MEMORY GAME

Equipment
✓ Fruit and vegetable cards (example cards provided here)

Activity
1. Print off a set of food cards and cut these out. You may wish to laminate these cards to make them more durable.
2. Shuffle all cards and lay them face down on a table or flat surface.
3. Explain to the children that the aim of the game is to remember where each card is when it is turned over and then find two that are matched / the same.
4. Have children take turns in turning over two cards each. Prompt them to try to remember where the pair of the first card they turned might be.

Questions
• What vegetable is this?
• What colour is it?
• Why are vegetables good for our bodies?
• Which of these vegetables have you never tried before?
• What are your favourite fruits and vegetables?

Learning links
• Fine motor skills
• Healthy choice
• Communication skills

LET'S TALK ABOUT FOOD

RECOMMENDED AGES: 3 TO 5 YEARS

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au