

## How to use the spinner:

To make a spinner that spins freely we suggest using a paper clip in conjunction with a brad / split pin.



1) Push the split pin through the centre of the spinner and fold back its 'leaves'.

It is important that the split pin is not too tight to the paper (or the paper clip won't spin)

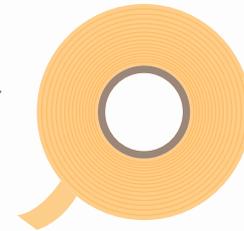
- so bend the leaves back at the half way point of the split pin rather than at the top.



It should protrude about 1cm from the spinner.

2) Secure the split pin by taping the leaves' to the back of the paper.

3) Push the paper clip over the split pin.



## How to play the game:

Cut out the picture cards and spread them out on a large surface.

Players must collect 10 cards from the category on their board by taking turns to spin the spinner.

To complete their board the player must spin a combination of numbers that totals exactly 10.

So for example, if the spinner lands on 5 and then 4 the player would need it to eventually land on 1 in order to complete the board. If it landed on any other number they would have to try again on their next turn.

The game is designed to build an awareness of the different ways that the number 10 can be formulated.

Suggested question to ask when playing the game: "You have x number of cards - how many more do you need to make 10?"



# Fruit & vegetables

Can you collect 10 fruit and vegetable cards?

1	2	3	4	5
6	7	8	9	10

Here's an idea of what you're looking for...



# Meat, fish & other proteins

Can you collect 10 cards showing meat, fish or other proteins?

1	2	3	4	5
6	7	8	9	10

Here's an idea of what you're looking for...



# Starchy foods

Can you collect 10 cards showing foods that are high in starch?

1	2	3	4	5
6	7	8	9	10

Here's an idea of what you're looking for...



# Dairy products

Can you collect 10 cards showing dairy products?

1	2	3	4	5
6	7	8	9	10

Here's an idea of what you're looking for...

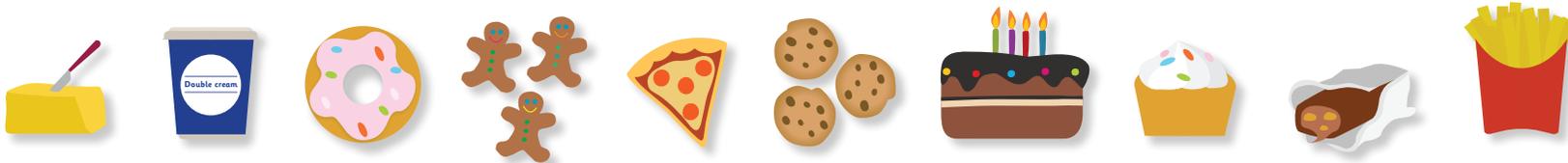


# Fatty foods

Can you collect 10 cards showing foods that are high in fat / sugar?

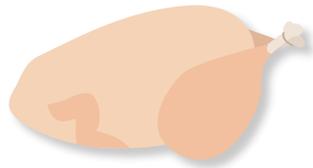
1	2	3	4	5
6	7	8	9	10

Here's an idea of what you're looking for...





Cut out the picture cards and shuffle.



**chicken**



**yogurt**



**gingerbread  
men**



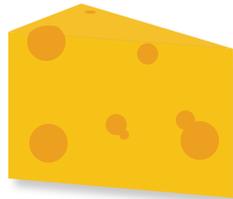
**leek**



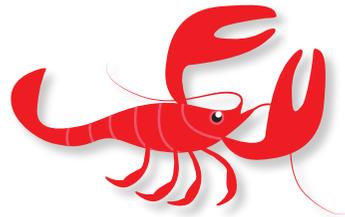
**sour cream**



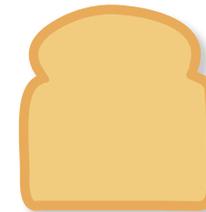
**whipped cream**



**cheese**



**lobster**



**bread**



**milk**



**rice**



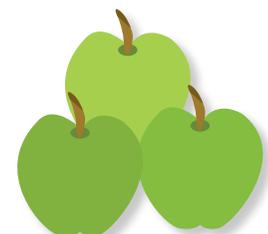
**pasta**



**noodles**



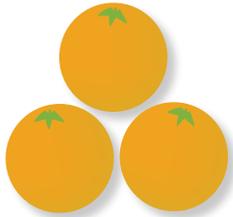
**eggs**



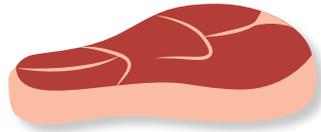
**apples**



Cut out the picture cards and shuffle.



