on one leg' or 'wave your hands in the air' until your next go!

### Play:

4. Play your board game!

Remember to photograph your board game.

Then, bring the game & photographs into school, when you can.

