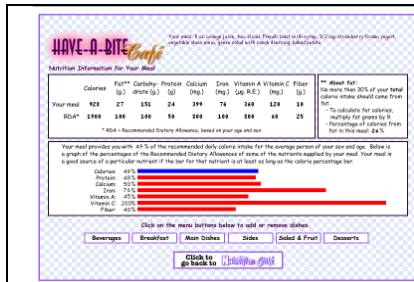


Healthy Eating Games via Internet

<p>Make a healthy lunchbox</p>  <p>Can you make a healthy lunchbox?</p>	<h2>A healthy Lunchbox</h2> <p>Drag and drop ingredients for a healthy lunchbox. At the end your lunchbox will be checked to see if it is balanced.</p> <p>Can print results.</p> <p>http://www.foodafactoflife.org.uk/activity.aspx?siteId=5&sectionId=34&contentId=56</p> <p>▲</p>
 <p>Can you make a healthy lunchbox?</p>	<h2>Make a balanced plate.</h2> <p>Drag and drop the foods as they appear</p> <p>http://www.foodafactoflife.org.uk/activity.aspx?siteId=5&sectionId=34&contentId=55</p> <p>▲</p>
<p>FOOD STANDARDS AGENCY WALES</p> <p>Place the food groups onto the correct areas of the plate</p>  <p>Can you make a healthy lunchbox?</p>	<h2>Balance of Good Health Plate</h2> <p>Simple drag and drop the 5 food groups on to the plate</p> <p>Do not be put off by the Welsh! Click on Wales not Cymru.</p> <p>http://www.glasgows.co.uk/fsa_interactives/PltLoad.swf</p> <p>▲</p>
 <p>Can you make a healthy lunchbox?</p>	<h2>Nutrition Sleuth Hangman</h2> <p>Work out the missing nutrient</p> <p>http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html</p> <p>▲</p>
 <p>Can you make a healthy lunchbox?</p>	<h2>Grab a Grape</h2> <p>Here is the answer, what is the question</p> <p>http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html</p> <p>▲</p>



Have a bite café.
Your meals for a day.
Are you eating right, choose a meal and find out.

http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html



Healthy Eating
Food and Fitness.

http://www.bbc.co.uk/northernireland/schools/4_11/uptoyou/index.shtml



Healthy Eating/Lifestyle Quiz

Best suited for one person to have a go.

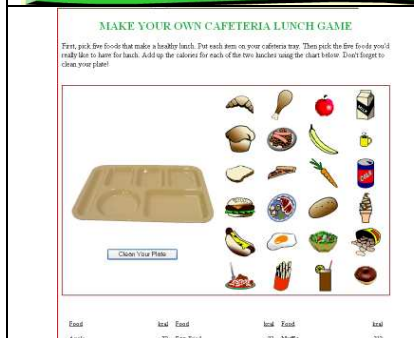
<http://www.foodfitness.org.uk/qu1.aspx>



Banana Sportz

Chose the energy giving foods to win.

<http://www.bananaland.com.au/games/banana-sportz/banana-sportz.php>

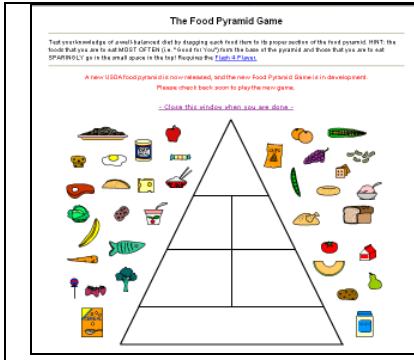


Make your own Cafeteria Lunch Game

Select your lunch and work out your calories.

Try a healthy lunch versus an unhealthy one.

<http://www.funnytummy.com/games/cafeteria-lunch.html>



The Food Pyramid Game

Drag and drop

<http://www.hooah4health.com/body/nutrition/pyramidinteractive.htm>



Food Pyramid Sorter

Beat the clock as you sort the foods into the right place.

http://www.foodpyramidgames.com/games/ss_shockenglish.htm



Match the Food Groups

Drag and drop

http://www.dairycouncilofca.org/activities/pyra_main.htm



Nutrition Mixer – Food Groups

Work out the food groups.

<http://www.nutritionexplorations.org/kids/activities/arianna.asp>



Combo Kitchen

Work out the food combinations

<http://www.nutritionexplorations.org/swfs/kids-games/arianna/games/combokitchen/combokitchen.html>



Quintricious

The 5 Food Groups Tetris style game

<http://www.nutritionexplorations.org/swfs/kids-games/arianna/games/quintricious/quintricious.html>



Dental Health

Sort the food out by healthy or hazardous for your teeth.

<http://users.forthnet.gr/ath/abyss/games/food.htm>



Multi choice answers about healthy eating and potatoes

<http://www.potatoesforschools.org.uk/FFT/HK/index.html>



The Energenie Energy Trail

Age 7-11 year olds

<http://www.flourandgrain.com/gamesandvideos.asp>



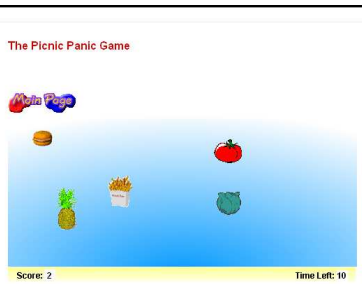
Healthy Living Meal Planner

Age 11-14 year olds

(Suitable for individuals, not a game).

Try out the Interactive Meal Planner to see if you can design a balanced diet for a week, or find extra info by printing the Investigating Good Meal Planning activity sheet.

<http://www.flourandgrain.com/gamesandvideos.asp>



The Picnic Panic Game

Catch the healthy food in the picnic basket.

<http://www.kidsfoodclub.org/fun/picnic.asp>