**oranges**



**steak**



**milkshake**



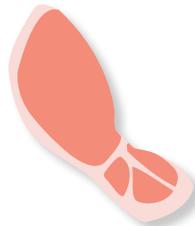
**custard**



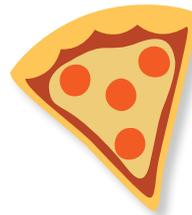
**cupcake**



**butter**



**bacon**



**pizza**



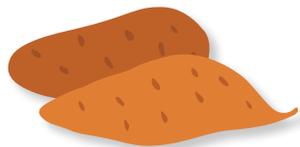
**chocolate cake**



**lettuce**



**pear**



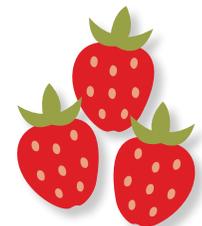
**sweet potatoes**



**baked beans**



**fries**



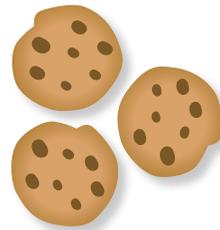
**strawberries**



**doughnut**



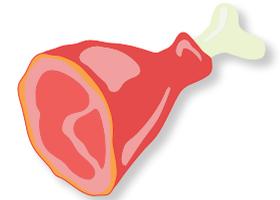
**banana**



**biscuits**



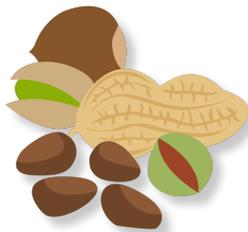
**pineapple**



**ham**



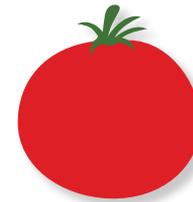
**cream**



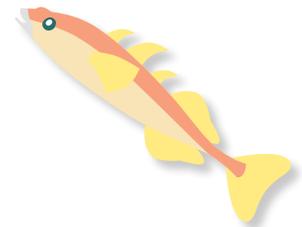
**nuts**



**onion**



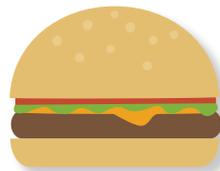
**tomato**



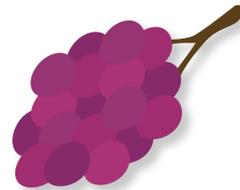
**fish**



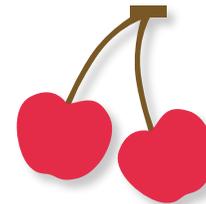
**ice cream**



**burger**



**grapes**



**cherries**



**lemon**



Cut out the picture cards and shuffle.



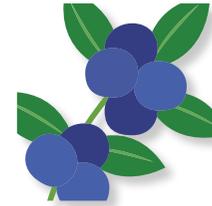
**cucumber**



**peppers**



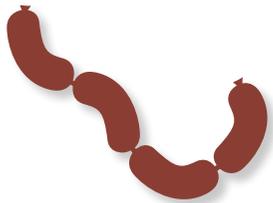
**blackberries**



**blueberries**



**peach**



**sausages**



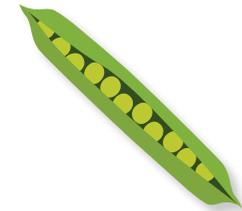
**carrot**



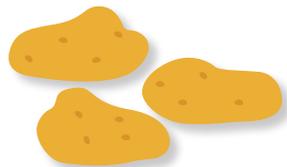
**broccoli**



**chocolate**



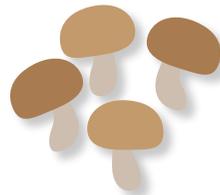
**peas**



**potatoes**



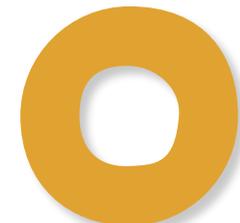
**watermelon**



**mushrooms**



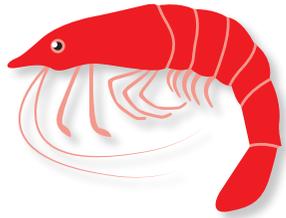
**pumpkin**



**bagel**



Cut out the picture cards and shuffle.



**shrimp**



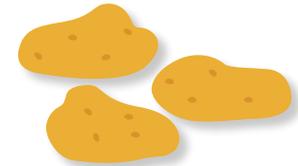
**cream**



**nuts**



**sweet potatoes**



**potatoes**



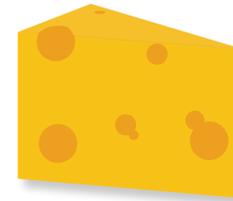
**pumpkin**



**baked beans**



**fries**



**cheese**



**whipped cream**



**doughnut**



**ice cream**



**cheese**



**butter**