

# RAFT IDEAS

**Topics:** Healthy Choices, Sorting & Classifying, Body Structures and Systems

## Materials List

- ✓ 50+ Plastic tiles, matte board pieces (at least 1" x 1", 2.5cm x 2.5cm), or playing cards
- ✓ Matching pairs of stickers in the shape of fruits, vegetables, and unhealthy items (fast foods)
- ✓ Printed or clipped graphic of a cigarette or cigarette pack

This activity can be used to teach:

- Structures and systems for growth and survival (CA Science Standards: Grade 3, 3.a; Grade 5, 2.c)

# Munchy Match

The player with more healthy foods wins... in more ways than one



This twist on the classic game of match will help students identify and sort healthy foods from unhealthy choices.

## Assembly

1. Create at least 25 matching pairs of foods by placing stickers on tiles, matte board, or cards. There should be about the same number of “healthy pairs” as “unhealthy pairs”.
2. Create 1 card with the picture of a cigarette or cigarette pack (either from a magazine or clip art).

## Playing the Game (for 2-4 players)

1. Place all tiles/cards face down, so the images are hidden.
2. Players take turns selecting 2 tiles/cards by turning them over.
3. When players turn over a matched set, they keep the tiles/cards, removing them from play; they then get another turn. When players do not find a match, all players should try to remember the objects on the cards. The tiles/cards are turned face down and the next player takes a turn.
4. The game is over when a player picks the cigarette tile/card. At this time, players add up their points: 5 points for any fruit or vegetable match, 1 point for any junk food match, minus 10 points for the student that picks the cigarette tile/card. The player with the most points wins.

## The Science Behind the Activity

Making healthy food and lifestyle choices can increase life expectancy and quality of life. Students are never too young to begin healthy eating habits that include a wide variety of fruits and vegetables, and also limiting the amounts of high fat, high sugar, and processed foods. While students in early elementary are hopefully not considering whether they will smoke or not, the cigarette card “ending the game” raises student awareness that cigarettes are very unhealthy choices, far worse than an occasional hamburger. Studies do conclude that smoking increases the risk for many diseases, including lung cancer and heart disease, and decreases life expectancy by about 10 years. For young players, this activity’s point system illustrates simple and non-frightening messages: fruits and vegetables are “worth more” (have greater value) than fast foods and sweets; and smoking is a very unhealthy choice.

## Taking it Further

Expand the game with other “healthy” and “unhealthy” pairs using stickers or drawings of exercise, safe and unsafe practices, and healthy or unhealthy habits.