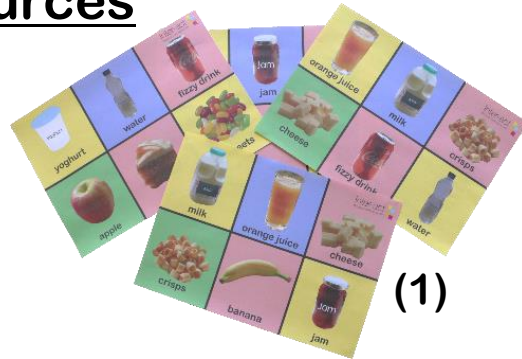


Simple lotto activity

Resources

- **Master-boards**



- **Matching cards with ticks and crosses (cut into individual cards)**



Activity

This activity can be played with your child or with a group of friends.

1. Find a quiet place to sit. This could be either at a table or on the carpet.
2. Ask the child if they know which food and drinks are good for their teeth and which are bad for their teeth.
3. Explain the rules of the game:
 - a) Each player has one master board.
 - b) Place the cards in a pile in the middle. Each child takes a card and matches it to their board
 - c) If the card is not on their board they can match it to a different board.
4. The game finishes once the boards are covered with cards.
5. Talk to the child/children about the importance of choosing the right foods. Ask about what happens if they eat the wrong foods.

Preparation

1. Print off two different master boards, one for each child and then laminate.
2. Print off two different sets of matching cards; enough to cover each master board. Laminate and cut into individual cards.

