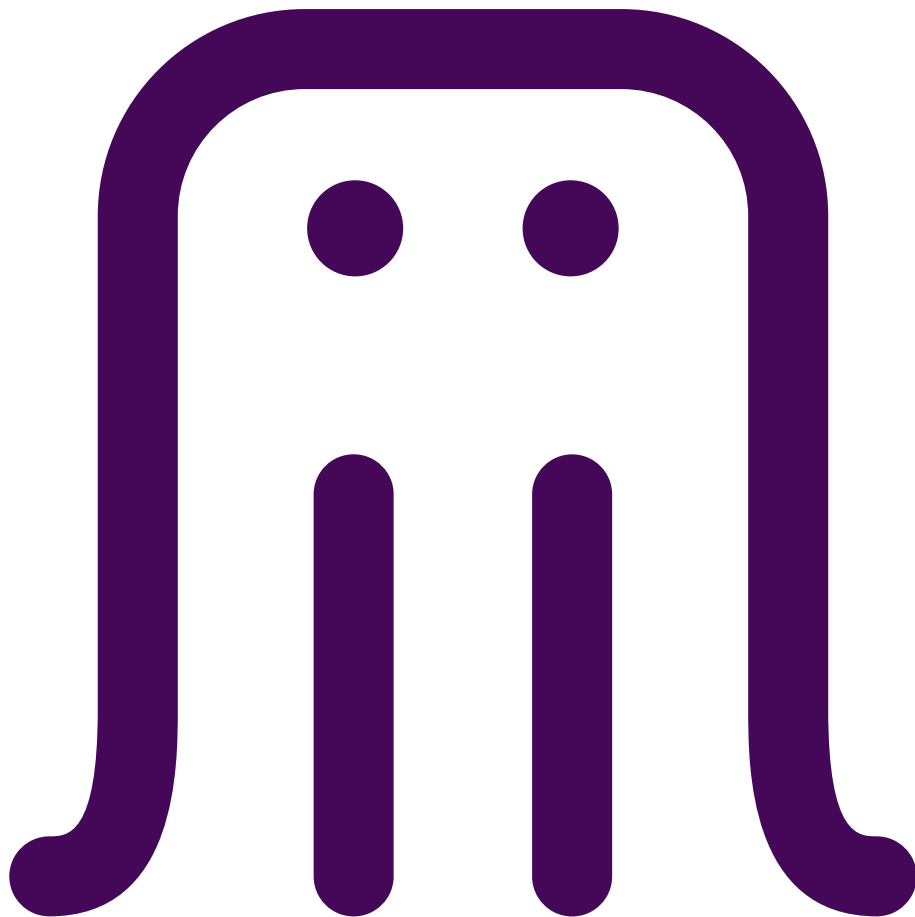




alimentarium

General Instructions JuniorAcademy



Brochure for accompanying adults

Welcome to the JuniorAcademy!

This area is a unique place to learn as it combines two different but complementary experiences. One is the discovery of new flavours with the expert help of our chefs/activity leaders and the other is a range of educational games to better understand food and nutrition.

While playing the games, children are to be supervised by the adults accompanying them.

