**EPS et anglais**

[**Cycle 2**](#cycle2)

**Conduire et maitriser un affrontement collectif ou interindividuel**

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| Jeu collectif et sciences (équilibre alimentaire) | Fiche de préparation [« Balanced breakfast »](https://stocad.ac-nantes.fr/index.php/s/r2pcy5brPjST7R5) |

**Eléments linguistiques :**

*Today’s game is Balanced Breakfast where you collect “proteins” (beanbags) and “healthy carbohydrates” (yarnballs) and try to get rid of “fats” (utility balls) on your “plate” (hoop) in order to balance the foods in your “breakfast.”*

*The food you eat is divided into 3 major categories: Carbohydrates, found mostly in grains, fruits, and veggies; Proteins, found in meats, beans, and dairy products; and Fats, found in many meats, nuts, and oils.*

*In our game, yarnballs represent carbohydrates, beanbags are proteins, and utility balls are fats.*

*On signal, each player takes 1 fat from their plate and carries it to another group’s plate.*

*While there, take home a protein or a carbohydrate.*

*You may only carry 1 thing at a time.*

 *On the stop signal, we will see whose breakfast has the fewest fats and is the most balanced between carbohydrates and proteins.*