**Healthy Eating**

**Games via Internet**

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|  | A healthy Lunchbox **Drag and drop ingredients for a healthy lunchbox.**  **At the end your lunchbox will be checked to see if it is balanced.**  **Can print results.**  <http://www.foodafactoflife.org.uk/activity.aspx?siteId=5&sectionId=34&contentId=56>  [⏶](#_top) |
|  | | **Make a balanced plate.**  **Drag and drop the foods as they appear**  <http://www.foodafactoflife.org.uk/activity.aspx?siteId=5&sectionId=34&contentId=55>  [⏶](#_top) |
|  | | **Balance of Good Health Plate**  **Simple drag and drop the 5 food groups on to the plate**  Do not be put off by the Welsh!  Click on Wales not Cymru.  <http://www.glasgows.co.uk/fsa_interactives/PltLoad.swf>  [⏶](#_top) |
|  | | Nutrition SleuthHangmanWork out the missing nutrient <http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html>  [⏶](#_top) |
|  | | Grab a Grape **Here is the answer, what is the question**  <http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html>  [⏶](#_top) |
|  | | **Have a bite café.**  **Your meals for a day.**  **Are you eating right, choose a meal and find out.**  <http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html>  [⏶](#_top) |
|  | | **Healthy Eating**  **Food and Fitness.**  <http://www.bbc.co.uk/northernireland/schools/4_11/uptoyou/index.shtml>  [⏶](#_top) |
|  | | **Healthy Eating/Lifestyle Quiz**  **Best suited for one person to have a go.**  <http://www.foodfitness.org.uk/qu1.aspx>  [⏶](#_top) |
|  | | **Banana Sportz**  ***Chose the energy giving foods to win.***  <http://www.bananaland.com.au/games/banana-sportz/banana-sportz.php>  [⏶](#_top) |
|  | | **Make your own Cafeteria Lunch Game**  **Select your lunch and work out your calories.**  **Try a healthy lunch versus an unhealthy one.**  <http://www.funnytummy.com/games/cafeteria-lunch.html>  [⏶](#_top) |
|  | | **The Food Pyramid Game** Drag and drop <http://www.hooah4health.com/body/nutrition/pyramidinteractive.htm>  [⏶](#_top) |
|  | | **Food Pyramid Sorter**  **Beat the clock as you sort the foods into the right place.**  <http://www.foodpyramidgames.com/games/ss_shockenglish.htm>  [⏶](#_top) |
|  | | **Match the Food Groups** Drag and drop <http://www.dairycouncilofca.org/activities/pyra_main.htm>  [⏶](#_top) |
|  | | **Nutrition Mixer – Food Groups**  **Work out the food groups.**  <http://www.nutritionexplorations.org/kids/activities/arianna.asp>  [⏶](#_top) |
|  | | Combo KitchenWork out the food combinations <http://www.nutritionexplorations.org/swfs/kids-games/arianna/games/combokitchen/combokitchen.html>  [⏶](#_top) |
|  | | **Quintricious**  **The 5 Food Groups**  **Tetris style game**  <http://www.nutritionexplorations.org/swfs/kids-games/arianna/games/quintricious/quintricious.html>  [⏶](#_top) |
|  | | **Dental Health**  **Sort the food out by healthy or hazardous for your teeth.**  <http://users.forthnet.gr/ath/abyss/games/food.htm>  [⏶](#_top) |
|  | | **Multi choice answers about healthy eating and potatoes**  <http://www.potatoesforschools.org.uk/FFT/HK/index.html>  [⏶](#_top) |
|  | | **The Energenie Energy Trail** **Age 7-11 year olds**  <http://www.flourandgrain.com/gamesandvideos.asp>  [⏶](#_top) |
|  | | [**Healthly Living Meal Planner**](javascript:;)Age 11-14 year olds  (Suitable for individuals, not a game).  **Try out the Interactive Meal Planner to see if you can design a balanced diet for a week, or find extra info by printing the Investigating Good Meal Planning activity sheet.**  <http://www.flourandgrain.com/gamesandvideos.asp>  [⏶](#_top) |
|  | | **The Picnic Panic Game**  **Catch the healthy food in the picnic basket.**  <http://www.kidsfoodclub.org/fun/picnic.asp>  [⏶](#_top) |