

Food Smart Game Rules

You will need –

- 1x A3 Playing Board
- 2-4 Player Game Plates
- 2-4 Player Game Counters
- Question Cards – Green, Yellow, Blue & Pink
- Cubes/Dice/Beads etc (to represent sugar cubes)
- A Probability Spinner

Setting up the game –

Before you start you may wish to laminate the board

Punch a hole in the centre of the board and add your probability spinner – this will act as your dice

Place the different question cards face down in their own piles, with the matching plate pieces next to them

To play the game you will need between 2-4 players, each player places their counter on their coloured spot in each corner of the board

Have your cubes etc ready to one side – these are bad and should be avoided as much as possible!

How to play –

Each player takes a turn to spin the arrow in the middle of the board

If the arrow points to the purple section the player cannot move and must pick up a sugar cube

The player moves the number of spaces indicated around the circle on the board in a clockwise direction

The colour of the space landed on matches the colour of the question asked by another player. If you land on a purple space, you **MUST** collect a sugar cube.

Green – Fruit & Vegetables Question

Yellow – Carbohydrates Question

Pink – Proteins Question

Blue – Dairy Question

If the player answers the question correctly then the matching colour plate piece is awarded. If it is answered incorrectly, they **MUST** pick up a sugar cube!

Once a player has collected all their plate pieces, they need to reach the centre of the board in the exact number of moves – remember there is no 1 on the dial!

How to win –

The first player to the centre of the board with the **LEAST** amount of sugar cubes wins

NOTE - if the first player to the centre has more sugar cubes than the other players still on the board then they have not won!!

This is not about speed but about your knowledge of food, healthy eating and nutrition.