

A stylized graphic of an eye on the left side of the slide. The eye is composed of concentric circles: a dark blue outer ring, a white middle ring, and a black inner circle. A small white circle is positioned on the right side of the black inner circle, resembling a reflection or a highlight. The eye is set against a background of blue and green curved shapes.

Focus Games Ltd

Melvin Bell

@FocusGames

A small, empty white rectangular box located in the bottom right corner of the slide.



Glasgow studio with 10 staff

Developing educational board games since **2004**



Over **1 million** people have played our games



When we are young we learn through play



1/3

10-11 yr olds are overweight



Only 1/10 boys and 1/13 girls eat five portions of fruit and vegetables each day

+50%
young people

are affected by negative body image

Childhood obesity can cause:



Low self-esteem



Social difficulties

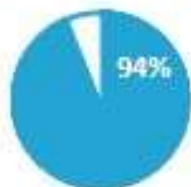


Anxiety issues



Disordered Eating

Teaching about body image:



94% of teachers think it has a positive impact

BUT



25% aren't confident teaching about it

The Food, Mood & Health game offers:



**Safe environment
for discussions**



**Helps reduce
screen time**



**Pressure free
conversations**



**Inclusiveness -
playing in teams**



**Encourages
positive attitudes**



**Teachers take on a
support role**

Support your lessons by:



INSTEAD OF



**Guiding discussions rather than
leading them.**

**Educational board games build confidence and support potentially difficult conversations about
Food, Mood & Health.**

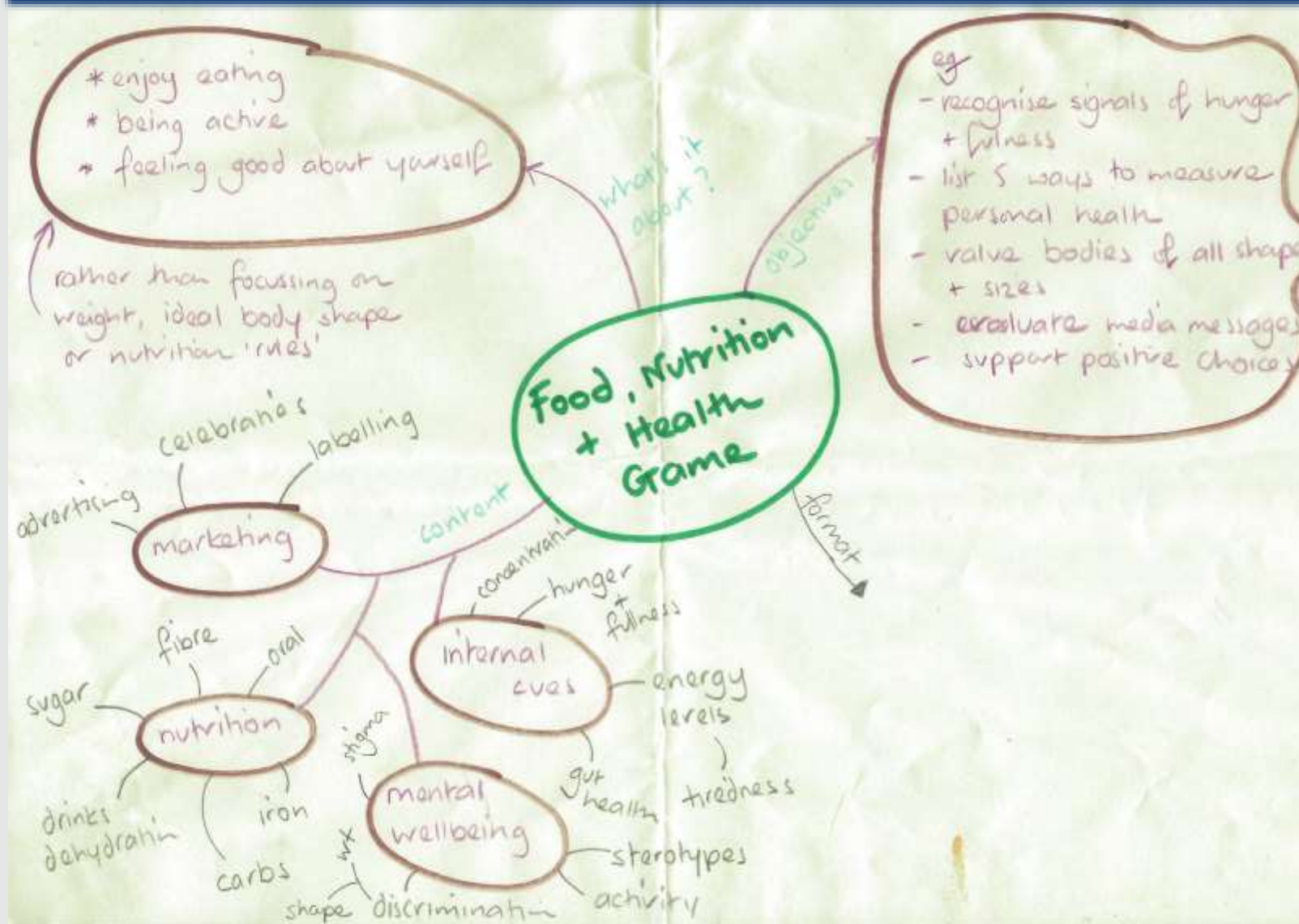


David Rex



Fiona Clarke

Where games start!



Developing a game

Development Phase 1



Development Phase 2



Development Phase 3



Development Phase 4



Production Phase 5



Knowledge + Skills + Confidence



What do people think?

"Our moods and emotions influence our food choices, and vice versa. This game explores both sides of that coin, helping participants to develop a healthier relationship with food"

Dave Rex, RD Specialist Dietitian

"As many young people struggle with body image issues I feel the picture cards on airbrushing were particularly effective at engaging pupils and generated some very insightful discussions."

Shirley Oldale, Head of Food & Nutrition, Wakefield Girls' High School



Focus GAMES

Food, Mood and Health Game Lesson Plan

Topic Aims

- To develop an understanding of the importance of adopting a healthy lifestyle.
- To understand why pupils make certain choices about their health.
- To encourage pupils to make positive decisions about their own wellbeing.

Cross Curricular Links

- ICT: Online research, software presentation tools
- Home Economics: Creation of healthy balanced recipes
- Maths/Numeracy: Budgetary control for healthy balanced recipes
- Drama/Theatre: Dramatic group work.

Prior Pupil Knowledge

- Literacy skills
- Awareness of different types of food groups
- Effective group and pair working
- ICT knowledge

Resources Required

- Food, Mood and Health Game: adequate number of copies of the game
- Computers for ICT research
- Magazines
- DVD/Video Clips featuring health and wellbeing issues
- Worksheets (optional) – differentiated where necessary
- Scenario matching cards (optional) – differentiated where necessary

Lesson Overview

- Lesson 1: Topic Introduction
- Lesson 2: Class Discussion and Presentations
- Lesson 3: Food, Mood & Health Game
- Lessons 4-6: Hot Topics Explored
- Lesson 7: Understanding Lifestyle Choices
- Lesson 8 & 9: Group Work
- Lesson 10: Evaluation and Peer Assessment

www.foodmoodandhealth.co.uk @FoodMoodGame



A stylized graphic of an eye on the left side of the slide. The eye is composed of concentric circles: a black pupil, a blue iris, and a white sclera. A small white circle is positioned above the pupil. The eye is set against a blue background, which is further framed by a green shape on the left and top edges.

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