

# Mangeons!

Object of the game: To be the first one to fill your plate with all the food groups, a beverage, and a dessert (The players will try to collect all four food group cards, then a dessert card.)

Ideal number of players: 3-6

Time needed to play one game: Anywhere from 15-30 minutes, depending on how many players are playing and how much time those players take for each turn. (Some students play very quickly and are efficient with their time, and others seem to take forever on their turns.)

You will need:

- a copy of the place setting picture for each player
- a place card for each player
- one copy of the cards, printed onto heavy card stock paper

How to set up:

Give each player a place setting paper. Each player also needs a place card, folded in half and set at the top of his place mat. Cut out all the cards, put them face down in one stack, then shuffle them well.

How to play:

General rules:

- 1) Each player starts with just one card. You must have at least one card in your hand at all times, so you can't put this first card down on your plate. You can have more than one card in your hand, but you must have at least one. If you have more than one card in your hand, you may then put a card from your hand onto your plate.
- 2) On each turn, players can do one of two options: they can either receive a card, or lay down a card. (Remember that to lay down a card you must have more than one card in your hand.) You can't both receive a card and lay down a card on the same turn.
- 3) You must lay down cards for the four food groups, and your beverage, before you can lay down a dessert card. You can lay down the food groups in any order. You don't have to go in numerical order.
- 4) If you only have one card in your hand and someone asks you for it, you must give it to them, but then you draw a replacement from the draw pile.
- 5) You may hold cards in your hand for later use. For example, if you have a dessert card, you may hold it in your hand until you have completed all of the food groups and the beverage. Then you can lay down the dessert card.
- 6) The winner is the first player to lay four cards on their plate (one for each food group) and beverage card (lay it on top of the glass), then a dessert card.

To start playing:

- 1) The first player chooses one of the other players and asks (in French, of course) if they have a certain food item. The phrases on the place cards are designed to facilitate conversation. For example, the first player might ask another player, "Marie, as-tu un légume?" If Marie has a légume, she must say, "Oui," then give it to the first player. The first player must then tell her, "Merci," and she must reply, "De rien." The first player then has two cards and may lay down one of them on his plate if he wishes to do so. If Marie does not have a légume, she replies, "Non. Je suis désolé. Je n'ai pas un légume." The first player must then draw a card from the draw pile. He cannot then lay down this card immediately because you can only do one thing on a turn-- either receive a card or lay down a card.
- 2) The play continues like this, with each player getting a turn to either lay down a card (as long as they have more than one card in their hand) or to ask another player for one of the food groups or a beverage. You may only ask for a dessert card if you already have your four food groups on your plate and your beverage on your glass.
- 3) Once a player has all four food groups and a beverage, they may lay down a dessert card. The first player to lay down a dessert card wins the game.

TIP: Have your students play the game more than once, especially if their first game happens to go quickly. (If you have a large class, you might want to consider shuffling the teams between games.)



. Each player will need a place card. Cut out the rectangles and fold them in half. Then set the cards at the top of the place mats.

**Comment dit-on en français?**

**As-tu un(e) \_\_\_\_\_?**  
*Do you have a \_\_\_\_\_?*

**Oui. Non.**  
*Yes. No.*

**J'ai un(e) \_\_\_\_\_.**  
*I have a \_\_\_\_\_.*

**Merci.**  
*Thank you.*

**J'ai (de la/ du/ des) \_\_\_\_\_.**  
*I have some \_\_\_\_\_.*

**De rien.**  
*You're welcome.*

**Je suis désolé(e).**  
*I am sorry.*

**Je n'ai pas d' \_\_\_\_\_.**  
*I don't have any \_\_\_\_\_.*

**Comment dit-on en français?**

**As-tu un(e) \_\_\_\_\_?**  
*Do you have a \_\_\_\_\_?*

**Oui. Non.**  
*Yes. No.*

**J'ai un(e) \_\_\_\_\_.**  
*I have a \_\_\_\_\_.*

**Merci.**  
*Thank you.*

**J'ai (de la/ du/ des) \_\_\_\_\_.**  
*I have some \_\_\_\_\_.*

**De rien.**  
*You're welcome.*

**Je suis désolé(e).**  
*I am sorry.*

**Je n'ai pas d' \_\_\_\_\_.**  
*I don't have any \_\_\_\_\_.*

Tu dois boire quelque chose. →

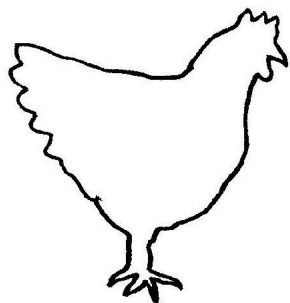
Tu dois manger:

