



Celebrity Jungle Style Food Game



Aim

To show that as we have to be careful with what we eat, so we have to be careful with what we feed our minds.

This is a food challenge game based on the Celebrity Jungle bush tucker trial idea. It is an introduction to the theme of 'healthy minds'.

Find a variety of food items including some that the group might not want to eat.

Give some items unappealing names.

Include food that looks good but is potentially unhealthy.

Encourage them to try anything that won't harm them.

I looked around the house and the supermarket to see what I could find. Here is my list of what I did to give you some ideas but you will need to customize this. It was great fun to set up.

- A jar of pickled mussels
- Half a jar of jam that had started to ferment
- A very black banana with broken skin
- Some leftover egg fried rice that had **NOT** been in the fridge (**could cause food poisoning**)
- Some olives
- Some chopped pickled cucumber/gherkin
- Some silverskin onions painted with green food colouring
- Some white chocolate chunks softened in the microwave and rolled into worm shapes
- A peanut bar softened and rolled into small balls (named it 'squirrel droppings!')
contains nuts!
- Glace cherries cut in ½ (named it 'rabbits' hearts'?)
- Noodles coloured with green food dye
- Root ginger (named it 'reindeer antler'!)

Beware of food allergies, vegetarians/vegans and cultural sensitivity.

Discuss

What might happen if you ate unhealthy food?

Some food looks and tastes good but it is contaminated with bugs such as salmonella so we get food poisoning. If chicken or egg dishes are left at room temperature for too long they still taste good but can make us ill.

Feeding our bodies is fairly obvious – what about feeding our minds?

In what ways do we feed our minds?

What happens if we feed our minds bad stuff – can that make us ill? Doctors tell us that it can actually change the chemistry of our brain and have a significant effect on us. Feeding our minds in a positive way is extremely important for our overall health and well-being.