
FOODology

created by Aida Hasan and Jamal Williams



For 2 to 6 players | Age 6+

Welcome to FOODology, a place where you will experience and learn about different types of food. In this game, you will journey through two important areas to help you learn and apply information about food. You will start at the Food School, to learn about the five healthy food groups..

If you successfully graduate from the school, you will have the chance to go shopping for healthy foods at the grocery store.

Are you ready to become an expert in Foodology? As you go, don't forget that your goal is eat healthy and shop smart!

OBJECT

Be the first player to graduate from Food School. Then, be the first player to exit the checkout line in the grocery store.

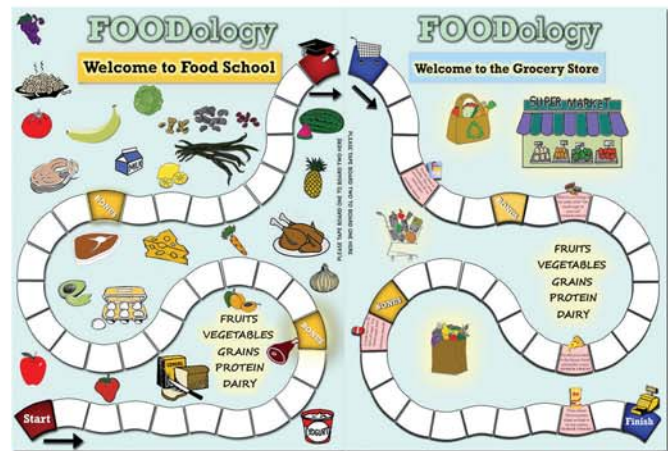
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2 boards that you will need to either tape together or place next to each other to connect the Food School to the Grocery Store path. (follow the attachment instructions on each board)

70 Game Cards

SETUPS

Lay the two game boards on a flat surface. Make sure the two boards connect and match up to make one whole board. You can either tape the two together or simply lay them side by side.



- Shuffle the cards. Make sure to have four piles of cards ready. There should be one pile each for
- 1) the Food School cards
 - 2) Bonus Food School cards,
 - 3) Grocery Store cards and
 - 4) Bonus Grocery Store cards.

Cut out the 4 grocery cart game pieces. Each player picks one, and places it on the START space on the gameboard.





GAMEPLAY

In this game, you will use what you know and learn about food to make smart choices!

One player begins by choosing the top card from the Food School card deck. The player reads the question to the player to his or her left. When that player has answered the question, the first player reads the correct answer at the bottom of the card. Correct answers move the grocery cart game piece forward spaces. Wrong answers stay in the same space.

Taking turns:

Each player draws a card and reads the question to the player on their left, continuing around the circle so that each player gets a turn. Place the card you used in the discard pile.

Movement:

Always move forward in the direction away from Start. When you answer a question correctly, you get to move 1-3 spaces forward on the path. When you give an incorrect answer, you must remain in the space.

Bonus:

If you land on a Bonus question, and answer it correctly, you could move forward many spaces.

Obstacles:

Watch out for unhealthy foods located on the game board! If you land on one of these *unhealthy spaces*, you will have to move back several spaces.

HOW TO WIN THE GAME

If you are the first person to reach the checkout in the Grocery Store, you have reached the end and won the game. The more questions you answer correctly, the faster you will get there.



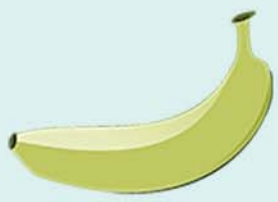
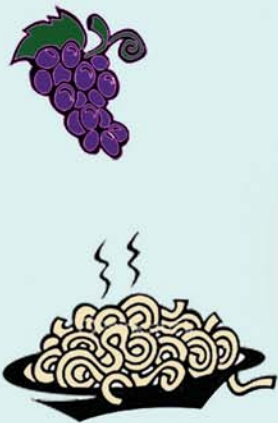
Certificate of Excellence



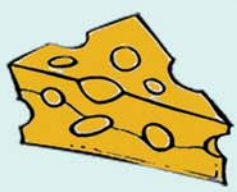
***Completed the
Grocery Store***

FOODology

Welcome to Food School



BONUS



FRUITS
VEGETABLES
GRAINS
PROTEIN
DAIRY

BONUS



Start



PLEASE TAPE BOARD ONE TO BOARD TWO HERE

FOODology

Welcome to the Grocery Store



Not all cereal is healthy. This cocoa one contains far too much sugar!
GO BACK 4 SPACES



What are you doing in the candy aisle? Too much sugar in your cart!
GO BACK 4 SPACES

BONUS



FRUITS
VEGETABLES
GRAINS
PROTEIN
DAIRY

BONUS

A soda has 6 to 10 tsp's of sugar. Too much sugar here!
GO BACK 4 SPACES!



Put that pizza back in the freezer. Fresh and healthy is best.
GO BACK 4 SPACES



These cheese flavored potato chips are high in fat and calories.
GO BACK 4 SPACES!



