

1

**FINISH:** You  only

eat  You  also eat  .

**START:** We always eat five  every day. What should we do to eat healthier?




3

You  eat at least 2 pieces of  every day.

We love  .  
What should we do?

2

You  eat so many  every day.

We never eat  .  
What should we do?

4

You  drink  . You  prefer  .

We never eat at the school canteen. We always eat  . What should we do?



5

You  eat  .

You  eat a plate

of  or  .

We never drink  .

What should we do?

7

You  eat so many



because they have too much fat.

We don't like  .

What should we do?

6

You  drink  .

It is really good for your bones.

We eat ten  every month. What should we do?

8

You  eat



.They are a good option for breakfast.

We love eating  for breakfast. What should we do?



9

You  eat   
for breakfast.


You  eat   
with .

We never eat .

What should we do?

11

You  eat so many  
  
every day.


We never eat .

What should we do?



10



You  eat .

They are a great  
source of Omega 3s.

We eat a  every  
day. What should we  
do?

12

You  eat .

It is a great snack in  
the afternoon with   
or .

We never eat   
or . What should  
we do?






You  eat  and  because they are part of a healthy diet.


We never eat  .  
What should we do?






You  drink at least 8 glasses of  every day.

We eat  every day.  
What should we do?

You  eat  . You  eat at least 5 portions of  and  every day.



We don't drink  .  
What should we do?

You  eat  every day. They have too much fat and salt.

We only eat  once a week. What should we do?



17

You  eat at least 2 portions of  every week.

We eat an entire  every day. What should we do?

18

You  eat an entire  every day. You  only eat a few slices every day. 

We only eat  . What should we do?

Idea taken from Jrg2, 2010.



**Examples used to demonstrate how this game works**

**FINISH:** You should eat  
fish at least twice a week.

**START:** I never eat  
vegetables. What should I  
do to eat healthier?

You should eat  
vegetables.

I eat French fries every  
day. What should I do?



You mustn't eat French  
fries every day.

I eat fish once a week.  
What should I do?