

Fun Games to Play at a Dine-in Event

Diabetes Counselling Online “Dine In For Diabetes” ® Fact Sheet 3

A good way to break the ice and get everyone to know each other a bit better is to play a dinner party game. These games don't need to cost a thing, and they can help create an enjoyable atmosphere at your event. Here are 4 entertaining examples:

1. Message under a Plate

To play this game you need a pen, one small square of paper for each guest, and some imagination. Write a different phrase on each strip of paper for each guest. It should be something quite obscure, such as 'I would like to buy the kids a pet koala' or 'Have you ever been to Siberia?' Before the meal ask everyone to read their card to themselves, and set them the task of saying the phrase as naturally as possible during the meal without anybody realising it. Any person who gets away with it wins.

2. Mr (or Ms) Freeze

This game needs no props at all, and it works best in larger groups. Nominate one person to be Mr Freeze. At some time during the event, that person should stop what they are doing and freeze. As other guests notice that the person has frozen they should freeze too. The loser is the last person to notice and freeze like everyone else. Perhaps they could make a small donation to [Dine In for Diabetes](#) as a penalty. This person can then be the next Mr Freeze.

3. The Post-It Game

As the name suggests, to play this game you need a pad of post-it notes and a pen. Write out the name of a well-known public figure on a post-it note, and stick it on the forehead of one of your guests. Ask them to try and figure out who the famous person is by asking the group a series of yes/no questions. Once they guess who they are it is their turn to write a post-it for the next person, and so on around the table. If your guests are avid foodies, why not try using foods instead of famous people. Or if they are well travelled you could write the names of famous cities.

4. Never Have I Ever

For this game each player needs to keep score, so a packet of toothpicks or cards would work as props. Give each player 10 toothpicks each. Start by announcing 'Never have I ever' followed by something you have never done, such as 'been to Tasmania'. All those in the group who have been to Tasmania must throw one toothpick into the centre of the table. The next person along then takes a turn with a 'Never have I ever' statement, and so on. The winner is the last person left with toothpicks, so it is a good strategy to think of things you haven't done that you suspect many others have. This game is also a great way to find out new things about people.

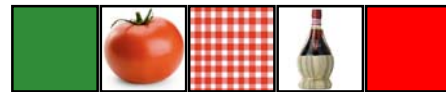
Creating a Theme for your Dine-In Event



Mexican

Decorations: A Mexican theme is a great choice because they use so many bright colours. Select a tablecloth in orange or pink, or you could even use a brightly striped Mexican blanket if you have one. Place a potted cactus or chilli plant on the table as a centerpiece. Other decorations could include a sombrero, some maracas or a piñata. Some mariachi music on the stereo completes the scene. Ole!

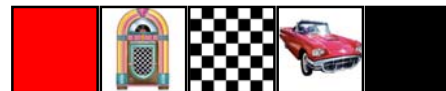
Food: Fish tacos with guacamole and tomato salsa.



Italian

Decorations: Everybody loves Italian food, so this theme should be a popular choice. A red and white checked tablecloth, topped with an authentic straw-covered chianti bottle and a vase filled with grissini will set the scene, enhanced with some Pavarotti on the stereo.

Food: Home-made pizza and pasta with salads



American Diner / Burger Joint

Decorations: A fun and lively theme for some, and bit of nostalgia for others, the 1950's burger joint is a great way to get people up and dancing. You could use a red or black and white checked tablecloth, and a centerpiece of some classic model cars, some old records, or 1950's milkshake cups filled with flowers. Turn up the jukebox to play some classic rock and roll hits. How about a hula-hoop competition? This is also a great theme to ask guests to come dressed in their 50's finest.

Food: Home-made healthy burgers – beef, chicken, lentil, with lots of crunchy salad.



Aussie BBQ

Decorations: Hold a true-blue Aussie barbeque for Dine in for Diabetes to make a home cooked meal that will please everyone. Decorate the table with everything green and gold and top it with some native flowers if you can find them. There are lots of choices when it comes to music – perhaps some Slim Dusty, John Farnham or Cold Chisel, depending on your guests. You could also thread some corks onto an old hat to wear while cooking on the barbeque!

Food: Home-made healthy burgers – beef, chicken, lentil, with lots of crunchy salad. Steak is perfect on the barbeque too, but remember to trim the fat off before cooking it.



British Fish and Chips

Decorations: There are many ways to celebrate all things British. You could host a Royal Banquet, complete with a table centerpiece of an old vase or candleholder spray-painted to look like gold, and make paper crowns to leave on each plate. Otherwise you could stick to the red, white and blue of the Union Jack. Musically, the Beatles or some Oasis (depending on your taste) may be a good choice. This is the one theme where rain might actually make it more authentic!

Food: Healthy home-made grilled fish with carrot and potato chips and salad.



Indian

Decorations: Bollywood is a very popular and decadent theme to use. You could dress the table with brightly coloured fabrics in colours such as fuchsia, orange or lime green, and place clusters of candles around the room. The national flower of India is the lotus, and they look great floating in a shallow bowl of water as a table centerpiece. You can even make lotus flowers by folding paper, if you are feeling crafty. Some Bollywood Greatest Hits music on the stereo, or perhaps a Bollywood musical on the TV will complete the scene.

Food: Home-made curries, made using coconut-flavoured evaporated milk instead of coconut milk, lentil dhal and steamed basmati rice.



Thai

Decorations: Thai take-away is very popular, but it should be appreciated even more when served in an authentic Thai atmosphere. Thais are famous for their silks, so if you have any brightly coloured silky fabric it would look terrific as a tablecloth. The table can be decorated with Buddhist statues, small plates of chillies, or vases filled with decorative bamboo or orchids. Traditional Thai music is available to download or on cds.

Food: Pad Thai, stir-fries and rice-paper rolls.



Chinese

Decorations: Australians have enjoyed Chinese food since it rose to popularity in the 1950's, making this theme a certain crowd pleaser. For the table, a red tablecloth would look great with a bowl of fortune cookies as a centerpiece. Fold serviettes in a fan shape for each guest, and don't forget the chopsticks. You could even serve the food in take-away style cardboard noodle boxes. Hanging Chinese paper lanterns from the ceiling would also add an authentic feel to the room.

Food: Chow mein, San choy bau, boiled rice and stir-fried Asian greens.

