



## From farm to fork!

This activity is designed to help children understand where their food comes from. The aim of the activity is for children to match different foods to their food sources, e.g. bread to wheat. When the first player has matched all the foods on their plate to the correct food sources, they are the winner. The activity can be played with 2 to 4 players.

### You will need:

- 4 counters
- A die
- The food cards (red) and food source cards (green), cut out (you could laminate these to help them last longer). It may also be a good idea to stick the cards onto plain card before you cut them out. This will prevent the back of the cards showing text from the newsletter.

### Instructions:

1. Pick a player to be the dealer.
2. The dealer should shuffle the green cards and place them in the middle of the board, face down. Then shuffle the red cards and deal them out to all the players. Players can have 3 or 4 cards each. Spare cards can be put to one side.
3. Each player should place their cards on their plate. The pictures on the cards should be facing upward.
4. All the players should place their counters on the start.
5. The first player should roll the die and move the number of places shown.
6. The player must follow the instruction on the space where they land.
7. If the player is instructed to pick a card, they must take a card from the middle of the board. If this shows the source of a food on their plate, they can cover the food with the card, e.g. if the card was a lamb and they had a lamb chop on their plate, the chop could be covered with the lamb card.
8. If the player cannot cover a food with their card, they must place the card back in the pile, at the bottom.
9. If a player draws a tractor card, this acts as a wild card, and can be kept and used whenever the player wishes, to cover any food on their plate.
10. The players continue to take turns until a player covers all their food cards with the correct food sources. This player is the winner.
11. Players may wish to add or make up their own rules.