

Nutrition Games



Learning in the Kitchen

Acknowledgements

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The NWT Literacy Council is a territorial non-profit group that promotes and supports literacy in all official language of the NWT. Our program areas include Indigenous languages, family literacy, adult literacy and essential skills, youth literacy, and plain language.

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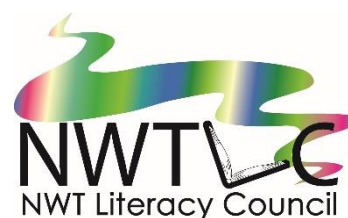
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Overview

This is one of seven modules of *Learning in the Kitchen*.

- Kitchen Safety
- Food Safety
- Nutrition for Health
- Importance of Food
- Reading Food Labels
- Smart Shopper
- Nutrition Games

Use these games to enhance the program. Playing games is a fun way to engage participants and help them learn.

Prepare the games ahead of time. For example, you may need to photocopy or print pages, or paste pages onto cardboard to make them more durable.

Many of the games are in your resource package.

The NWT Literacy Council has some large format game sets. Contact us to see what games we have and how you can borrow them.

Nutrition Feud

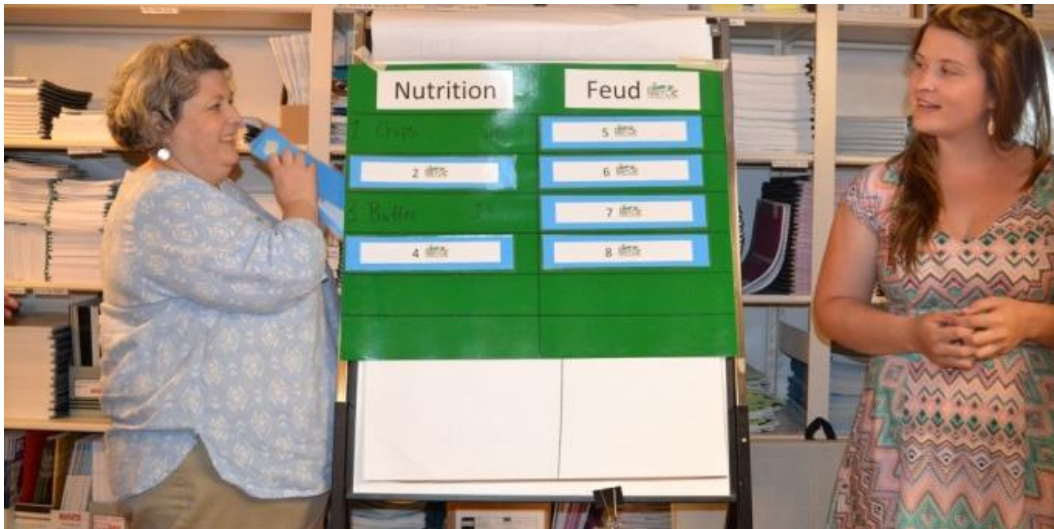
Play this game like Family Feud on TV.

What you need

- Flipchart paper, markers, tape
- Nutrition Feud Questions and Answers (see the following pages)
- 2 bells or whistle
- Calculator to add up team scores

To set up the game, write all the questions and answers on flipchart paper. Then cover them up, with the number showing to the outside.

Use the list of questions and answers to know which one to uncover when participants answer a question correctly.



You can borrow this game from the NWT Literacy Council. Contact us with enough time for mailing.

Instructions

1. Divide the group into two teams.
 - Have each team stand in a line.
 - Write the name of each team on the board.
2. Invite one participant from each team to come up. They need to bring the whistle or bell with them.
3. Ask the two participants one of the questions.
 - The first player to blow a whistle or ring a bell says their answer.
 - If the answer is correct, turn the card over on the board that corresponds to answer.
 - If it is the # 1 answer, that team can play or pass.
 - If it is not the # 1 answer, the player from the other team gives an answer.
 - If that player guesses an answer above the other one, they get to decide whether to play or pass.
4. When a team plays, ask each person on the team to take a turn to answer the question.
 - For each incorrect answer the team gets a strike.
 - After three strikes, the other team can make one guess. If they guess correctly, they get the points.
5. Write the points under the name of the team on the board.
 - At the end, count the points to see who wins.

