NUTRITION AND HABITS

Healthy Living

Time	Difficulty	Warning
40 minutes	Easy	5+ Years

Materials

LIVING A HEALTHY LIFE

A Healthy Lifestyle means eating good food, staying active, getting enough sleep, and having good habits like brushing your teeth. It helps your body grow strong, stay healthy, and feel great every day!

Let's build

Food Group Puzzle Instructions**

1. Look at the Puzzle Pieces:
- You'll have pieces of the puzzle showing different types of food, like vegetables, fruits, dairy, and more.
2. Sort the Pieces:
- Find the puzzle pieces that belong to the same food group (like fruits with fruits, vegetables with vegetables).
3. Put the Puzzle Together:
- Match the pieces and fit them into the right place on the puzzle board to complete the circle.
4. Name the Food:
- Once you finish, take turns naming the foods in each section. Can you name the food and which group it belongs to?
5. Fun Fact:
- Share one thing you know or like about the food! For example, "Bananas are fruits and they give you lots of energy!"

Have fun learning about different foods and putting the puzzle together!

The Habit Race

Set Up:

Up to 4 players can play. Each player gets a pawn and places it at the "Start" position.
Get the golden star pieces and cross mark pieces ready.

How to Play:

Take turns rolling the dice.
Move your pawn forward according to the number on the dice.

Earning Stars and Crosses:

If you land on a space with a Star mark ★, you've landed on a good habit! Collect one golden star piece and stay where you are.

If you land on a space with a red cross (✘), that's a bad habit. Collect one cross mark piece and move back 1 space.

Winning the Game:

Keep rolling the dice and moving forward. The first player to reach the star at the center wins the game!

At the end, count the golden stars and cross marks each player collected. The player with the most golden stars is the "Good Habits Champion"!

Learning Fun:

Learn good habits as you collect stars, and remember to avoid bad habits while playing!

NutriQuest

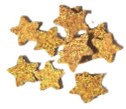
Set Up:

Up to 4 players can play. Each player gets a pawn and places it at the "Start" position.
Get the golden star pieces and cross mark pieces ready.

How to Play:

Take turns rolling the dice.
Move your pawn forward according to the number on the dice.

Healthy Choices and Treats:



If you land on a space with a Star mark ★, congratulations! You've made a healthy choice! Collect one golden star piece.

If you land on a space with a red cross (✘), you've landed on an unhealthy food! Collect one cross mark piece.

Keep Playing:

Continue taking turns rolling the dice, moving forward, and collecting stars for healthy choices and crosses for unhealthy ones.

Winning the Game:

The first player to reach the gold star in the center wins the game!

At the end, count how many golden stars and cross marks each player has collected.
The player with the most golden stars is the "Healthy Eating Champion!"