This area presents 28 different games on specific themes such as

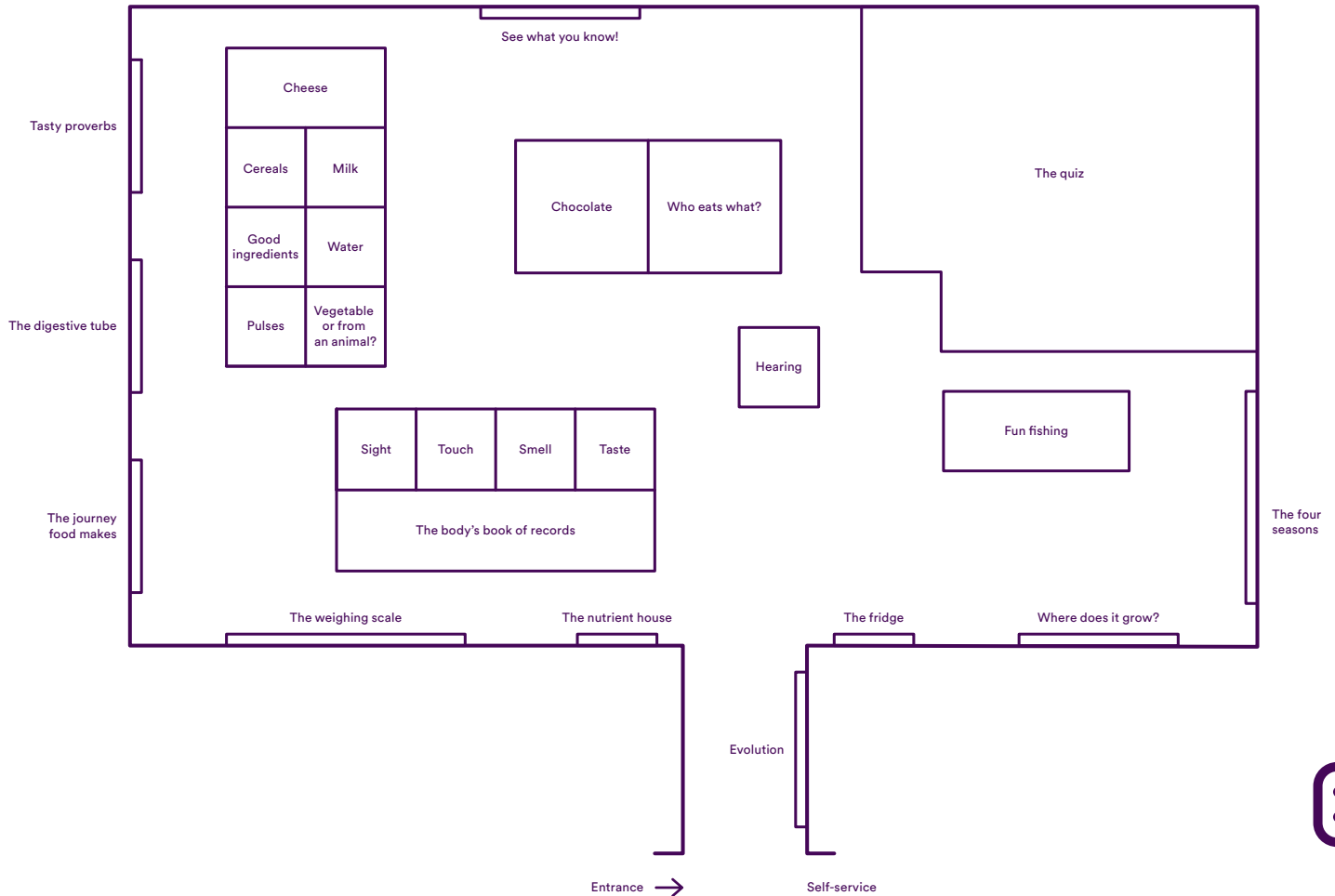
- the 5 senses
- seasonal food
- where food grows
- water, pulses, cheese, cereals and chocolate
- balancing diet
- where food comes from
- how we preserve food
- saltwater fish and freshwater fish
- not forgetting our two key games: the quiz and the self-service!

Children are invited to discover this interactive and educational area as they please, in no particular order.

Each game has a set of rules for children and accompanying adults.



Map: JuniorAcademy



General instructions

Take time to read the rules displayed on the walls and on the wooden boards. The answers are easy to find. Instructions in English are in light green.

Please refrain from making noise near the self-service game as there are young chefs trying to concentrate in the adjacent kitchen.

Once you have finished playing, please tidy the games and put the boards back where they belong.

Thank you!

How to play

Self-service

Imagine you are in a self-service restaurant and compose your meal using between 5 and 10 different food cards. Then put the headphones on and touch the screen to get the game started. This game is available in French only.

Evolution

The 6 silhouettes on the wall show the evolution from *Australopithecus* to modern humans (*Australopithecus*, *Homo habilis*, *Homo erectus*, *Homo sapiens*, Neanderthals, modern humans). Pictograms under each silhouette show the food they ate in their time.