Nutrition Feud Questions and Answers

| Name something you put on pizza | Name a food with cheese |
|---------------------------------|-----------------------------------|
| 1. Pepperoni44 pts. | 1. Macaroni and cheese ...38 pts. |
| 2. Mushrooms18 pts. | 2. Pizza.....24 pts. |
| 3. Cheese14 pts. | 3. Lasagna.....14 pts. |
| 4. Tomato sauce12 pts. | 4. Grilled cheese.....10 pts. |
| 5. Sausage4 pts. | 5. Quiche4 pts. |
| 6. Ham2 pts. | 6. Cheesecake.....4 pts. |
| 7. Anchovies2 pts. | 7. Cheeseburger.....2 pts. |
| 8. Hamburger.....2 pts. | 8. Omelet.....2 pts. |
| 9. Onions2 pts. | 9. Pasta salad.....2 pts. |

| Name something you eat for breakfast | Name a vegetable |
|--------------------------------------|---------------------------|
| 1. Cereal50 pts. | 1. Carrots.....28 pts. |
| 2. Toast.....16 pts. | 2. Corn.....19 pts. |
| 3. Pancakes10 pts. | 3. Peas11 pts. |
| 4. Eggs8 pts. | 4. Broccoli.....9 pts. |
| 5. Sausage2 pts. | 5. Onions6 pts. |
| 6. Bacon2 pts. | 6. Beans6 pts. |
| 7. Ham2 pts. | 7. Cauliflower.....2 pts. |
| 8. Bananas2 pts. | 8. Egg plant2 pts. |
| 9. Yogurt2 pts. | 9. Celery2 pts. |
| 10. Bagels.....2 pts. | 10. Cabbage.....2 pts. |
| 11. Waffles.....2 pts. | 11. Asparagus2 pts. |
| 12. English muffin2 pts. | 12. Potatoes2 pts. |

| Name a kitchen appliance | Name something healthy to drink |
|----------------------------------|--------------------------------------|
| 1. Stove29 pts. | 1. Water.....22 pts. |
| 2. Fridge15 pts. | 2. Orange juice.....18 pts. |
| 3. Mixer.....13 pts. | 3. Apple juice.....16 pts. |
| 4. Toaster11 pts. | 4. Tomato juice.....12 pts. |
| 5. Blender9 pts. | 5. Skim milk.....10 pts. |
| 6. Microwave7 pts. | 6. Water with lemon juice....10 pts. |
| 7. Dishwasher5 pts. | 7. Carrot juice.....4 pts. |
| 8. Coffee pot5 pts. | 8. Herbal / green tea.....4 pts. |
| 9. Can opener4 pts. | 9. Coffee (limited).....2 pts. |
| 10. Electric fry pan2 pts. | 10. Black tea (limited).....2 pts. |

| Name a fruit | Name a food with fiber |
|-----------------------------|-----------------------------|
| 1. Apple41 pts. | 1. Apples20 pts. |
| 2. Banana22 pts. | 2. Pears16 pts. |
| 3. Strawberry6 pts. | 3. Broccoli.....15 pts. |
| 4. Peach6 pts. | 4. Carrots.....12 pts. |
| 5. Orange.....6 pts. | 5. Spinach.....10 pts. |
| 6. Grapes.....5 pts. | 6. Whole grains.....10 pts. |
| 7. Pear4 pts. | 7. Chick peas.....4 pts. |
| 8. Lemon.....2 pts. | 8. Lentils4 pts. |
| 9. Nectarine2 pts. | 9. Quinoa.....4 pts. |
| 10. Raspberries2 pts. | 10. Oats.....2 pts. |
| 11. Cantaloupe2 pts. | 11. Beans2 pts. |
| 12. Plum2 pts. | 12. Flax seeds2 pts. |

| Name a way to exercise | Name a nutrient |
|------------------------------|------------------------------|
| 1. Walking.....48 pts. | 1. Vitamin C.....31 pts. |
| 2. Running16 pts. | 2. Protein18 pts. |
| 3. Biking.....12 pts. | 3. Vitamin A9 pts. |
| 4. Jogging4 pts. | 4. Potassium.....6 pts. |
| 5. Hockey.....4 pts. | 5. Calcium.....6 pts. |
| 6. Skiing.....4 pts. | 6. Iron6 pts. |
| 7. Basketball2 pts. | 7. Carbohydrates5 pts. |
| 8. Push-ups2 pts. | 8. Vitamin B5 pts. |
| 9. Sit-ups2 pts. | 9. Fat4 pts. |
| 10. Hiking.....2 pts. | 10. Fibre3 pts. |
| 11. Jumping jacks.....2 pts. | 11. Vitamin D.....3 pts. |
| 12. Gardening.....2 pts. | 12. Sodium2 pts. |

| Name a healthy snack | Name a food with protein |
|--------------------------------------|-------------------------------------|
| 1. Fruit: banana, orange.....28 pts. | 1. Fish.....24 pts. |
| 2. Carrot sticks.....16 pts. | 2. Eggs.....22 pts. |
| 3. Hard boiled egg.....14 pts. | 3. Beans.....18 pts. |
| 4. Popcorn.....12 pts. | 4. Meat.....16 pts. |
| 5. Whole grain crackers.....10 pts. | 5. Poultry.....8 pts. |
| 6. Yogurt.....5 pts. | 6. Lentils.....4 pts. |
| 7. Granola bar.....5 pts. | 7. Peas (as in pea soup).....2 pts. |
| 8. Dry meat.....4 pts. | 8. Nuts.....2 pts. |
| 9. Dry fish.....4 pts. | 9. Cheese.....2 pts. |
| 10. Almonds, unsalted.....2 pts. | 10. Seeds.....2 pts. |

