



Food Sorting Game

Experience

Invite children to cut out a range of images from various magazines/junk mail catalogues.

Discuss the rules of sorting/classification with your child. For example, you might sort all food pictures against five food groups:

1. Dairy- milk, yoghurt, cheese
2. Grain -cereals, bread, high fibre
3. Fruit
4. Vegetables and legumes/beans
5. Lean meats, poultry, fish, eggs, nuts/seeds

Learning benefits

- Develops classification skills (maths concept)
- Increases inquiry and problem solving abilities
- Increases vocabulary during conversations



10 mins



5 - 12 years

Materials

Old magazines or Junk mail (catalogues)
Scissors

Hints and Tips

Use pictures to make sorting posters

Variation: sort pictures into two categories - healthy and sometimes foods

Indoors or outdoors

Acknowledge children's efforts