The house of nutrients

Build a house of nutrients where each part represents a different food group (proteins = red, carbohydrates = brown, fats = yellow, fibre = light brown, vitamins = green, minerals = dark blue, water = light blue).

The weighing scale

Different kinds of food contain different amounts of calories, some of which are burned by doing physical exercise. Choose a 'food' bag and hang it on the hook on the left, then hang an 'activity' bag on the hook on the right. Try to balance the scale with the correct activity for the amount of calories.

The journey food makes

Place the names of the various organs on the digestive tube so that food can go through it.

The digestive tube

Unroll the cord to see how long the digestive tract is (5m!).

Tasty proverbs

Discover the meaning of some common expressions which refer to food, for example "It's no use crying over spilt milk" which means we cannot change the past.

Cheese

Find out the different stages in making cheese, from producing it to eating it, by putting the pieces of puzzle in the right order. The game is finished when you have made a wheel of cheese.

Cereals

Identify different cereals by placing each 'key card' next to its corresponding grains. If the card slots in easily, the answer is correct.

The right ingredients

Use the cards to choose the right ingredients to make each of the dishes shown in the drawer.

Pulses

Feel the bags and identify the pulses hidden inside them. The pictures are there to help you.

From an animal or from a plant?

Use the strings to link food with its origin. Is it from an animal or a plant?



How to play

Water



Guess the amount of water in food by placing a token showing a percentage (of water) on the pictures of different foodstuffs.

Milk

Test what you know and learn more about milk as you answer the questions on the milk bottles. The answers are inside the bottles!

See what you know

Answer a series of questions with 'yes' or 'no'. If you choose the correct answer, the key will open the cupboard for you to discover a little sketch.

Chocolate

Minimum 2 players. Take turns to throw the dice and move around the board. Some squares ask you to miss a turn, go backwards or move on faster. The first player who gets to the hot chocolate is the winner!

Who eats what?

This game presents various meal scenarios and their characteristics such as period in time, surroundings, food, utensils and containers.

Each player takes a character from the stack. The aim is to guess your opponent's character by asking questions to eliminate certain characters (by closing the flaps down).

Taking turns, each player asks one question and the other player answers "yes" or "no".

For example

"Does your character eat rice?"

If the answer is yes, eliminate all the characters who eat a different cereal.

If the answer is no, eliminate all the characters who eat rice. The game ends when a player finds out his opponent's character.

The sense of hearing

Try to recognise various kitchen sounds. Use the ladle as an earphone and choose the picture on the screen which matches the sound you hear.

The sense of taste

Recognise the importance of your tongue when you eat. It helps you identify 5 different tastes in food: salty, sweet, sour, bitter or umami.

The sense of smell

Identify the smell of various kinds of food. Please put the lid back on each bottle before trying the next one.

The sense of touch

Close your eyes and touch the objects to guess what they are.

The sense of sight

Minimum 2 players. A memory game to find matching pairs of identical cards. Shuffle the cards and spread them out face down. Turn over two cards. If both cards show the same picture, you win the two cards and get another turn. If the cards are different, it's the other player's turn. The player with the most cards wins the game.

How to play

The body's book of records

Discover one of the body's records in each drawer, for example:

"How many kilograms do we eat and drink in a lifetime?"

By the time you are 80 years old, you will have eaten and drunk about 80 000 kg of food, the weight of a dozen elephants!

Quiz

Minimum 4 players. Answer the questions in the quiz.

Each player chooses either a fruit button or a vegetable button. Push the button to start the game and follow the instructions on the screen. This game is available in French only.

Fun fishing

Identify freshwater fish (lakes and rivers) and saltwater fish (sea or ocean). First take a fishing rod to catch a fish and then put it in the correct tub. Once you have caught all the fish, you can check the answers by pulling the card out from under the tub.

The four seasons

Put the magnetic cards on the wall according to the season in which the fruit and vegetables grow.

Where does it grow?

Put the magnetic cards on the wall according to whether the fruit or vegetable grows on the ground, on bushes or on trees.

The fridge

Place the food in the fridge if it needs to be kept cold. If it is incorrect, a red light will come on. The little flaps inside the door explain why some food has to be kept cold and other food does not.