| Name a food from Milk and Alternatives | Name an unhealthy snack |
|--|----------------------------------|
| 1. Milk49 pts. | 1. Potato chips.....49 pts. |
| 2. Cheese19 pts. | 2. Cheezies.....19 pts. |
| 3. Ice cream12 pts. | 3. Packaged cookies12 pts. |
| 4. Yogurt10 pts. | 4. Cola10 pts. |
| 5. Cottage cheese.....5 pts. | 5. Donuts5 pts. |
| 6. Soy beverage.....5 pts. | 6. Pretzels.....5 pts. |
| | 7. Corn chips5 pts. |

| Name unhealthy ingredients you want to limit | |
|--|--|
| 1. Trans fats.....21 pts. | |
| 2. Saturated fat16 pts. | |
| 3. Added sugars.....12 pts. | |
| 4. Artificial sweetener.....8 pts. | |
| 5. Salt / sodium4 pts. | |
| 6. Refined grains.....2 pts. | |
| 7. Caffeine2 pts. | |
| 8. Artificial colour / flavour...2 pts. | |
| 9. MSG2 pts. | |
| 10. Chemical additives.....2 pts. | |

Nutrition 20 Questions

Use this game to help participants become more familiar with the Food Guide.

What you need

- Flipchart page marked with four food groups:
 - Fruit and Veggies
 - Grain Products
 - Milk and Alternatives
 - Meat and Alternatives
- Set of cards
 - Use the set of laminated cards you made at training, if available.
 - Or make cards with participants. Ask each participant to write a different favourite food on two or three separate pieces of paper, and not show anyone.
- Tape



Instructions

1. Without looking, ask each participant to tape a card to another participant's back or to hold it to their head.



2. Ask participants to go around the room and ask “yes” or “no” questions to guess what kind of food they are.
 - When they guess, put the cards in a pile.
3. Repeat until they use all the cards.
4. Ask participants to put each card / food item in the correct food group. Some foods go in more than one category.

Nutrition Bingo

You can play nutrition bingo with almost any topic.

For example:

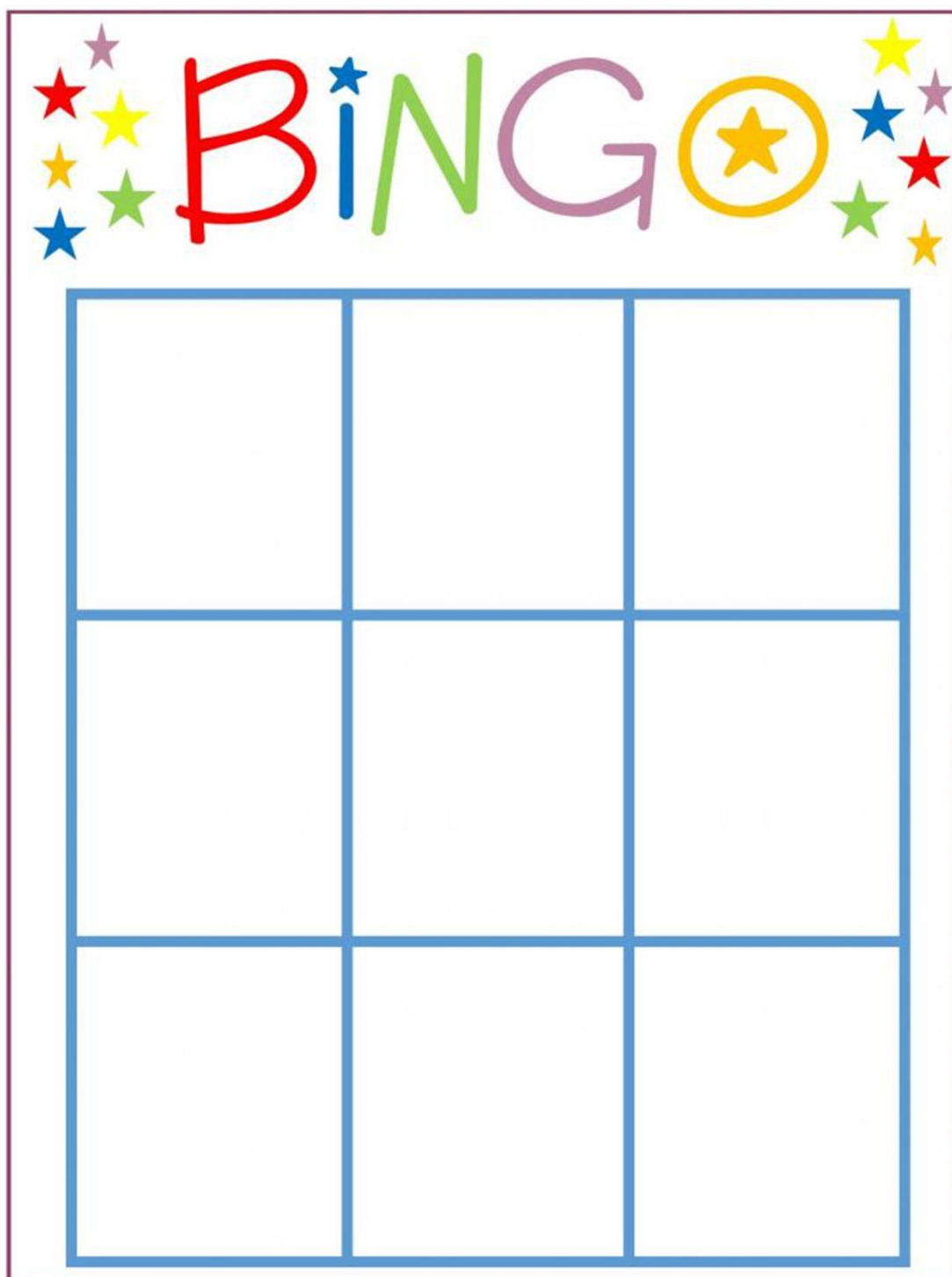
- Foods in one of the four food groups: Milk and Alternatives, Fruit and Veggies, Grain Products, Meat and Alternatives
- Foods that start with a certain letter
- Foods that are a certain colour
- Healthy foods for a certain meal: breakfast, lunch, dinner
- Information on Nutrition Facts labels

