**Hook a Duck**

Instructions:

Get 7 plastic ducks. Cut and stick answers **only** (below) at the bottom of the ducks. Get 1 prize (this can be anything from a chocolate bar to a cup cake or maybe a voucher- it's just a little fun gesture). If you don’t have a prize, play the game with just 6 ducks.

Set the ducks on a table in a random order. Get participants to play the game by picking up one duck at a time and reading the answers at the bottom of the duck. The facilitator can hold the questions sheet and match the read out answer to the questions.

Labels to stick at the bottom of the ducks:

1. Answer: **1 Million People**
2. Answer: **6-8 glasses or cups**
3. Answer: **Whole Milk**
4. Answer: **93%**
5. Answer: **Loose, clothes, loose jewellery and loose dentures**
6. Answer: **Sunken eyes, dark urine, feeling dizzy**
7. Answer: **PRIZE**

Question sheet:

1. Question: **how many over 65’s in the UK are malnourished**
2. Question: **How many drink should you aim to have per day?**
3. Question: **what milk should you aim to have if you need to put weight on?**
4. Questions**: Of the older people in the UK suffering from undernutrition, what percentage live in the community either in their own home or with family?**
5. Questions: **What are some of the visual signs that someone you know may have lost weight?**
6. Questions: **what are some of the signs someone you know may be dehydrated?**
7. The person who picks up the “prize” duck gets the prize.

