



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

Mathematics
Science
Art

Social skills introduced

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



Learning objectives

- Perception of dimensions
- Properties of objects
- Visual attention

**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!**

