



# "Show me the Groceries"

## Game Objective:

As part of their transition to adulthood, teenagers with Inflammatory Bowel Disease will demonstrate appropriate food choices.

## Game Set up:

The outside perimeters of the room will have tables set up like grocery aisles stocked with a variety of foods.

Each table will also have a grocery basket and a dinner plate.



## How to Play the Game:

To play this game each student will be assigned a table. They will have to pick the correct food choices as related to their illness:

1. In the first part of the game each student will fill up their grocery baskets with their food choices. They'll have 5 minutes to do this.



2. In the second part of the game, the students will have to put together a plate of food from the contents of their grocery basket. They will have 5 minutes.

## *"Show me the Groceries"*

3. After the last timer goes off the dietitian and physician will judge each table. Everyone will get at least one award: The awards include "Award winning choices", "Most creative choices" and "Need to go back to the store".
4. The group will discuss why each choice was good or bad and reflect upon the value of this learning assessment.

### **Benefits:**

Not only does this game engage the students and help them connect to reality, but it's a much better way to assess their understanding of what they have been taught. The learning assessment is immediate. The benefit of that is that there's a real opportunity to help the student while they're an active participant. Once they walk out the door they don't come back too often and the learning opportunity is lost. It's also a good way to find out if they know the right choices but aren't willing to make them. In my experience as a pediatric nurse, non-compliance is an issue with many teenage patients which is often not related to a learning issue.