



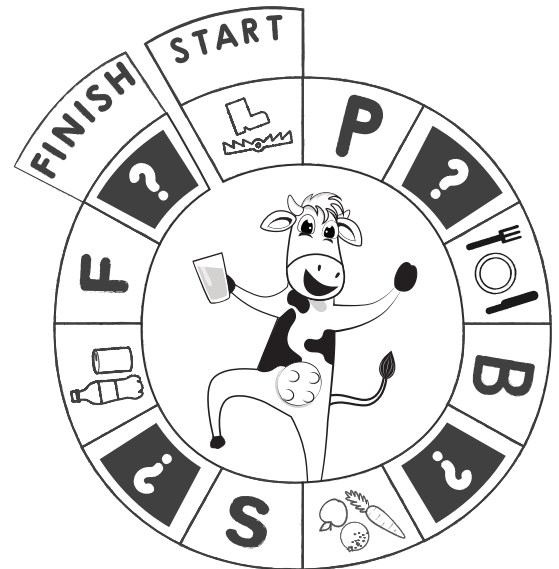
World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

Grade 5 - Chalk adventure map

Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
2. **Section off the inside of the loop:** These will be the "steps" inside the game for the learners to hop along and win the game.
3. **Add colour or pictures to some blocks:** It's easier for kid's eyes to see which section they need to jump to when you add different colours.
4. **Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice)



www.dairykids.co.za

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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> 1. Name one guideline out of the eleven South African Food-Based Dietary Guidelines. 2. Why is it important to have a portion milk, maas or yoghurt every day? 3. Which foods help your bones and teeth stay strong? (Hint: think of milk, cheese, or yoghurt.) 4. What foods do you think help you grow taller and stronger? 	<ol style="list-style-type: none"> 1. Junk food trap! "You had chips, soda, and sweets for lunch all week." Go back four spaces. 2. Breakfast skip slip! "You skipped breakfast — now you're low on energy." Miss one turn 3. Veggie vanish! "You avoided all vegetables this week." Move back two blocks 4. Sugar crash! "You drank too many sugary cooldrinks in one day." Go back to the start 	<ol style="list-style-type: none"> 1. "Power jump!" Do ten star jumps (jumping jacks) in a row 2. "Balance challenge!" Stand on one leg and close your eyes. Hold it for fifteen seconds. 3. "Fruit stretch!" Stretch both arms as wide as you can and name three healthy snacks while holding the stretch. 4. "Food fact fast!" Say one fact about healthy eating or food groups in under ten seconds.



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