

## You run like you eat!

Jeff is a greedy horse who loves eating only sweets and snacks. Unfortunately, his eating habits do not help him being agile and fit. Only after losing the race at the farm Jeff realizes how important it is to eat healthily. The story teaches that vegetables are not only good... but they can also be fun!

Subjects	Social skills introduced
Mathematics Science Art	Friendship Proper nutrition

## **Further information**

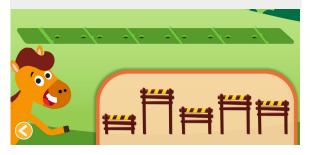
Food education in kindergarten is essential to encourage good habits and a serene and balanced approach to food from childhood. Teachers do a great job in educating kids about the variety of foods and respecting the rules to grow healthy and strong in order to learn to take care of their body.





	Suggested age 4-5 years	Difficulty of game	<ul> <li>Learning objectives</li> <li>Perception of dimensions</li> <li>Properties of objects</li> <li>Visual attention</li> </ul>
You run like you eat!			

Put the obstacles in order: put them from lowest to highest



Peter has hidden all of the treats! Can you find them in his pantry?



Make a fruit and vegetable kebab with all the colourful pieces of food!