What you need

- Flipchart paper to write down participant's ideas
- Bingo cards (see following pages)
- Markers

Instructions

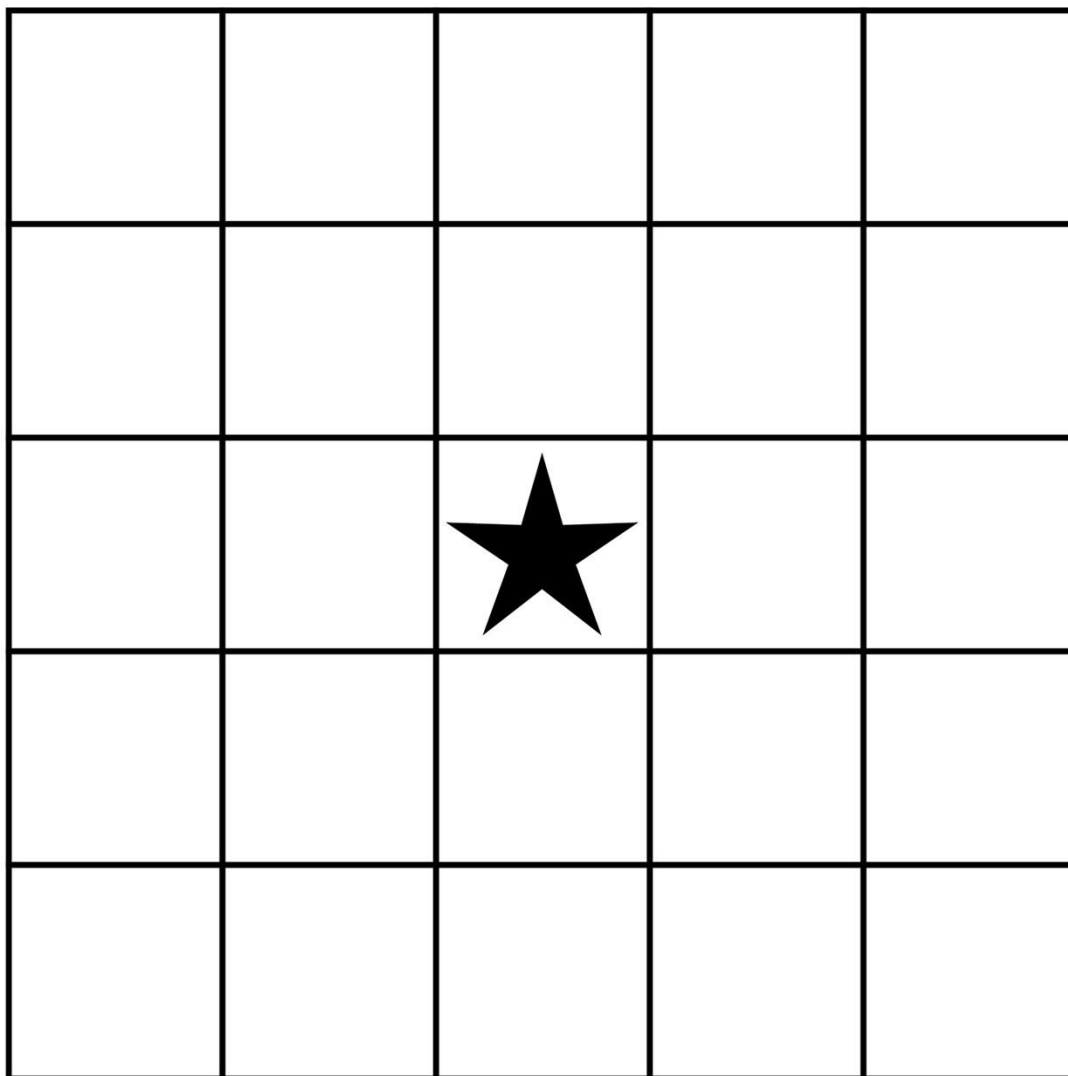
1. Choose a topic.
Brainstorm words for the topic.
2. Choose a bingo card (9 words, 16 words, 25 words) to match the number of words for the topic.
Ask participants to fill in their bingo card with the words, in random order.
3. Decide what it means to win: one line, four corners, blackout, etc.
4. Call the words in random order until someone calls bingo. Repeat with a different topic and words.