- 1) un légume
- 2) un fruit
- 3) une protéine
- 4) un hydrate de carbone

Alors, tu peux manger:

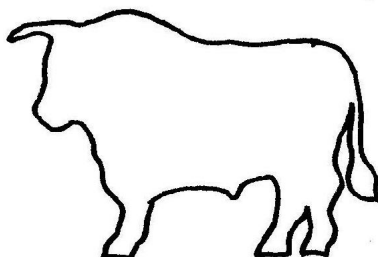
♥ le dessert ♥

le poulet



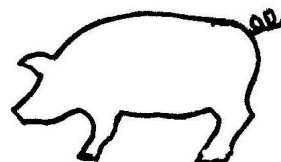
PROTÉINE

le boeuf



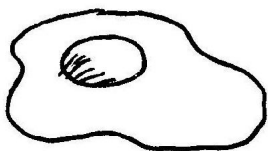
PROTÉINE

le porc



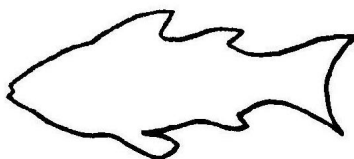
PROTÉINE

les oeufs



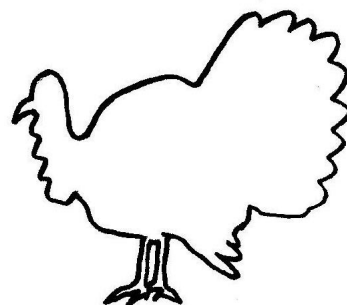
PROTÉINE

le poisson



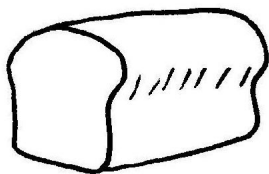
PROTÉINE

le dindon



PROTÉINE

le pain



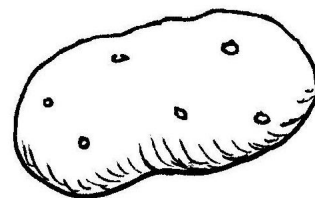
HYDRATE DE CARBONE

le riz



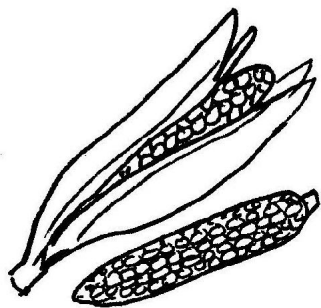
HYDRATE DE CARBONE

la pomme de terre



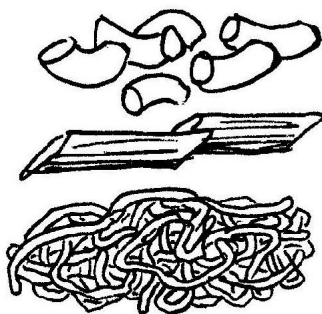
HYDRATE DE CARBONE

le maïs



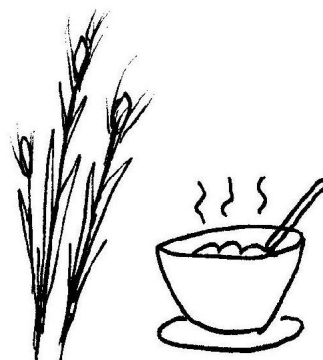
HYDRATE DE CARBONE

les pâtes



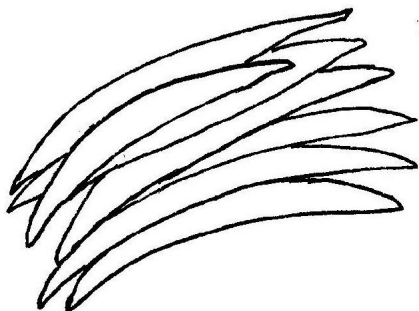
HYDRATE DE CARBONE

l'avoine



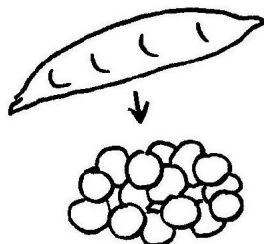
HYDRATE DE CARBONE

les haricots



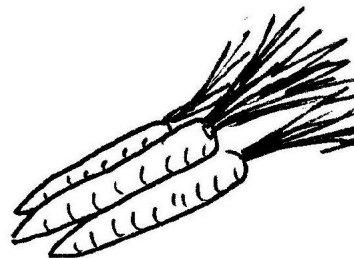
LÉGUME

les petits pois



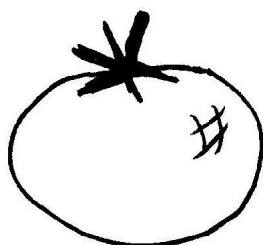
LÉGUME

les carottes



