



Supermarket Shop

Sponsored by Game of Actual Life



Overview: A memory game with a twist for one child or more.

Time: 10 minutes

Equipment required: Printed pictures
Paper and pencils.

Benefits:

- This is a simple game which gets the children to think about the contents of a food shop.
- Promotes discussion about the different ways food can be healthy or unhealthy.
- Can help children identify new types of food by how they look.

Set up:

1. Before the session, find a picture of a shopping basket full of food. The picture should clearly show a wide variety of food and drink.
2. Print off a copy, or bring it up on a screen that everybody who's playing can see.
3. Ask the players to look at it for two minutes, trying to memorise the items.
4. Remember, nobody is allowed to talk out loud during this two minutes!

The game:

1. Players now has three minutes to recall as many of the food items as they can think of.
2. Ask them to write the items in a list down the page.
3. Next to each item, ask them to write "healthy" or "unhealthy"
4. Take the time to ask the children to justify why they think the items are healthy or not - feel free to join in.
5. Encourage children to change their minds after hearing each other's thoughts.