BINGO

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |
| | | | |

B I N G O

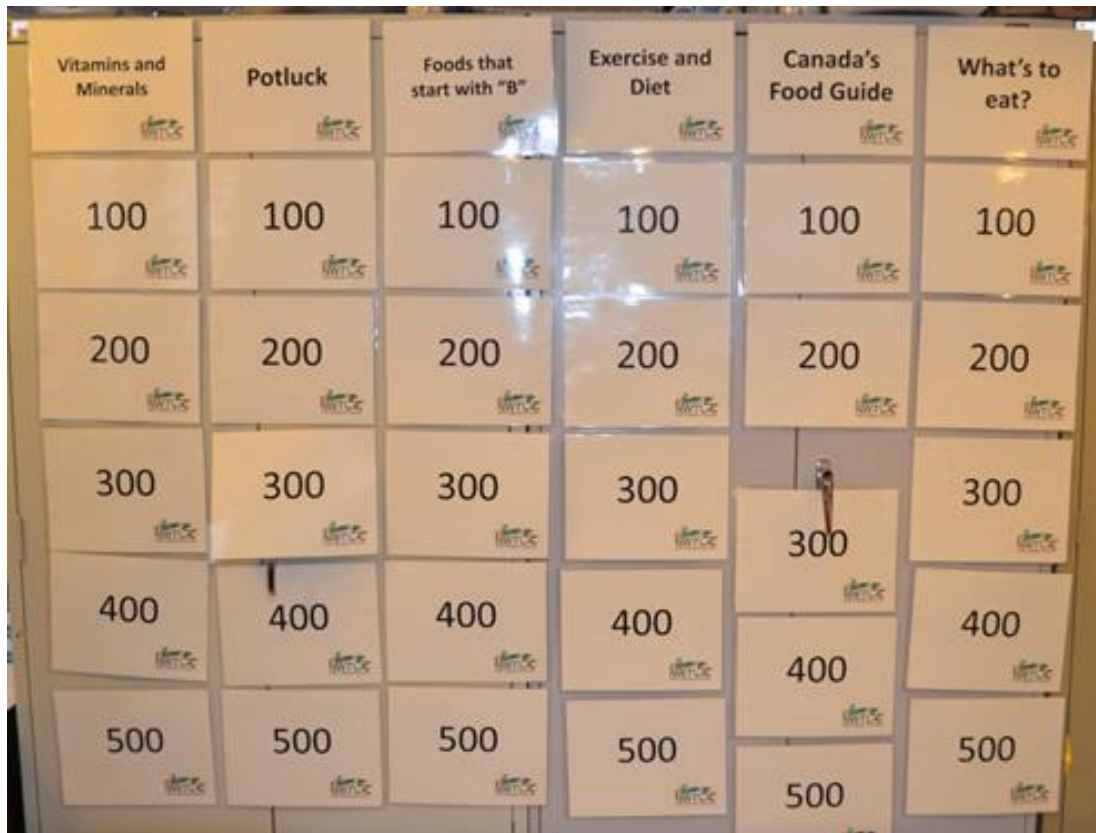


Nutrition Jeopardy

Draw a diagram on a flipchart like the one on the following page.

Use the “Clues and Answers” on the pages after that. Or contact the NWT Literacy Council for a pre-made version of this game.

1. Ask participants to make teams with at least three people.
 - Ask each team to think of a name.
 - Write the name of each team on a flipchart page.
 - Give each participant a bell or something to make noise with.
2. Explain the basic rules.
 - The instructor chooses one team randomly to start the game. That team chooses a topic and amount.
 - The instructor reads the clue for that topic and amount, which is an answer to a question. Participants need to say what the question is.
 - The first participant to ring gets a chance to answer first—to say what the question is that goes with the answer. Team members can talk among themselves before they ring in. The participant that rings in must give the answer.
 - If the first team gives the correct answer, they get the points and choose the next topic and amount. If that team gives the wrong answer, they lose the points and another team can ring in and give the answer.
 - If no one gives the correct answer, the instructor reads it.
3. Record the score on the flipchart page under the team name.
 - At the end of the game the team with the most points wins.

