

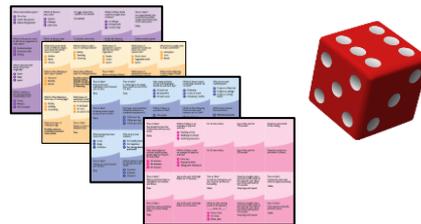
Health Hopper instructions

Information

- Health Hopper is a game for 2-4 players, aimed at pupils aged 5-16 years.
- Each question card comprises a standard question at the top on the lighter coloured background, and a more challenging question at the bottom on the darker coloured background. Players can answer the question on the lighter or darker background.
- Blank question card sheets can be downloaded and used to create a bespoke set of questions, if needed. Additional copies of the Health Hopper board and questions can be downloaded or purchased by visiting www.foodafactoflife.org.uk and searching Health Hopper.

Equipment

- Health Hopper board game
- Question cards
- A dice



Instructions

- Cut out the red, yellow, blue and orange counters at the bottom of the board.
- Separate the perforated question cards and place each category of card on the correct area of the board. (There are 20 cards for each category.)
- Each player should select a counter colour (red, yellow, blue or orange) and place their four counters on the corresponding label on the board (Healthy eating, Cooking, Food origin and Activity).
- The youngest player starts by rolling the dice and moving one of their counters the number of places shown. (Players will then take turns in a clockwise direction.)
- The aim of the game is for each player to get all of their counters around the board and onto their coloured pathway leading to the Health Hopper logo. When a player lands on a question mark, they must answer a question. The question should be from the same category as the counter that has landed on the question mark. For example, if a player's 'cooking' counter lands on a question mark, they must answer a question from the cooking cards. The person to the player's left should read the question for them. If the player answers the question correctly, they can move forward three spaces. If they answer incorrectly, they must move back three spaces.
- The winner is the first player to get all their counters on their coloured pathway (leading to the logo).

Why not add your own rules?

You could say:

- players have to throw a six to release a new counter onto the board;
- if a player lands on another player's counter, the counter at the bottom must go back to the start!

How can you use Health Hopper?

You could:

- use Health Hopper as part of a rotation of health related games and tasks for pupils to complete (visit www.foodafactoflife.org.uk and search Health Hopper for other ideas);
- use the Health Hopper question cards (without the board) to deliver a whole class quiz. Divide your class into quiz teams and do a quick 10 question round first thing every day during BNF Healthy Eating Week.