

5-a-day

A game for two players

To make:

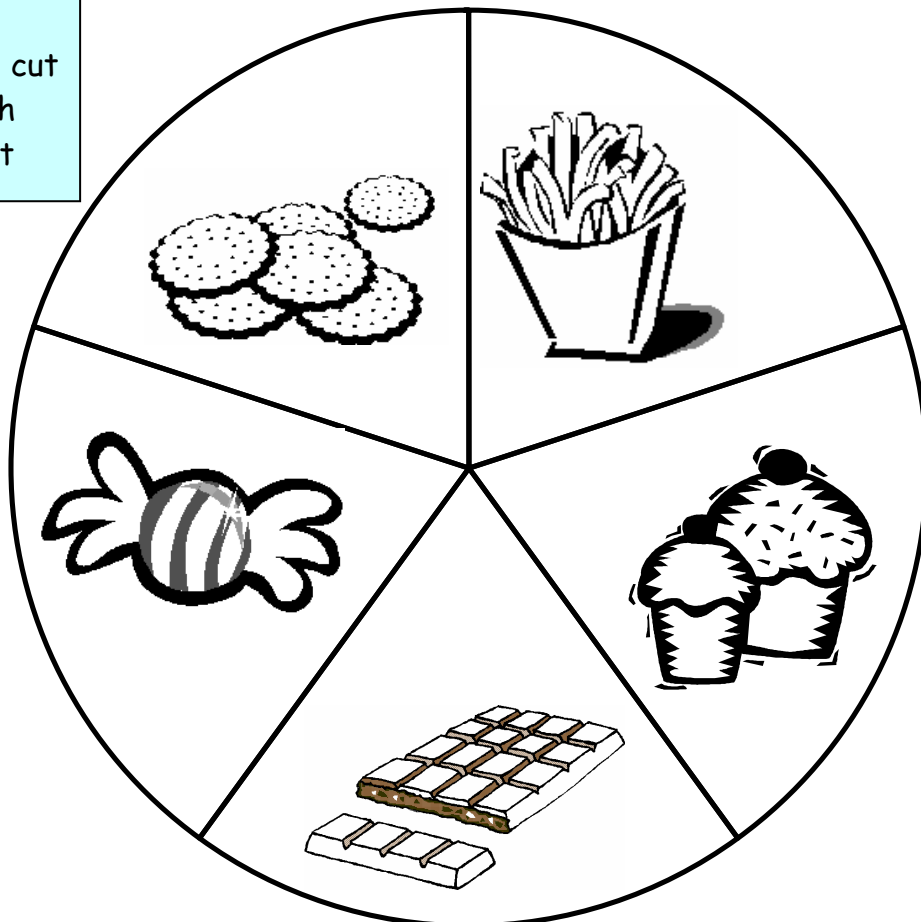
- Print out all three sheets onto thin card.
- Colour in all the food - fruit, vegetables and junk.
- Cut out all 15 food segments.
- Cut the sheet with the two empty circles in half along the dotted line.

To play:

- Spread the 15 food segments out face down.
- Both players take an empty circle card.
- Take turns to turn over a food segment. If it's a healthy fruit or vegetable, keep it and place it on your circle. If it's junk, put it back face down.
- The first player to collect five healthy fruits or vegetables is the winner!