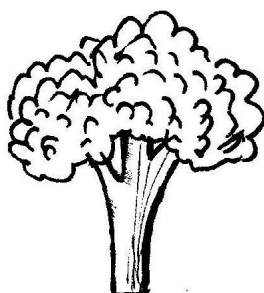
LÉGUME

les tomates



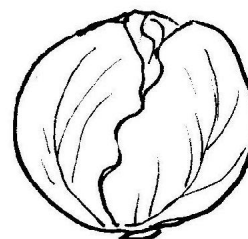
LÉGUME

le brocoli



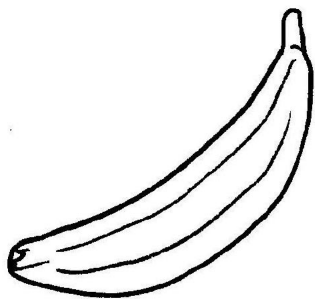
LÉGUME

le chou



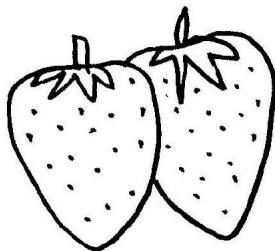
LÉGUME

une banane



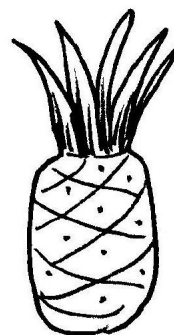
FRUIT

les fraises



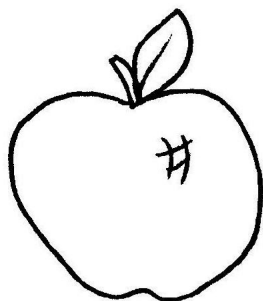
FRUIT

l'ananas



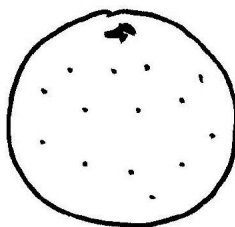
FRUIT

une pomme



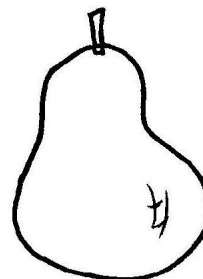
FRUIT

une orange



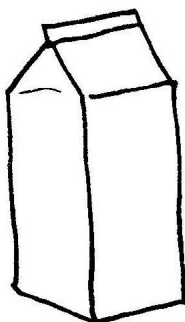
FRUIT

une poire



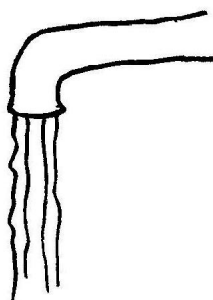
FRUIT

du lait



BOISSON

de l'eau



BOISSON

du café



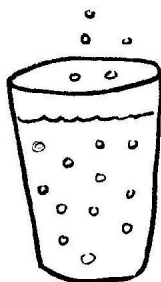
BOISSON

du thé



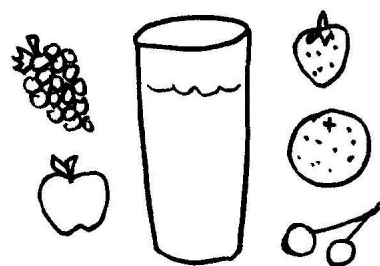
BOISSON

une boisson gazeuse



BOISSON

du jus de fruit



BOISSON

les biscuits



DESSERT

les pâtisseries



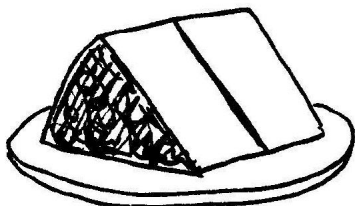
DESSERT

la glace



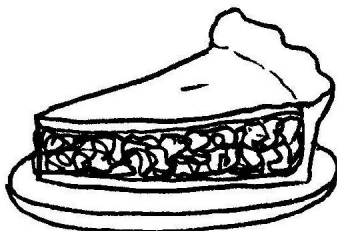
DESSERT

le gâteau



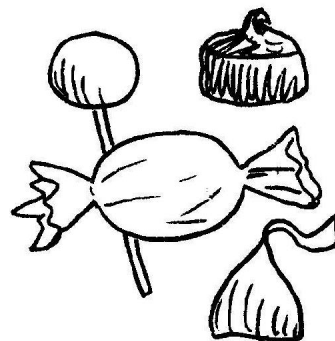
DESSERT

la tarte



DESSERT

les bonbons



DESSERT