

# HEALTHY EATING & LIVING

Start

Finish!

You danced to a song today!  
Move forward two spaces.

Uh oh! You ate too many crisps.  
Go back two spaces.

You've had your '5 a day' today!  
Move forward two spaces.

Oh no! You played on the computer all day with no exercise.  
Go back two spaces.

Oh no! You ate too many sweets.  
Go back two spaces.

You went swimming today!  
Move forward two spaces.

You ate too many chips!  
Go back two spaces.

You drank all of your water today!  
Move forward two spaces.

You played football in the park!  
Move forward two spaces.

You forgot to brush your teeth.  
Go back two spaces.

You played a running game at playtime!  
Move forward two spaces.

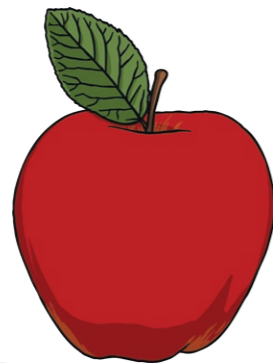
You forgot to wash your hands before lunch.  
Go back two spaces.

Oh no! You ate too many sweets.  
Go back three spaces.

You ate too many chips!  
Go back two spaces.

Uh oh! You ate too many crisps.  
Go back two spaces.

You drank all of your water today!  
Move forward two spaces.



APF ACTIVITY CAMPS

# Healthy Eating and Living Board Game

## Instructions

Roll the die and move your game piece that number of squares. Read the statement in the space and move forwards or backwards as directed.

This game can be for 2-4 players. The first player to get to the end wins!

