Healthy Eating Game

Tap to keep the healthy food

Activity Structure – 45min

Activity	Timing
Warm up Game	5 mins
Introduce Story and Project	10 mins
Main Activity	25 mins
Final test & debug	throughout
Share with group	5 mins

Overview
Have healthy and unhealthy food flying about, when you tap the food if it is healthy it goes on the plate (using the Go Home Block) and disappears if it is unhealthy food (using the hide block)

Learning Objectives
* To use the Hide Block
* To use the go home block.

*** Preparation:
Print and cut out food sorting cards – See resources
OR Cut images from magazines of healthy and unhealthy foods.
(The free supermarket magazines are ideal.)

National Curriculum Links
Computing
* Children will understand that programs execute by following precise and unambiguous instructions
Speaking & Listening
* To critique, evaluate and test their ideas and products and the work of others.

Warm up game: Can you go home?
* Ask the children to sit/stand somewhere memorable in the room (e.g. next to the door, in the chair by the tutor, etc.) Explain that this is their 'home'. They need to remember where it is for this game. Invite the children to walk around the room (you could use laminated code blocks to control their movements). Show the 'Go Home' block and explain that when you show this the children need to go back to their home.
* You could also get the children to sit in a circle (noting who they are sat next to). Invite them to walk around the room, but when you show the 'Go Home' block they must return to their original position in the circle.
* Depending on space children could play together, or individually with the group supporting the individual.

Introduction (discuss the project together, share ideas and create excitement)
* Have a selection of pictures of healthy and unhealthy foods. Help the children arrange the foods into healthy and unhealthy groups and discuss with them why they are good or bad for them. Encourage everyone to contribute and listen.
* Show the children the project. What happens to the healthy food? What happens to the unhealthy food?
* Look at a healthy food character's code. *What does the first line of code do? What start block is used for the movement line of code? What about the second line? Will the character continue to move after they have been tapped? Why not?* Check understanding and address any misconceptions by demonstrating this by removing the stop block... What happens if we do not have the stop block?
* What happens to the unhealthy food character when it is tapped? Let's check the code and see if we are right.

Project Plan

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Healthy Eating Game
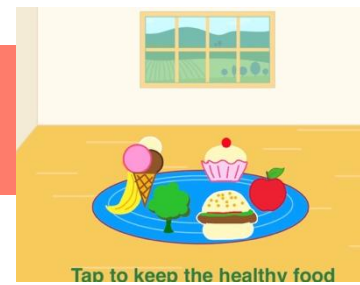
Main Activity Key questions and teaching

1. Choose the empty room background, the rug will be the plate.
2. Draw, edit or select 3 healthy food characters from the library. Code the movement for each of the healthy food characters. *Can you use different movement blocks to make each character move in a different direction?* [Start on Green Flag, MOTION BLOCKS, Repeat forever] *Why do you need a repeat forever block? What would happen if we just used a repeat block?*
3. Position each of the characters on the plate 'home.'
4. Code each healthy food character to 'Go home' when tapped. [Start on Tap, Stop, Go Home] *Which block will make my character go home? What will the start block be?* Don't forget to also use a stop block. *What happens if we don't use the stop block?*
5. Play, check and debug the game so far. *Do the characters "go home" to the plate? Do they all stop?*
6. Repeat Step 2 for Unhealthy food.
7. Code each unhealthy food character to hide when tapped. *Which block will make the character disappear? What will my start block be?* [Start on Tap, Hide] *Do you need a stop block? Why not?*
8. Record or Add Text to give the player clear instructions on how to play the game.
9. Test and debug. *Do the unhealthy food hide? Do the healthy food go home to the plate? Are the characters a good size for the player to tap?*

Teaching Points

- To ensure there's progression and learning encourage the children to copy-code the first character, do the second character with less support, and attempt to code the third character independently.
- Make sure the children position their healthy food characters at the 'home' so that they return there when they are tapped.

Possible Extensions

- The children could code the food characters to move in more complex ways, e.g. use concurrency to make them move diagonally.
- Add a recorded sound or a POP before the character "Hides" or goes "home".
- *Have more characters*

To Simplify

- Only have 4 characters.
- Have very simple movements for the characters, for example [Start on Green flag, Left, Repeat forever]
- Simplify the instructions at the start 'Catch the food' or leave them out altogether.

Finishing up

- Swap your tablet with a friend and play their game. *What did you like about your friend's game?*

There are many factors which can affect whether we would categorise food as healthy or unhealthy. Typically, food which is highly processed like microwave meals are less healthy than natural foods like fruit and vegetables. Processed food also often has high sugar and saturated fat levels both of which are bad for your body in high amounts. Foods like burgers and crisps often have relatively few minerals, vitamins, and nutrients that our bodies need to function. However healthy foods like broccoli, bananas, and beans tend to have a lot of these.

Eating a healthy balanced diet is one of the best things that you can do to improve your health. A balanced diet means that you eat an even spread of fruit, vegetables, proteins and carbohydrates to ensure that your body is getting all of the vitamins and minerals that it needs to thrive.

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