

# MEMORY GAME

## Equipment

- ✓ Fruit and vegetable cards (example cards provided here)

LET'S TALK ABOUT FOOD



RECOMMENDED AGES:  
3 TO 5 YEARS

## Activity

- 1 Print off a set of food cards and cut these out. You may wish to laminate these cards to make them more durable.
- 2 Shuffle all cards and lay them face down on a table or flat surface.
- 3 Explain to the children that the aim of the game is to remember where each card is when it is turned over and then find two that are matched / the same.
- 4 Have children take turns in turning over two cards each. Prompt them to try to remember where the pair of the first card they turned might be.

## Questions

- What vegetable is this?
- What colour is it?
- Why are vegetables good for our bodies?
- Which of these vegetables have you never tried before?
- What are your favourite fruits and vegetables?

## Learning links

- Fine motor skills
- Healthy choice
- Communication skills