



FOOD AND NUTRITION

# “The healthy eating pyramid”

Ref. 20554



FOR EDUCATIONAL PURPOSES

# THE HEALTHY EATING PYRAMID

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## CONTENTS:

- Pyramid jigsaw puzzle (67 x 46 cm) with 12 pieces
- Cards: 54 foodstuffs
- 1 dice
- Round coloured stickers
- Food pyramid in colour

## RECOMMENDED AGES:

From 3 to 8 years.

## EDUCATIONAL OBJECTIVES:

An association game that consists of throwing the dice and, depending on the colour that appears, completing the pyramid with the corresponding food cards based on how often they should be eaten:

- GREEN: often
- YELLOW: sometimes
- RED: occasionally

## METHOD OF PLAY AND RECOMMENDATIONS FOR USE:

- 1) Stick the coloured stickers on the 6 sides of the dice: 3 green, 2 yellow and 1 red.
- 2) Do the pyramid jigsaw puzzle.
- 3) Put the food cards face-up and distribute them among the players.
- 4) The first player throws the dice and, depending on the colour that appears, chooses one of his/her food cards that corresponds with that colour, based on how often it should be eaten (green: often; yellow: sometimes; red: occasionally).
- 5) Self-correcting system:
  - Check the back of the food card to see whether the choice is correct (the colour on the back of the card should match the colour on the dice) and place on the corresponding area of the pyramid.



- If it is not correct, return the food card to where it was, face-up, alongside the other food cards.
- 6) The turn then moves to the next player, and so on.
  - 7) The winner is the person who gets rid of all their food cards first and correctly completes the pyramid.

**Group game (non-competitive):**

- 1) Stick the coloured stickers on the 6 sides of the dice: 3 green, 2 yellow and 1 red.
  - 2) Do the pyramid jigsaw puzzle.
  - 3) Put all the food cards face-up in the centre of the table.
  - 4) The first player throws the dice and, depending on the colour that appears, chooses a food card that corresponds with that colour, based on how often it should be eaten (green: often; yellow: sometimes; red: occasionally). The other children can help him or her to choose the card.
  - 5) Self-correcting system:
    - Check the back of the food card to see whether the choice is correct (the colour on the back of the card should match the colour on the dice) and place on the corresponding area of the pyramid.
    - If it is not correct, return the food card to where it was, face-up, alongside the other food cards.
  - 6) The turn then moves to the next player, and so on.
  - 7) The game finishes when the pyramid has been completed with all the food cards.
- A lot of children can play at the same time, following each other in turn.

