

## NUTRITION (BUSH TUCKER) GAME

### AIM

This game will help children develop an understanding of the nutritional value of traditional Aboriginal bush tucker and in comparison the same for everyday foods.

### DESCRIPTION

The game is set out on a piece of large cardboard with varying pictures of bush tucker and everyday food. Next to each picture is a brief description of its nutritional value, where it is found, and where it grows or what animal it comes from. For example, display a picture of a witchetty grub, explain that it is high in protein and fat, is traditional Aboriginal bush tucker, lives under the ground and can be eaten raw or cooked and tastes like scrambled eggs when eaten. Then display a picture of an egg hidden under a flap of paper with a question mark on the flap of paper. Next to that ask the question 'what is high in protein and fat, comes from chickens and can be cooked many different ways and can be found in supermarkets everywhere in Australia'? Children will learn the correlation between the two foods and their nutritional content.

### METHOD

Instructions on how to make nutrition (bush tucker) game...

1. Get large piece of cardboard
2. Apply relevant pictures e.g. Fruit, witchetty grub.
3. Write a brief description of food and its nutritional value.
4. Cut separate piece of paper to size to ensure it will cover the picture. Fold top part of paper then glue over picture to create cover, and then draw a question mark on cover.
5. Write a question for each of the two pictures of food displayed.