



“THE CAKE GAME”

"The cake game" is a game about nutrition, designed to make people think about the importance of the combination of nutrition and movement. It is the result of a multidisciplinary work of the teachers of class III C - Secondary School of Istituto Comprensivo Barzanò. It belongs to the category: "TASTE IS KNOWLEDGE" (Lifestyle: health and wellbeing) and aims to teach a healthy diet, through the knowledge of the calories of different foods and by solving riddles, performing gymnastic exercises.

There are two versions of the game: a multimedia and a paper one. This double option was chosen to meet the demands of all players aged from 9 to 90 and over, whose number can swing from approximately 1 to 20 (in which case there will be teams with more players). One player, chosen by random, will have the task of administering the game, asking questions, moving the checkers and checking that the rules are respected.

In the digital version you can play individually, by making the path that leads to the top of the cake, where the player who accumulates the smallest amount of calories will stand as the winner.

In the paper version you need:

- the cake shaped game board with 53 numbered boxes;
- 4 decks of cards (symbols: apple, cake, pizza, weights with different questions, riddles, intruders, calories, stretching exercises);
- the game rules;
- a dice;
- pawns to be placed on the various boxes;
- bottles of water (0.5 l);
- stopwatch.



HOW TO PLAY

THE PURPOSE OF THE GAME IS

to reach the highest podium of the pie in the shortest possible time.

In the multimedia version, the winner is the player who reaches the podium with the fewest calories.

RULES

Paper version:

Each player (or team) has to place his/her token on "START".

Each player throws the dice and the one who gets the highest number begins the game. In case of draw you have to throw the dice again.

The player with the second highest number, throws the dice again and moves his/her marker followed by all the other players.

Every time you place your marker on a box with a symbol, you have to follow the instructions on the corresponding card (apple, pizza, cake slice). If you end up on the white boxes you have to stop for a ride; if you are on those with the symbol of chocolate and chips, you have to go back five boxes; if you end up on the boxes with burger and drink, you have to return to the "START", while if you end up on those with the weights you have to do gymnastics.

The administrator of the game, after drawing a card from the deck in question, reads the question to the player or the team. 1 minute will be given to answer, find the intruder or solve the riddle, while for the tongue twisters there will be three minutes to memorize them. The answers, only visible by the judge-administrator, are written at the bottom of the cards. Then the card is placed underneath the others.

If the player answers correctly, he/she has the opportunity to continue to throw the dice again, if he/she errs he/she steps 1 box back and it is the turn of the next player.

Multimedia version:

Each player has to face the path that leads to the top of the cake and the winner is the one who accumulates the fewest calories. The players discover the different calories of foods, have to deal with physical activities and answer questions.

HAVE FUN!

Class 3C and teacher Mrs M. Magni