Nutrition Jeopardy

Vitamins and Minerals

| Score | Clue | Possible answers (question) |
|--------------|--|--|
| 100 | We need this mineral for strong bones and teeth. | What is calcium? |
| 200 | This food group provides you with calcium. | What is milk and alternatives? |
| 300 | This vitamin helps keep your eyes healthy. | What is vitamin A? |
| 400 | This is known as the sunshine vitamin. In winter we need a source in our diet. | What is vitamin D? |
| 500 | This vitamin is especially important for pregnant women. | What is folic acid? What is folate? |

Potluck

| Score | Clue | Possible answers (question) |
|--------------|---|--|
| 100 | This dark green vegetable looks like a tree. Sometimes we eat it with cheese sauce. | What is broccoli? |
| 200 | Foods in the meat and alternatives group are an excellent source of this mineral. | What is iron? |
| 300 | Potatoes belong to this food group. | What is vegetables and fruit? |
| 400 | Vegetarians need to eat lots of these to get the protein and other nutrients they need. | What are beans? What are legumes? What are nuts and seeds? |
| 500 | Garlic, tomatoes, and berries have lots of this in them. | What are antioxidants? |

Foods that start with “B”

| Score | Clue | Possible answers (question) |
|--------------|--|---------------------------------------|
| 100 | This fruit is high in potassium, vitamin C, and fibre. It is one of the most popular fruits in Canada. | What is a banana? |
| 200 | This source of carbohydrates is best when made with whole wheat. | What is bread? What is bannock? |
| 300 | This is a Mexican food. | What are burritos? What are beans? |
| 400 | This root vegetable is very red and is really good pickled. | What are beets? |
| 500 | This food is very good for you and good in muffins. | What is bran? What is a banana? |

Exercise and Diet

| Score | Clue | Possible answers (question) |
|--------------|--|--|
| 100 | To lose weight in a healthy way, a person should do these two things. | What is a well-balanced diet and exercise? |
| 200 | These diets can be very unhealthy for your body. | What are fad diets? |
| 300 | After exercising, it's important to do this to replenish muscle energy stores. | What is a healthy snack? |
| 400 | You need plenty of this before, during, and after exercise. | What is water? |
| 500 | When you lose weight fast, you are actually only losing this. | What is water? |

Food Guide

| Score | Clue | Possible answers (question) |
|--------------|---|---|
| 100 | Eggs belong to this food group. | What is meat and alternatives? |
| 200 | This food group includes bread, rice, and pasta. These foods give you energy. | What is grain products? |
| 300 | This is an example of milk and alternatives. | Answers vary. What is ... (milk, yogurt, cheese, cottage cheese soya / almond milk, soft animal bones, seaweed, fish heads and bones) |
| 400 | A person should have 5 to 10 servings of this each day. | What are vegetables and fruit? |
| 500 | Peanut butter belongs in this food group. | What is meat and alternatives? |

What's to eat?

| Score | Clue | Possible answers (question) |
|--------------|---|---|
| 100 | A vegetarian may eat these three foods in the meat and alternatives food group. | What is (answers vary—beans, legumes, nuts, seeds, lentils, peas, chick peas) |
| 200 | Four ways to eat eggs. | What are boiled, scrambled, fried, poached, sunny-side up, raw? |
| 300 | This drink can cause tooth decay in young children. | What is juice? What is pop? |
| 400 | These three foods are not good for you. | What are ... (answers vary—foods with sugar, salt, fat) |
| 500 | These three foods are good for you. | What are ... (answers vary—foods with fibre, protein, vitamins and minerals) |

Scattergories

What You Need

- Sample Scattergories (following page)
- Scattergories handouts (three—following pages)
- Pencils or pens (one for each group)

Instructions

Have prizes for this activity.

1. Divide participants into groups of two or three.
2. Go over the Sample Scattergories.
3. Give each group the handouts, one at a time (there are three).
4. Invite participants to complete the handout—fill in each column with words that start with the letter and belong to the food type.
 - Encourage them to come up with unique answers; their team gets points for a unique answer.
5. Give groups enough time to finish.
6. Compare answers at the end and add up the points.
 - Each group gets a point for each unique answer (their group is the only one with that answer).
 - The group with the most points wins.

Scattergories Sample

| Food type | B | T |
|------------------------|-------------------------------------|------------------------------|
| Healthy snack food | Banana or baby carrots | Tortilla chips (whole grain) |
| Vegetable | Beet | Turnip |
| Fruit | Blueberries | Tomato |
| Something with protein | Beans | Turkey |
| Carbohydrate | Bread | Toast |
| Casserole dish | Baked beans | Tuna and rice |
| Type of soup | Barley | Tomato |
| Breakfast food | Berry smoothie | Toast |
| Lunch food | Bacon, lettuce, and tomato sandwich | Turkey sandwich |

Scattergories 1

| Food type | C | S |
|--------------------------------------|----------|----------|
| Healthy snack food | | |
| Vegetable | | |
| Fruit | | |
| Something with protein | | |
| Carbohydrate | | |
| Something on a Nutrition Facts Table | | |
| Type of soup | | |
| Breakfast food | | |
| Lunch food | | |

