

Who's my Partner game!

Healthy Lifestyle

ConnectABILITY.ca



WHAT MAKES IT MEANINGFUL

Learning about food and what pairs well together are an important part of independence and making good choices. A healthy diet is essential for good health and nutrition and an all-around happier lifestyle and quality of life. It protects you from noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of healthy foods and less sugar and salt, are essential for a healthy diet and a rewarding future. This game is interactive and allows individuals time to socialize and communicate while learning a little about food.

The object of this game is to find your partner through effective communication and problem solving.

TIME

Ten to thirty minutes depending on the size of the group and communication level.

MATERIALS

- Paper
- Pen/pencil
- Tape



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INSTRUCTIONS

Prepare the list and paired items in advance.

Have individuals with their backs facing the staff. Tape a sheet of paper onto every players back so they do not know their own word. The player must try to find the person with the mate to her/his word by asking questions. No player can ask another what their word is.

Example partners are:

- Bread and Butter
- Meat and Potatoes
- Cheese and Crackers
- Peanut butter and Jam
- Milk and Cookies
- Rice and Beans
- Lettuce and Tomato
- Hamburger and French Fries
- Spaghetti and Meatballs
- Salt and Pepper
- Icing and Cake

RESOURCES

www.health.ny.gov

SUPPORTS NEEDED

This can be played with six or more players.

OTHER THINGS TO NOTE:

Have an open discussion on why these items pair well together; what other things go well together and which are the healthy choices.