

**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 a variety of educational games, each on a specific topic, such as:

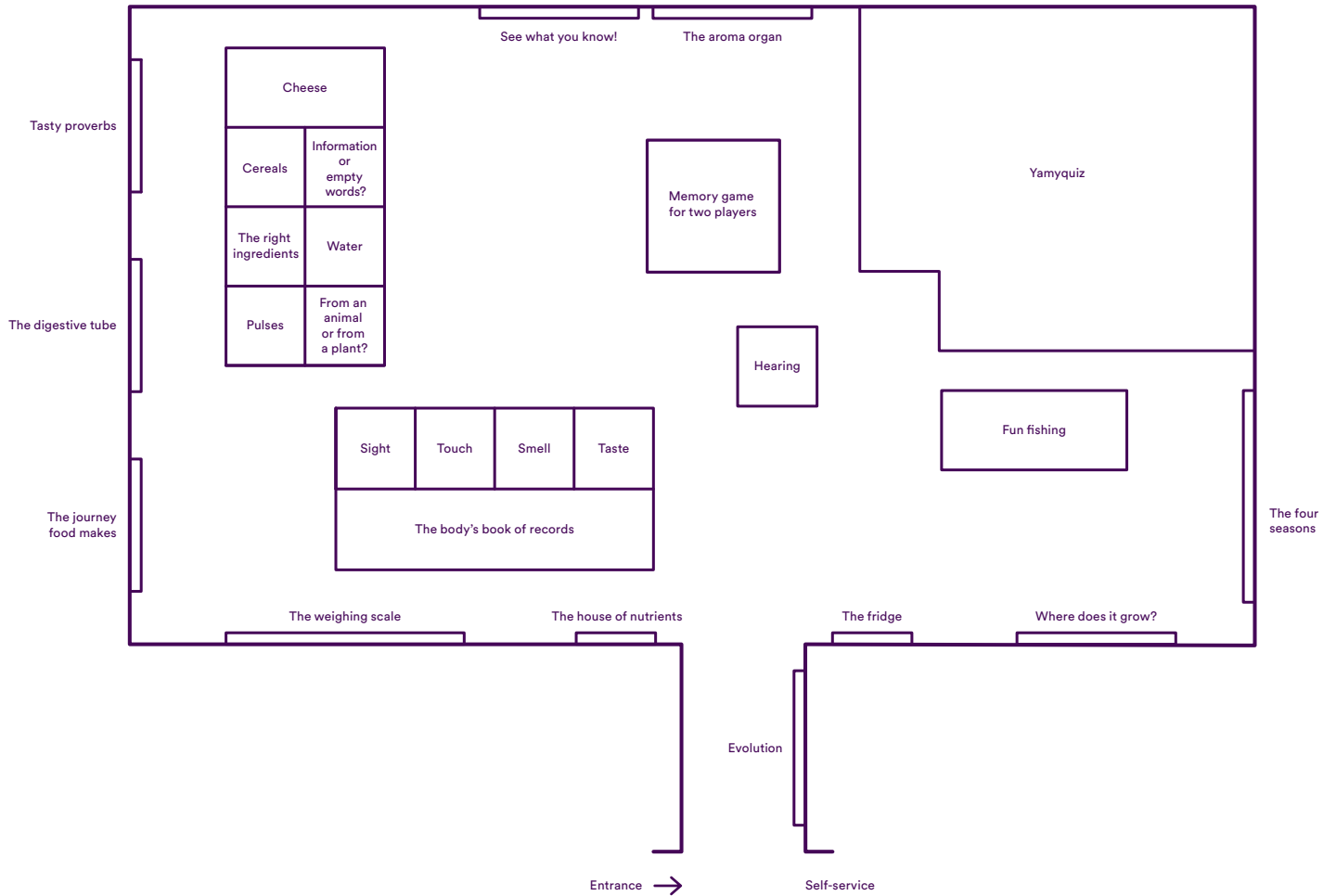
- the 5 senses
- seasonal food
- where food grows
- water, pulses, cheese, cereals and milk
- the food pyramid and balancing diet
- where food comes from
- how we preserve food
- saltwater fish and freshwater fish

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.

### 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. (It's five metres long!)

### 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.

### Information or empty words?

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.

### The aroma organ

Open a few valves to try to make a nice strawberry aroma!

### Memory game for two players

A memory game with pictures of the old days!

### The sense of hearing

Try to recognise various kitchen sounds.

### 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 odour of various kinds of food. Please put the lid back on each bottle before trying the next one and please don't shake them!

### The sense of touch

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

### The sense of sight

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!

### Yamyquiz

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.

### 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 must be kept cold and other food does not.