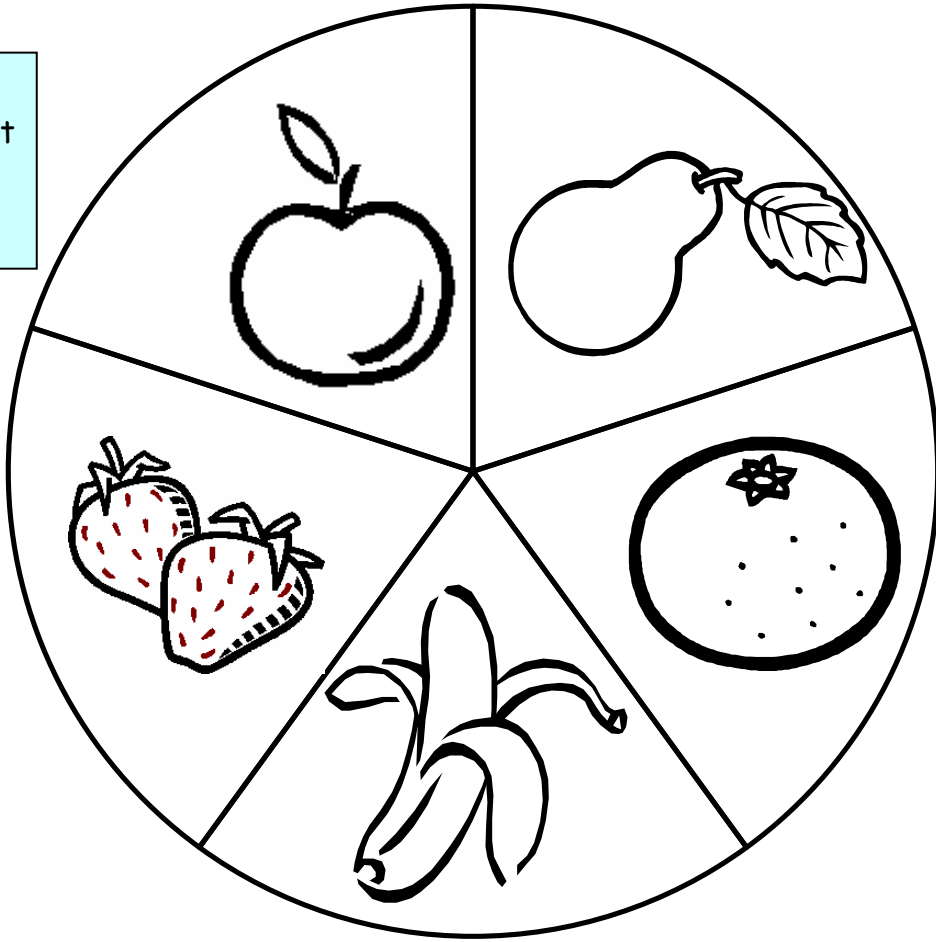
JUNK

Colour and cut
out each
segment



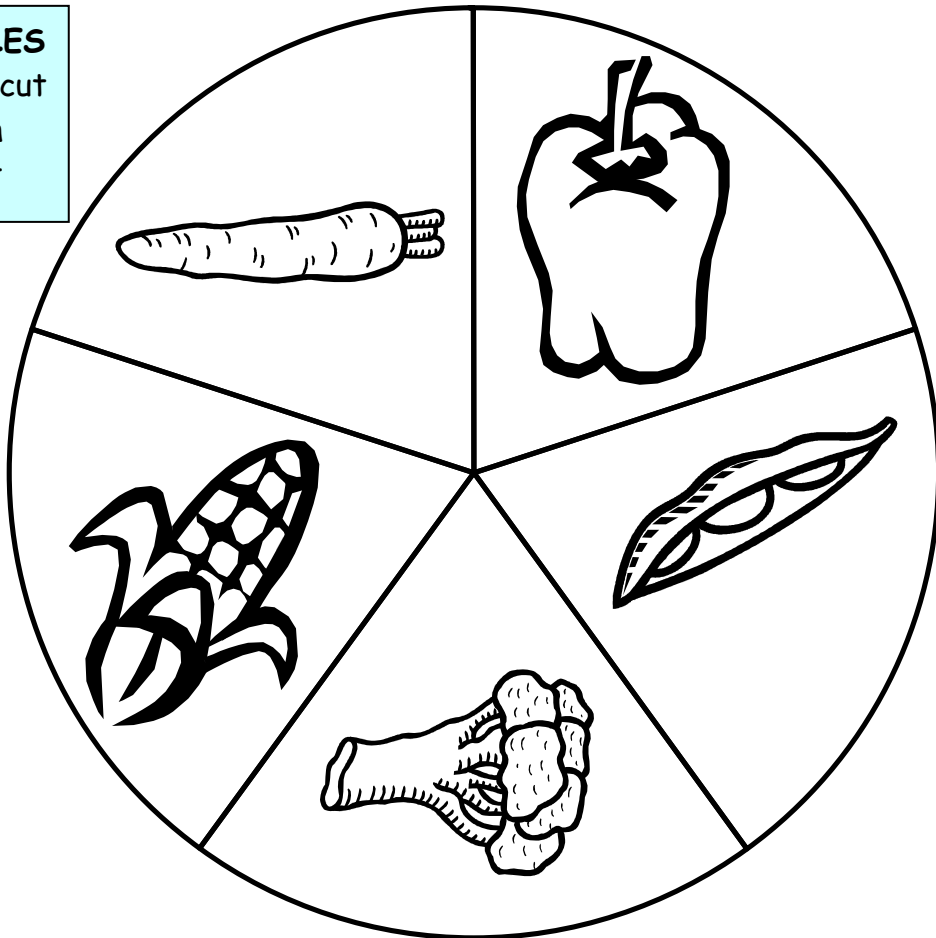
FRUIT

Colour and cut
out each
