Memory

Memory is a fun and educational game where kids train their memory. The goal of the game is to find matching pairs of 'food' cards by turning them over one at a time. Here's a simple explanation of how the game works:

Lay out the cards: There are usually several cards (often a set of 16, 24, 36, or 48 cards) placed face down on the table. Each card has a food-related image, and there is exactly one pair for each image.

Take turns flipping cards: Players take turns flipping two cards over at a time to reveal the images. If the cards form a matching pair (the images are the same), the player keeps those cards and gets another turn to try and find another pair. If the cards don't match, they are turned back over, and it's the other player's turn.

Use your memory: It's important to remember where certain images are located so you can find them later when you encounter the same cards again.

Continue playing: The game continues until all the pairs are found. The player with the most pairs at the end of the game wins.

Sort the cards into the right food groups
After all the pairs are found, it's time to sort the cards based on a healthy plate division. The cards should be placed into three main groups:

- **Proteins** (such as meat, fish, eggs, or plant-based proteins like beans)
- **Carbohydrates** (such as rice, pasta, bread, potatoes, or other grain products)
- **Vegetables & fruit** (vegetables like broccoli, carrots, or lettuce) (fruit like banana or watermelon)

This division follows the basic principles of a balanced meal, where half of your plate should be vegetables, one-quarter should be proteins, and one-quarter should be carbohydrates.