



Lunch Box Game

Be the first to fill your lunch box with healthy items in this fun memory game.

Contents

• 4 jiggled lunch box boards • 24 item cards

Setting up the game

Each player pieces together a lunch box board.

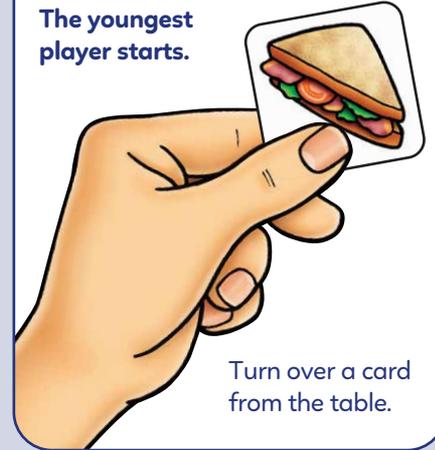


Spread the item cards face down on the table.



1 Pick a card

The youngest player starts.



Turn over a card from the table.

2 Is the item on your board?

If the item on the card is shown in your lunch box, place the card on one of the blank spaces.

Play passes to the next player.



3 No match

If the item on the card **does not match** an item on your board, show the card to the other players and return it face down to the table.



Play passes to the next player.

4 The winner

The winner is the first player to fill their board with all six matching item cards.



Talk about different types of food

Take time to talk with your child about different types of food. What do they think are healthy foods? Can they name some unhealthy foods? Do they know where carrots grow or where milk comes from? Ask if they can find the tomatoes in the fridge or the crisps in the cupboard. Are they healthy or unhealthy foods? What foods would they like in their own lunch box?

Ask these and other questions to help your child learn about different foods and the importance of enjoying a healthy diet.

