



FOOD AND NUTRITION

“The traffic light of healthy eating”

Ref. 20553



FOR EDUCATIONAL PURPOSES

THE TRAFFIC LIGHT OF HEALTHY EATING

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CONTENTS:

- Cards: 6 traffic lights + 54 foods + coloured counters (green, amber and red)
- Colour pyramid of food types
- Black and white pyramid of food types for photocopying and colouring in

RECOMMENDED AGES:

From 4 to 8 years.

EDUCATIONAL OBJECTIVES:

A game of association that consists of linking 54 basic foodstuffs with the colours of a traffic light, based on the frequency that we should be eating them (green: frequently; amber: sometimes; red: occasionally).

METHOD OF PLAY AND RECOMMENDATIONS FOR USE:

- 1) Give each student a traffic light card and three counters (green, amber and red). Put the cards showing the different foodstuffs in a single pile in the middle of the table.
- 2) In turn, each student takes a card from the top of the pile and decides how frequently that food item should be eaten, putting one of the three counters on the traffic light accordingly:
 - GREEN: frequently
 - AMBER: sometimes
 - RED: occasionally
- 3) Check whether the counter on the traffic light is correct by looking on the back of the card:
 - a. If it matches and is correct: the player keeps the food card.
 - b. If it doesn't match, and is not correct: the player puts the card, face up, at the bottom of the food card pile.
- 4) When there are no more food cards in the pile in the middle of the table, the player



with the most cards is the winner, being the one who best understands how frequently food types should be eaten for a healthy, balanced diet.

Recommendations for use:

- **Up to 6 CHILDREN** can play.
- The cards have a SELF-CORRECTING system on the back.
- Before starting the game, we recommend that the teacher checks that the students understand the method of play and the self-correcting system.



