

## SECTION 4 - BALANCE OF GOOD HEALTH

### Activity Sheet 3—Food pictictionary

#### How to play

Cut out the words below, fold them up and place in a container. Select a “picturist” – a player who will sketch the first word. The picturist then picks a piece of paper out of the container and sketches that word for the rest of the group. The first person to guess the food correctly earns 1 point. A further point can be awarded if the guesser can correctly identify which of the five BOGH food groups the food belongs to. The person who guessed correctly becomes the picturist for the next word. The player with the most points once all the words have been sketched is the winner.

Scrambled egg	Porridge	Bacon
Pineapple chunks	Orange juice	Milk
Toast	Yoghurt	Crisps
Baked Potato	Cod	Minced Beef
Cauliflower	Bagel	Spaghetti
Frozen peas	Lemonade	Cheese
Red kidney beans	Rice	Parsnip

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### ANSWERS—Activity Sheet 3

#### Bread, other cereals and potatoes:

Porridge  
Toast  
Baked potato  
Bagel  
Spaghetti  
Rice

#### Fruit and vegetables:

Pineapple chunks  
Orange juice  
Cauliflower  
Frozen peas  
Parsnip

#### Meat, fish and alternatives:

Scrambled egg  
Bacon  
Cod  
Minced beef  
Red kidney beans

#### Milk and dairy foods:

Milk  
Yoghurt  
Cheese

#### Fatty and sugary foods:

Crisps  
Lemonade

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