Finish

PLEASE TAPE BOARD TWO TO BOARD ONE HERE

FOODology

Game Pieces & Certificates



Instructions: Please cut out each grocery cart and certificate.



Certificate of Excellence



*Completed
Food School*

Certificate of Excellence



*Completed the
Grocery Store*

Certificate of Excellence



*Completed
Food School*

Certificate of Excellence



*Completed the
Grocery Store*

Certificate of Excellence



*Completed
Food School*

Certificate of Excellence



*Completed the
Grocery Store*

FOODology

Did you know?

Nutrition Facts Food Labels

The Nutrition Facts food label can be found on most foods. The label is required by the Food and Drug Administration (FDA) to bear nutrient content claims and certain health messages to comply with specific requirements. You can find this label on the outside of packaged food. Nutrition Facts Labels are based on a daily 2,000-calorie diet of an adult. Overall, this label shows what nutrients are in that specific food you are about to eat or buy. We recommend you read each label to make sure you are getting the appropriate daily nutrients your body needs.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

*Kids Health

http://kidshealth.org/kid/stay_healthy/food/labels.html

**U.S. Food and Drug Administration

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064904.htm>

FOODology

Did you know?

Daily Recommendations

The charts below show you how much food from each food group you should consume daily. If this chart is followed correctly without adding junk food to your daily diet, you are treating your body with the natural nutrients that will give you the energy you need daily.

Daily calorie needs based on age, gender, and activity level

Age (Years)	Gender	Sedentary (Not Active)	Moderately Active	Active
2-3	Male or female	1,000	1,000	1,000
4-8	Male	1,200 – 1,400	1,400 – 1,600	1,600 – 2,000
	Female	1,200 – 1,400	1,400 – 1,600	1,400 – 1,800
9-13	Male	1,600 – 2,000	1,800 – 2,200	2,000 – 2,600
	Female	1,400 – 1,600	1,600 – 2,000	1,800 – 2,200
14-18	Male	2,000 – 2,400	2,400 – 2,800	2,800 – 3,200
	Female	1,800	2,000	2,400
19-30	Male	2,400 – 2,600	2,600 – 2,800	3,000
	Female	1,800 – 2,000	2,000 – 2,200	2,400
31-50	Male	2,200 – 2,400	2,400 – 2,600	2,800 – 3,000
	Female	1,800	2,000	2,200
51 and older	Male	2,000 – 2,200	2,200 – 2,400	2,400 – 2,800
	Female	1,600	1,800	2,000 – 2,200

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th ed. Washington, DC US Government Printing Office 2010. <http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 18, 2014

Daily amounts of each food group based on calorie needs

Food Group ^a	1,000 Calories	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	2,000 Calories
Fruits	1 cup	1 cup	1 ½ cups	1 ½ cups	1 ½ cups	2 cups
Vegetables	1 cup	1 ½ cups	1 ½ cups	2 cups	2 ½ cups	2 ½ cups
Grains	3 ounces	4 ounces	5 ounces	5 ounces	6 ounces	6 ounces
Protein foods	2 ounces	3 ounces	4 ounces	5 ounces	5 ounces	5 ½ ounces
Dairy	2 cups	2 ½ cups	2 ½ cups	3 cups	3 cups	3 cups

Food Group ^a	2,200 Calories	2,400 Calories	2,600 Calories	2,800 Calories	3,000 Calories	3,200 Calories
Fruits	2 cups	2 cups	2 cups	2 ½ cups	2 ½ cups	2 ½ cups
Vegetables	3 cups	3 cups	3 ½ cups	3 ½ cups	4 cups	4 cups
Grains	7 ounces	8 ounces	9 ounces	10 ounces	10 ounces	10 ounces
Protein foods	6 ounces	6 ½ ounces	6 ½ ounces	7 ounces	7 ounces	7 ounces
Dairy	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups

^a Food group equivalents: 1 cup of fruit equals 1 cup of raw or cooked fruit, ½ cup of dried fruit, or 1 cup of 100% fruit juice; 1 cup of vegetables equals 1 cup of raw or cooked vegetables, 2 cups of leafy salad greens, or 1 cup of 100% vegetable juice; 1 ounce of grains equals 1 slice of bread, 1 ounce of ready-to-eat cereal, or ½ cup of cooked rice, pasta or cereal; 1 ounce of protein such as lean meat, poultry, or seafood equals 1 egg, 1 tablespoon of peanut butter, ½ cup of cooked beans or peas, or ½ ounce or nuts or seeds; 1 cup of dairy such as milk, yogurt, or fortified soy beverage equals 1 ½ ounces of natural cheese or 2 ounces of processed cheese.

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th ed. Washington, DC; US Government Printing Office 2010. <http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 10, 2014

*Health.gov

<http://www.health.gov/dietaryguidelines/2010.asp> (2015 Dietary guidelines coming soon).

**HealthyChildren.org

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Energy-In-Recommended-Food-Drink-Amounts-for-Children.aspx>