Scattergories 2

| Food type | D | H |
|---|----------|----------|
| Supper | | |
| Country food | | |
| Food that is cold | | |
| Food that is hot | | |
| Something healthy | | |
| Type of casserole dish | | |
| Breakfast food | | |
| Fruit | | |
| A food from the Milk and Alternatives group | | |
| A food from the Meat and Alternatives group | | |

Scattergories 3

| Food type | M | L |
|--------------------------------------|----------|----------|
| Healthy snack food | | |
| Something you make | | |
| Something in the freezer | | |
| Unhealthy snack food | | |
| A food from the Grain Products group | | |
| Lunch food | | |
| Vegetable | | |
| Food with protein | | |
| Type of salad | | |
| Type of soup | | |

Nutrition Taboo

This game is a variation to the popular Taboo game.

You need a bell or buzzer and a timer.

1. Choose a participant to come to the front of the room. Ask them to sit with their back against the board or flip chart.
2. Write the key word on the board.
Then write all the taboo words under it.
 - Example:
Key word: Perishable
Taboo words: fruit, vegetable, decay, meat, go bad
3. Explain the rules.
 - Choose one participant to describe the key word to the participant at the front. They cannot use any 'taboo' words. If they use any taboo words, ring the bell and then choose another participant to describe the key word.
 - Keep going until the participant at the front guesses the key word.
 - Choose a different participant to be at the front.
 - Choose a different key word and repeat the process.



Use one of the three lists on the following pages for key words and taboo words. Or create your own—invite participants to come up with key / taboo words.

Food Safety Taboo

| | |
|--|--|
| <p>Key word: Perishable</p> <p>Taboo words:</p> <ul style="list-style-type: none"> ▪ Fruit ▪ Vegetable ▪ Decay ▪ Meat ▪ Go bad | <p>Key word: Defrost</p> <p>Taboo words:</p> <ul style="list-style-type: none"> ▪ Thaw ▪ Unfreeze ▪ Warm up ▪ Water ▪ Fridge |
| <p>Key word: Separate</p> <p>Taboo words:</p> <ul style="list-style-type: none"> ▪ Keep apart ▪ Meat / poultry / fish ▪ Bacteria ▪ Cutting board ▪ Isolate | <p>Key word: Cook</p> <p>Taboo words:</p> <ul style="list-style-type: none"> ▪ Boil ▪ Bake ▪ Oven ▪ Burner ▪ Thermometer |
| <p>Key word: High-risk foods</p> <p>Taboo words</p> <ul style="list-style-type: none"> ▪ Meat ▪ Poultry ▪ Fish ▪ Dairy products ▪ Mayonnaise | <p>Key word: Bacteria</p> <p>Taboo words</p> <ul style="list-style-type: none"> ▪ Surface ▪ Microorganisms ▪ Tiny ▪ Sick ▪ Illness |

Nutrition Taboo**Key word: Fruits and Veggies**

Taboo words

- Food group
- Orange
- Carrots
- Potatoes
- Onions

Key word: Grain products

Taboo words

- Food group
- Bread
- Bannock
- Muffin
- Pasta

Key word: Food Guide

Taboo words

- Four food groups
- Portion size
- Servings per day
- Healthy diet
- Choices

Key word: Milk and alternatives

Taboo words

- Food group
- Milk
- Yogurt
- Cottage cheese
- Cheddar

Key word: Meat and Alternatives

Taboo words

- Fish
- Chicken
- Pork chops
- Eggs
- Beans

Key word: Healthy snacks

Taboo words

- Apple
- Carrot sticks
- Whole grain cereal
- Hard boiled egg
- Berry smoothie

Food Labels Taboo

| | |
|--|--|
| <p>Key word: Nutrition Facts</p> <p>Taboo Words</p> <ul style="list-style-type: none"> ▪ Serving size ▪ % Daily Value ▪ Total fat ▪ Calories ▪ Consumer info | <p>Key word: Ingredients List</p> <p>Taboo Words</p> <ul style="list-style-type: none"> ▪ Packaged foods ▪ Canadian law ▪ Consumer info ▪ Makings ▪ First is most |
| <p>Key word: Nutrition claim</p> <p>Taboo Words</p> <ul style="list-style-type: none"> ▪ Canadian laws ▪ Promotion ▪ Buy this one ▪ Nutrient content ▪ Health claim | <p>Key word: Food labels</p> <p>Taboo Words</p> <ul style="list-style-type: none"> ▪ Nutrition facts ▪ Ingredients list ▪ Consumer info ▪ Canadian laws ▪ Packaged foods |
| <p>Key word: Nutrient content</p> <p>Taboo Words</p> <ul style="list-style-type: none"> ▪ Zero fat ▪ Low sugar ▪ Lean ground beef ▪ Good source of fibre ▪ Rich in Vitamin D | <p>Key word: Health claim</p> <p>Taboo Words</p> <ul style="list-style-type: none"> ▪ Reduces risk of ... ▪ Improves immunity ▪ Help lower cholesterol ▪ Gluten free ▪ Statement |

