

### Snakes and Ladders

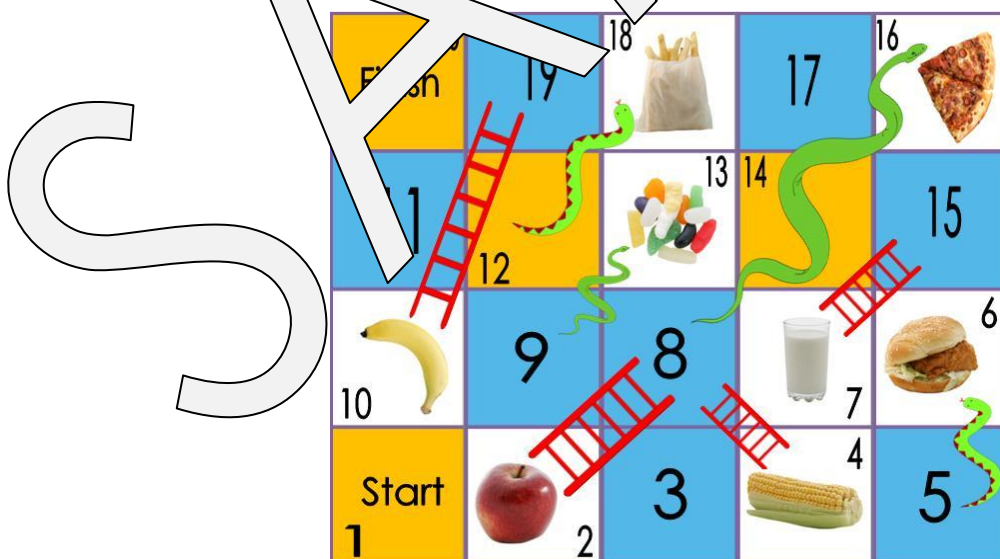
#### Instructions for Snakes and Ladders Board Game

##### Materials:

- Snakes and ladders board game
- Game pieces for each child
- Dice

##### Instructions:

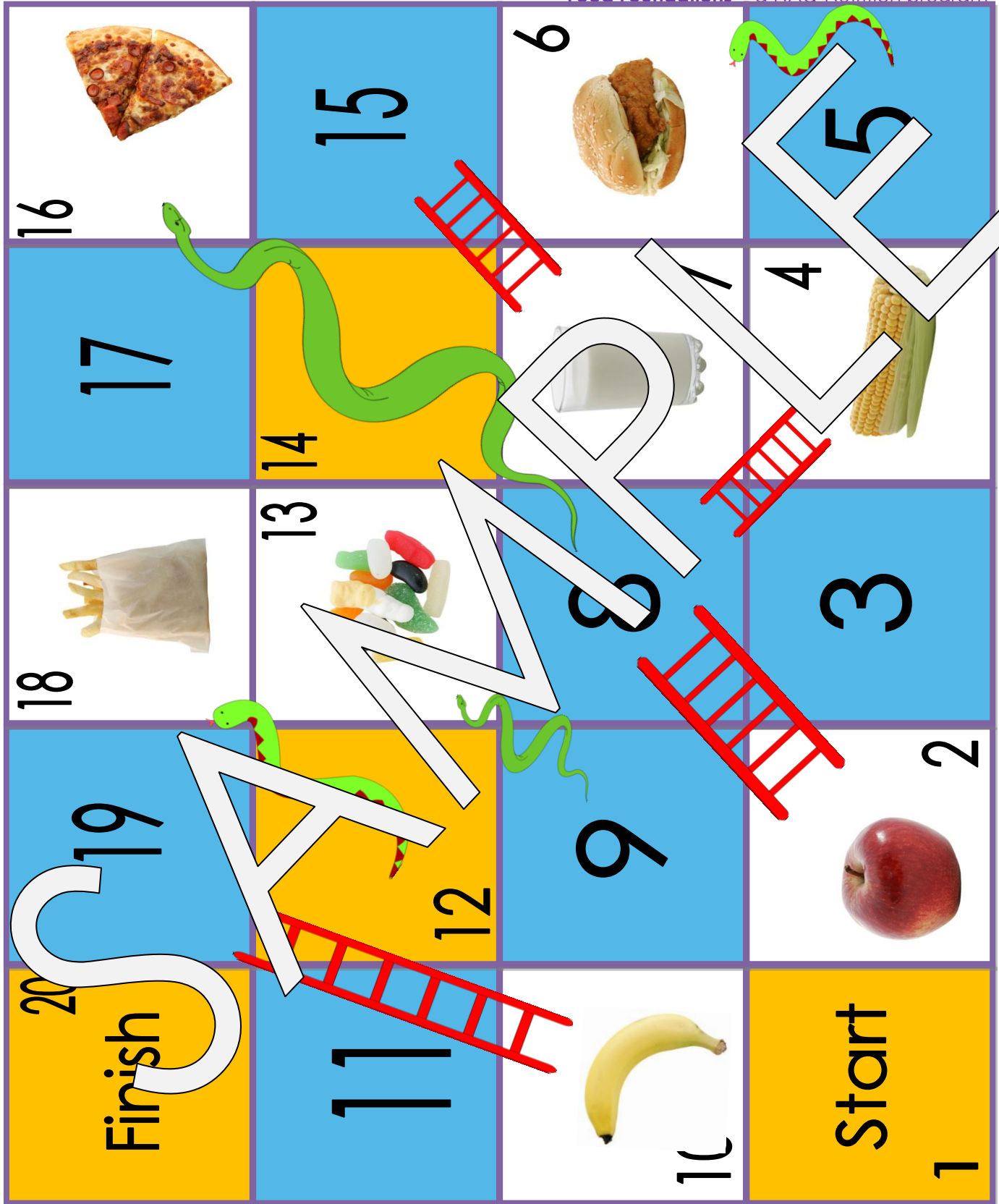
1. Game can be played with 2-4 children
2. Explain to children that: When they land on a healthy food, they become strong and are able to move through the game faster by moving up the ladder.
3. If they land on an unhealthy food, they lose energy and become slow and must move back in the game by going down the snakes
4. Encourage children to identify the healthy/'everyday' foods and the unhealthy/'sometimes' foods as they land on them
5. Have each child take it in turns to roll the dice and move through the game
6. The first person to get to the finish is the "HEALTHY STAR!"



# Food Foundations Activity Book

## Activity 1: Snakes and Ladders

Food Foundations • a NAQ Nutrition program



The board consists of 25 squares in a 5x5 grid. The squares are numbered 1 to 20. The 'Start' square is 1 (yellow) and the 'Finish' square is 20 (yellow). A green snake is on square 19, and a red ladder is on square 11. Various food items are placed on the board: a slice of pizza (16), a burger (6), a slice of pizza (17), a glass of milk (14), a bag of french fries (18), a bowl of mixed nuts (13), a corn cob (4), a bag of french fries (19), a bowl of mixed nuts (12), a banana (10), and an apple (2). Large white letters 'SNAKES AND LADDERS' are written across the board.