

Funkie Munkie's!

Grab-A-Grub

Game

A funtabulous game, full of food, fun, frolic and laughter, for all ages....!!!

The 'first' game with oodles of:

Healthy Eating

Healthy Exercise

Healthy Fun



Suitable for 3yrs+
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Funkie Munkie's Grab-A-Grub Game

Theme 1: Five-a-day

The Aim: This is a thematic game. The players have to prepare a plate of healthy food using just a dice and pure fitness. All the items are numbered and have to be acquired in numerical order. The first person to get all items on the plate is the winner. The game can be extended by adding different themes which require more items to be obtained.

No. of Players: Ideal for 2-6 players, but more players may play, making the game last a longer.

Five a day - Requires plates and five different pieces of fruit and vegetables. This game will need one dice only as the items add to '6' same as the numbers on the dice.

What you need:

- Dice
- Fruit and Vegetable shapes
- Paper plates - enough for all players
- Paper, pens and pencils.

Order of items:

1. Plate
2. Fruit
3. Vegetable
4. Fruit
5. Vegetable
6. Fruit



The Preparation: Place paper plates, fruit and vegetable shapes in a horizontal line on the floor. Each item starting from the plate, which is 'ALWAYS' No. 1, must be clearly numbered up to 6. You may choose what fruit or vegetable you want to play with, once decided, they must be numbered.

Place markers or name places for each player, parallel to the prop line, approximately 5 metres away. (Distance can be flexible to accommodate space restrictions).

The Rules: Each player throws the dice to ascertain who goes first. Once established, players place themselves in a line marked with their names.

- To start the game, each player has to get a '6' before you can start. Once you have got a '6' then you have to get the correct number on the dice in the order of the items, starting with No. 1 for the plate.
- Each item is worth 2 points. Once the player has got the required number, they have to run to the item pick it up and run back to their spot again.
- While the player is running to get the item, the rest of the players shout out 'Grab-A-Grub' ten times, using their fingers to count on.
- The player has to get back to its place before they have counted to ten, in which case the remaining number is added to their score. For example, if player returns on the 6th count, then the remaining 4 points are added to their score and so on, to the end of the game.
- If the player does not get the required number to start, he/she has to do star jumps for the number they have thrown, with the rest of the players counting the jumps.

The Winner: The player that has acquired all the items in the correct order, gets another 10 points added to their score. A prize can be awarded, or a competition can be run to see who wins at the end of the month or periodically.

This is a great game for Activity Centres, Schools, Events, etc.



Theme 2: Build-A-Sandwich

The Aim: This is a thematic game. The players have to prepare a plate of healthy food using just a dice and pure fitness. All the items are numbered and have to be acquired in numerical order. The first person to get all items on the plate is the winner. The game can be extended by adding different themes which require more items to be obtained.

No. of Players: Ideal for 2-6 players, but more players may play, making the game last a longer.

Build-A-Sandwich - Requires plates, bread and the fillings. This game will need dice as the items add to '6' same as the numbers on dice. This game is slightly different to 'Five-A-Day' as the players have to make 5 different sandwiches, using the different fillings.

What you need:

- Dice
- Bread shapes
- Cheese slices shapes
- Beef slices shapes
- Chicken slices shapes
- Ham slices shapes
- Egg slices shapes
- Lettuces shapes
- Tomato slices shapes
- Cucumber slices shapes
- Paper plates - enough for all players
- Paper, pens and pencils.

Order of items:

1. Plate
2. Bread
3. Cheese
4. Lettuce
5. Tomato
6. Cucumber



The Preparation: Place paper plates, bread and fillings shapes in a horizontal line on the floor. Each item starting from the plate, which is 'ALWAYS' No. 1, must be clearly numbered up to 6, following the list below.

Place markers or name places for each player, parallel to the prop line, approximately 5 metres away. (Distance can be flexible to accommodate space restrictions).

The Rules: Each player throws the dice to ascertain who goes first. Once established, players place themselves in a line marked with their names.

- To start the game, each player has to get a '6' before you can start. Once you have got a '6' then you have to get the correct number on the dice in the order of the items, starting with No. 1 for the plate.
- Each item is worth 2 points. Once the player has got the required number, they have to run to the item pick it up and run back to their spot again.
- While the player is running to get the item, the rest of the players shout out 'Grab-A-Grub' ten times, using their fingers to count on.
- The player has to get back to its place before they have counted to ten, in which case the remaining number is added to their score. For example, if player returns on the 6th count, then the remaining 4 points are added to their score and so on, to the end of the first game.
- Once the player has made the first sandwich, he/she goes onto making the next one. This is optional to extend the game.
- If the player does not get the required number to start, he/she has to do star jumps for the number they have thrown, with the rest of the players counting the jumps.

The Winner: The player that has acquired all the items in the correct order, gets another 10 points added to their score. A prize can be awarded, or a competition can be run to see who wins at the end of the month or periodically.

This is a great game for Activity Centres, Schools, Events, etc.



Theme 3: Make-A-Meal

The Aim: This is a thematic game. The players have to prepare a plate of healthy food using just a dice and pure fitness. All the items are numbered and have to be acquired in numerical order. The first person to get all items on the plate is the winner. The game can be extended by adding different themes which require more items to be obtained.

No. of Players: Ideal for 2-6 players, but more players may play, making the game last a longer.

Make-A-Meal - Requires plates, proteins and vegetables. This game will need a dice as the items add to '6' same as the numbers on the dice. This game is similar to 'Five-A-Day' as the players have to make a healthy meal.

What you need:

- Dice
- Paper plates - enough for all the players
- Roast Beef shapes
- Roast Chicken shapes
- Boiled Ham shapes
- Fish Fingers shapes
- Peas shapes
- Potatoes slices shapes
- Carrots slices shapes
- Greens
- Paper, pens and pencils

Order of items:

7. Plate
8. Protein
9. Vegetable
10. Vegetable
11. Vegetable
12. Vegetable



The Preparation: Place paper plates, fruit and vegetable shapes in a horizontal line on the floor. Each item starting from the plate, which is 'ALWAYS' No. 1, must be clearly numbered up to 6. You may choose what fruit or vegetable you want to play with, once decided, they must be numbered.

Place markers or name places for each player, parallel to the prop line, approximately 5 metres away. (Distance can be flexible to accommodate space restrictions).

The Rules: Each player throws the dice to ascertain who goes first. Once established, players place themselves in a line marked with their names.

- To start the game, each player has to get a '6' before you can start. Once you have got a '6' then you have to get the correct number on the dice in the order of the items, starting with No. 1 for the plate.
- Each item is worth 2 points. Once the player has got the required number, they have to run to the item pick it up and run back to their spot again.
- While the player is running to get the item, the rest of the players shout out 'Grab-A-Grub' ten times, using their fingers to count on.
- The player has to get back to its place before they have counted to ten, in which case the remaining number is added to their score. For example, if player returns on the 6th count, then the remaining 4 points are added to their score and so on.
- Once the player has made the first healthy meal, he/she goes onto making the next one. This is optional to extend the game.
- If the player does not get the required number to start, he/she has to do star jumps for the number they have thrown, with the rest of the players counting the jumps.

The Winner: The player that has acquired all the items in the correct order, gets another 10 points added to their score. A prize can be awarded, or a competition can be run to see who wins at the end of the month or periodically.

This is a great game for Activity Centres, Schools, Events, etc.

