



Fruits and vegetables are very important for our health. Teaching our children to eat healthy food is a responsibility of adult family members from the beginning of childhood.

However, many adults who are well prepared on this subject overlook the seasonality of products. Consuming fruits and vegetables at the right time of year allows you to enjoy superior nutritional properties and on environmental and economic waste.

Through the memory game *Eating in Season*, we have aimed precisely at this twofold objective: to make children aware of the importance of following a conscious and correct diet, and at the same time to guide them in the knowledge of the seasons and the food each gives us. This dual educational purpose is embedded within the main feature of the game -- the pleasure of playing and having fun. Playful activity constitutes a privileged tool for children to learn, express, elaborate their inner worlds, and compare them to the surrounding reality.

By playing the memory game *Eating in Season*, children will learn to:

- Name the variety of fruit and vegetables depicted
- Identify the seasons, with their characteristics
- Learn the vegetables that grow in each season
- Respect our resources and Planet Earth

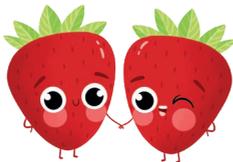


Great attention has been paid to the choice of colors and images in the game: the variety of vegetables represented, their excellent representation, and the attention to detail make the images attractive to children. In addition, thanks to the memory game, the child can develop visual memory, increase the ability to sustain attention and concentration, and increase the ability to observe and internalize turns and rules. Finally, the variety of foods depicted will allow the child to learn their names, thus expanding his/her vocabulary.

What other benefits can the child derive from the development of nutritional and environmental education?

- Attention to one's health
- Development of empathy and respect for others
- Development of awareness and critical thinking

Most importantly, the internalization of daily habits allows us to protect the environment and empowers us to improve the quality of life for our children and the development of more attentive and satisfied adults!





Additional gameplay modes

1. There is an intruder!

Age: 3 years and up

Additional skills developed:

- Logical and observation skills
- Reasoning
- Ability to categorize

Variables:

Depending on the age and abilities of the child, the adult will decide whether to add one or more wrong cards to each category.

Game mode:

The adult divides the equal pairs into two groups, so that both have the same cards. S/he then places the cards of one of the two groups on a table and divides it into four rows according to the season (spring/summer/ autumn/winter fruit and vegetables).

S/he later asks the child to turn his/her back and, using some of the cards of the other group, s/he places food from another season in each row (e.g., a chestnut added to a group of summer fruit and vegetables). The child must find the intruder for each season and indicate which one it is and where it belongs instead.





Additional gameplay modes

2. Bingo!

Age: 3 years and up

Additional skills developed:

- Logical and observation skills
- Reasoning

Rules:

A minimum of two children is required.

Materials:

The adult divides the equal pairs into two rows, so that both have the same cards. The cards from one row are then placed in a bag and the cards of the other one spread on a table. In turn, starting from the youngest player, the children choose their food cards from those on the table (Attention: the number of cards must be the same for each player). The adult will then draw a card from the bag and show it to the children.

Whoever pairs all his/her cards first wins.





Additional gameplay modes

3. Fruit on forehead

Age: 4 years and up

Additional skills developed:

- Creativity
- Reasoning
- Lexical skills

Variables:

Depending on the age and abilities of the child, the adult will decide whether to use all the cards or to reduce the number of them.

Game mode:

Pairs are divided between adult and child so that both have the same cards. The adult puts his/her cards in a bag, while the child places them on a table. The adult then draws a card and, without showing it, asks the child to hold it in his/her hand. Based on the characteristics and details of the fruit vegetable, the adult describes the image without naming the food represented. The child must understand what it is, say its name and match the correct food to it. After becoming familiar with the game, the roles can be reversed.





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Eco-Logic Games

The ideas of respecting the environment and safeguarding our children's future are closely related: all family members must be taught from an early age to protect our resources and our common home. In early stages of development, children learn that their actions affect themselves and others.

It doesn't take much to convey an eco-sustainable lifestyle to the little ones; the important thing is to do it in a fun and creative way. This is why we created the Eco-Logic line! The goal is to help children discover behaviors to adopt that show respect for the Earth and its inhabitants.

Our Eco-Logic games are designed for children between 2 and 5 years of age. The dynamics are simple and based on known methods, which have been proven to be significant for the development of entire generations and shared by several cultures. Puzzles and memory games are examples of these methods.

We chose the name Eco-Logic because we want to bring children closer to the environment, accompanying them in the development of a series of skills while they are having fun! Which ones? In this series we focus on promoting logical skills, memory, attention, concentration, temporal and causal order, and critical thinking. Every single game has its features: come and discover them!

Made with the collaboration of



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