



FOOD JENGA

APPETIZER OR SNACK FOR FAMILY GAME NIGHT

Food Jenga is messy, delicious and we can practice food preparation skills. This game is simple, fun and can be adapted to any dietary need in your household. There are dip recipes below to up your snack game!

Before you proceed, show your caregiver/s this post and get permission:

- a) to use the ingredients *
- b) to use a knife if needed **
- c) when you can prepare the food

*If you can't use a specific food you thought of, there are food ideas below.

** If you aren't given permission to use a knife or other equipment, arrange for an adult to help you. It's important to plan ahead so you can complete the work when others have time to help you.

HOW TO PLAY

How to play the game is simple; you tower stack as much food as you can in the jenga style (three bricks across and three bricks up if you can manage it) and then take turns to pull out a piece and place it on top until the towers falls.

Restack and keep playing until you're so hungry you eat the game, the whole game. We're not food wasters, so the game will be eaten!

Suggestions from experienced players:

- It works best with foods shaped (you guessed it) roughly like jenga bricks.
- You can play with other irregularly shaped foods, as long as you get creative with the stacking system and make sure that some 'bricks' have wiggle room.
- It's no fun if you can't get at least one brick out.
- Brightly coloured foods add to the fun and are great for pictures.
- Set your play area up so if food falls, it falls in a clean place.
- Be relaxed with the rules – you may leave out the rule 'put the brick on top of the stack' because, well, you want to eat the food.
- Never underestimate the competitive nature of the players. Game on people!

This game is really just an awesome excuse to play with your food, but that's ok because food can be fun and give us joy, especially when we're sharing it.

Ideas



vegetable sticks- carrots, celery...

crackers

pretzels

toast, cut into sticks (toast with peanut butter, messy!)

bread sticks

french fries

potato wedges

bananas (really!?)

muesli bars, cut into sticks

Savoury Dip Recipe

Mix together:

30 ml yogurt

30 ml sour cream

5 ml lemon juice

1.2 ml garlic powder

1.2 ml chili powder

1.2 ml onion powder

Dash of pepper

1.2 ml salt

Pinch of dried parsley

Vegetables and snack food for dipping

Sweet Dip Recipe

Mix together:

125 ml flavoured yogurt

Pinch of citrus zest

Pinch of cinnamon

Inspiration