Smart Shopper Taboo

| | |
|---|--|
| Key word: Unit Price Taboo Words <ul style="list-style-type: none">▪ Shopping▪ Unit▪ Price▪ One▪ Cost | Key word: Compare Taboo Words <ul style="list-style-type: none">▪ Comparison▪ Wise▪ Shopping▪ Look▪ Cost |
| Key word: Coupons Taboo Words <ul style="list-style-type: none">▪ Flyer▪ Sales▪ Savings▪ Paper▪ Deal | Key word: Shopping List Taboo Words <ul style="list-style-type: none">▪ Plan▪ Ingredients▪ Menu▪ List▪ Needs |
| Key word: Bulk Taboo Words <ul style="list-style-type: none">▪ Scoop▪ Bins▪ Loose▪ Choice▪ No packaging | Key word: Menu Taboo Words <ul style="list-style-type: none">▪ Plan▪ Breakfast▪ Lunch▪ Supper▪ Weekly |

Nutrition Snowman

Play this game as a group or in pairs.

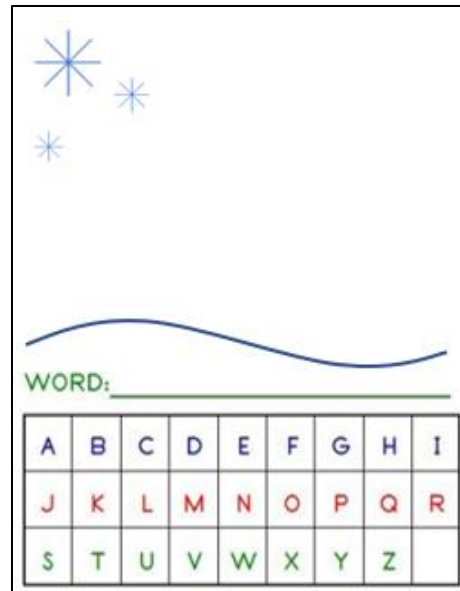
What you need


- Flipchart paper and markers—to draw the snowman if playing as a group
- Snowman handout (following page)—if playing in pairs.
- Words

Instructions

1. Choose a word.
2. Draw _ for each letter in the word.
3. Invite participants to guess the letters.
 - When someone guesses a correct letter, write it in the space where it belongs.
 - When someone guesses an incorrect letter, cross it off the alphabet and draw a part of the snowman.

The person guessing wins if they guess all the letters before the snowman is complete.






Snowman

Cross off incorrect guesses:

| | | | | | |
|---|---|---|---|---|---|
| a | b | c | d | e | f |
| g | h | i | j | k | l |
| m | n | o | p | q | r |
| s | t | u | v | w | x |
| | y | z | | | |

Make the blanks for your word here:



Snowman

Cross off incorrect guesses:

| | | | | | |
|---|---|---|---|---|---|
| a | b | c | d | e | f |
| g | h | i | j | k | l |
| m | n | o | p | q | r |
| s | t | u | v | w | x |
| | y | z | | | |

Make the blanks for your word here:

Nutrition Matching Pairs

Two or more can play this game.

What you need

- Laminated cards—make them from the images on the following pages or create your own.

Instructions

1. Place all the cards face down.
2. Ask each participant to take a turn—turning over two cards to try to find a match.
 - When a participant finds a match, they name the food and what food group it belongs to. Each food may go with two or more food groups.
 - When a participant finds a match, they can take another turn right away.
3. Repeat until all the cards are gone.
 - The participant with the most matches at the end of the game wins.





















Nutrition Card Games

You have a deck of nutrition and food cards in your package. Use these cards to play these games.

Go Fish

The objective of the game is to get matching pairs and to get rid of all your cards.

1. Deal each person five cards to start.
 - Put the rest of the cards in a pile face down.
2. Explain the rules.
 - One player starts the game.
 - In turn, each person asks for a card they need, to make pairs. They can ask any other player for any card.
For example: "Barb, do you have a card with food that belongs to the Milk and Alternatives group?"
 - If that player has the card, they must give it to the person who asked.
And the asking person takes another turn.
 - If that player does NOT have the card, they say, "Go fish".
And the asking person draws the top card from the draw pile.
If the asking person draws the card they asked for, they show it to the other players and get another turn.
3. Put the pairs down in a pile as you get them.
4. Count the pairs when all the cards in the pile are gone. The person with the most pairs wins.

Four of a Kind

The object of the game is to get four of a kind or to get the four different food groups.

To play:

1. Deal four cards to each person to start.
2. Put the rest of cards face down in a pile on the table.
3. Turn the top card face up beside the pile. This is the discard pile.
4. Take turns, starting with the person to the right of the dealer.
 - Choose either the card that is turned face up or the card from top of pile (face down).
 - Discard one card from the hand and put it face up in the top of the discard pile.
5. Continue around the table and repeat, until one person has the “winning hand” — four cards from the same food group OR four cards with one from each food group.