Play your nutritional cards right

Aim
The aim is to traverse the series of cards by correctly guessing as to whether the succeeding card, thus the next food, has a higher or lower Vitamin C of Fibre content (depending on which set of cards you are playing with) than the current card.

Numbers
Children: the activity can be scaled from engaging just one child to an entire class.

Staff/helpers: one member of staff is easily able to conduct this activity, although it perhaps works best with one member of staff talking the class through the food items and engendering enthusiasm and excitement, whilst a helper supports by actually handling and turning each card and its corresponding window.

What is needed?

Borrowed materials
- A set of A3 ‘nutrition cards’ (13 Red Vitamin C cards and 17 Black Fibre cards)
- 12 Pegs

Self-sourced
- Poster-boards or an appropriate surface upon which to attach and display the cards.
- Drawing Pins

Setting up
1. The pegs should come with a fish wire loop already attached to one end. If not, then cut the wire and loop it through a coloured peg.
2. Attach the top part of the loop to the poster board/walled surface using the drawing pin so that the peg hangs loosely at the bottom of the loop.
3. Attach a card face down to the peg (the peg clasping the top of the concealed card).
4. Repeat this process until you have a successive line of playing cards (you can have as many cards as deemed necessary to enjoy the game/completer the educational objectives.

Step-by-step instructions
1. Turn the first card and reveal the vitamin-or-Fibre content by opening the window.
   Emphasise that the game is also portion dependent, with each portion size being given on the bottom of the card.
2. Turn second card over to reveal the food item, but do not yet open the window to reveal the nutrient content.
3. Ask the players/audience to guess whether the amount of Vitamin C or Fibre in the second food item is ‘higher’ or ‘lower’ than in the first.
4. Once a consensus is reached, reveal the nutrient content to ascertain who was correct or incorrect. At this stage you can either have those who answered incorrectly no longer being active and able to continue guessing in the game, or can just turn the next card over and repeat this process until you have worked through the succession or cards.

Supporting activities
For those who aren’t currently engaging with the activity or actively playing the game, should you wish to play it in groups or in smaller numbers, additional activities one can occupy the other children. Examples: ask them research the relevant biological importance of Fibre and Vit C, the Fibre and Vit C content of specific food stuffs or to compare the quantities and relationships between them.

Clearing up
If the wire is damaged of severely and irreparably tangled then it may be discarded, but all pegs and cards should be returned.

Please fill in the evaluation form provided in the activity box and put on top of the activity when returning it. Your feedback will help us to improve our activities and the library. Thank you

What to return?
Please return any materials listed under ‘borrowed materials’. Please use the box/bag in which you received it. Arrange for a delivery date by phoning: 01223 748681.

Risk assessment
Additional risk assessment might be needed to cover local circumstances and environment. Please contact your (school) representative if in doubt.

<table>
<thead>
<tr>
<th>Number</th>
<th>Risk</th>
<th>Control element</th>
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<tbody>
<tr>
<td>1</td>
<td>‘Pricking’ from incorrect use of the drawing pins</td>
<td>Account for all used drawing pins; only have them handled by responsible adults and take extra care when setting up the game to make sure they are securely fastened to the poster board/walled surface.</td>
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<tr>
<td>2</td>
<td>Paper cuts from laminate card handling</td>
<td>Efforts have been made to round the edges of each card, making them less sharp and risky to handle. Still, be vigilant when handling and avoid contact with eyes and skin.</td>
</tr>
<tr>
<td>3</td>
<td>Abrasions from handling fish wire</td>
<td>Be careful when handling the fish wire as it is durable and can be sharp when handled incorrectly.</td>
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Photos