



056 I'm healthy!

Put together a balanced menu

Miniland Product Game

Present the food classification method "Choose my plate" (More information at <https://www.choosemyplate.gov/multilanguage-spanish>). 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.

Miniland Product Game

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 Sciences

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

Language

- Vocabulary related to food and the nutrients.

ICT

Use of the digital environment.



Compatible Miniland Material

- Ref. 30582 Vegetables
- Ref. 30581 Fruits
- Ref. 30583 Confec onary
- 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

Multilingual education

Vocabulary and speaking.



Age
5-9 years.



Themes
Food and Nutrition.