segment

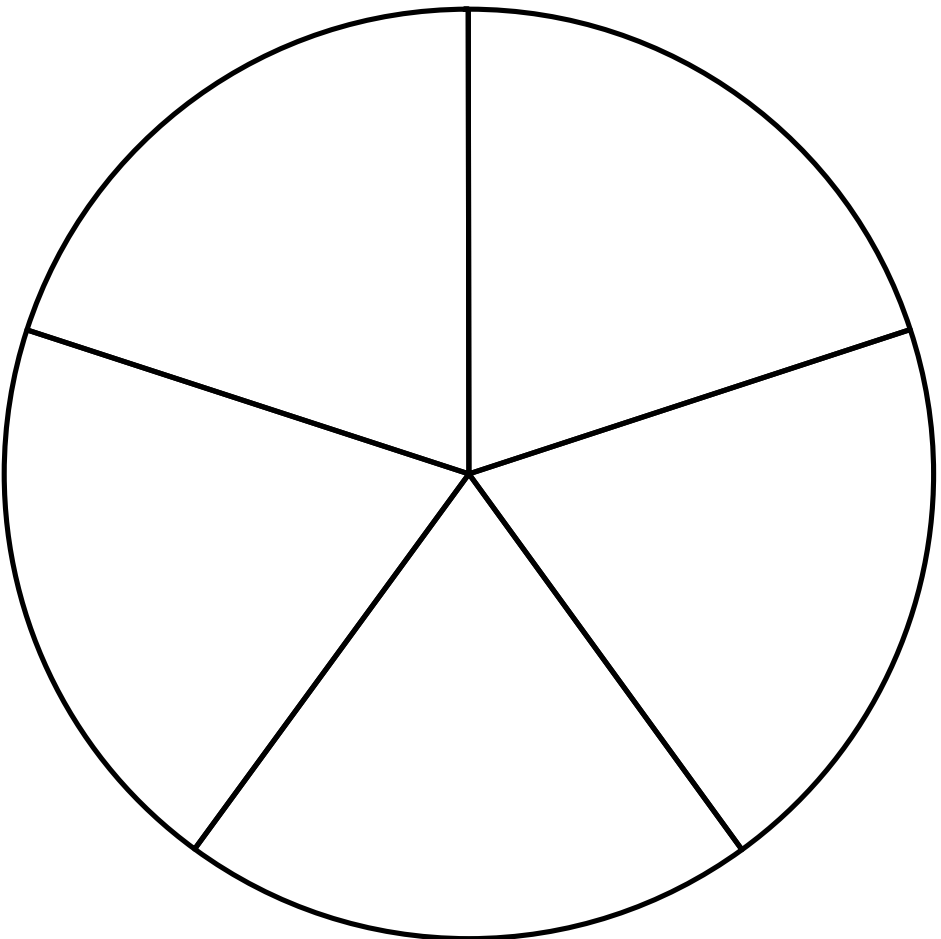


VEGETABLES

Colour and cut
out each
segment



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