

Important Nutrients in the Diet - Macronutrients

I went to the shop and I bought:

- Start with one student who will say, “I went to the shop and I bought” followed by one random item of their choice.
- The student beside them will repeat what the previous student said while adding another item.
- Continue this around the room.
- If a child says an item in the wrong order or forgets an item, then they are “out”.
- Continue around the room until there is only one child left.
- They are the winner!!

