

056: I'm healthy!

Put together a balanced menu



Session introduction

Present the food classification method "Choose my plate" (More information at <https://www.choosemyplate.gov>). Pass out the Miniland foods, name each one and say the food group it belongs to: which ones are Fruits, Vegetables, Proteins, Grains and Dairy. Pass out the 32 Miniland and match the cards with the Miniland food.

Playing with the Miniland product

The Miniland cards and food items are to be divided equally. Someone is selected to go first who will place on the table a card with a food group. The players then take turns counter-clockwise each placing a card with the same color or a food item that belongs to the same food group as the card that is on the table. If a player does not have a valid card to play for that round, they skip their turn. When all the cards of food items corresponding to that food group have been dealt, the following player will place a different food group card on the table. The game will continue until a player is left with no cards and says "I am healthy". There are 2 cards displaying physical exercise which can be played at any moment as a wild card.

Digital game

When you finish, play with the digital game to reinforce contents. The game consists of dragging foods to the tray, placing 7 foods according to food group on the menu. The game ends when the menu is complete. First, the cook gives us 3 pieces of advice on nutrition. 1. Reduce the consumption of sugar, salt and fat. 2. Exercise 60 minutes per day. 3. Drink many liquids daily.



Educational content

Natural Science

Identify some basic foods, classify them, and know how frequently it is recommended to eat them.

Language

Food and nutrient-related vocabulary.

Multilingual education

English food group vocabulary

TIC

Use of the digital environment



Compatible Miniland Material

Ref. 30582 Vegetables
Ref. 30581 Fruits
Ref. 30583 Confectionary
Ref. 30765 Basket of Fruits
Ref. 30766 Basket of Vegetables
Ref. 30811 Fruits, Vegetables & dried fruits
Ref. 30584 Cold meat
Ref. 30585 Fast food
Ref. 30592 Packed assortment
Ref. 30596 Packed assortment
Ref. 30815 Fast food assortment



Age

5 years 8 years
7 years 9 years
8 years



Themes

Food
Nutrition

