

## Nutrition Island Instructions

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### About Nutrition Island:

This game was designed to play in a familiar and easy way. The rules can be adjusted to accommodate groups of players from pre-k to middle school aged children. At the easiest level, no reading is required and color recognition and match skills are practiced on a nutritious and food friendly island. In more advanced versions players are tested on their knowledge of food categories and required to move about in order to enable their player piece to also move forward.

### Getting Started:

#### Selecting Player Pieces and Order of Play ó

The youngest player is allowed to determine whether they want to go first or choose which player they want to use in the game.

- If they chose to go first, then play will start with the youngest player and proceed in a clockwise circle around the playing mat. The player that will have their turn last, gets to pick which of the playing piece characters they want to be first and piece selection proceeds in a counter clockwise manner around the mat.
- If the youngest play decides to select which player they want to be, then selection of players will start with youngest and proceed in a clockwise circle around the playing mat. The player that selects their piece last will have the first turn and play will proceed in a counterclockwise direction.

**Set Up** ó Players spread out and sit around the outside of the board. To keep the playing board clean the players may want to remove their shoes. Shuffle the playing cards and place them face down on the playing mat. The playing pieces are lined up near the black Start arrow.

**Play** ó Players move from the Start arrow along the colored rectangles and try to get to the party on Nutrition Island, being careful not to eat too many cupcakes and lose their turn!

### Rules:

**Basic** (for pre-k to up to 1<sup>st</sup> grade) ó Players flip over one card from the pile and moves their playing piece according to what is shown on the card. If the card shows a single colored square the player would move forward on the path to the next rectangular tile of the same color. If the card shows two colored squares, the player would move forward on the path to the second tile of the same color. If the card shows a single colored square and one of the food characters, the player skips forward or backward directly to the corresponding tile. There are 2 types of special tiles on the mat, advancement tiles and lose one turn tiles. If a player's piece ends their turn on an advancement tile (the purple Grain Slide tile or the yellow Oil Slick tile), their piece moves over the rainbow path and skips forward to the tile at the end of the arrow. If a player's piece ends their turn on any of the Lose One Turn tiles, then that player's turn is skipped on their next turn. The first player to get to Nutrition Island (the Island with the characters holding the balloons) is the winner. To get onto the Island a player needs to simply be close to the Island and draw a card of a color of which there are no more matching tiles. Thus is a player were on the green tile adjacent to the Island and flipped over any of the cards with a single or double colored tile, they would advance to the Island and win the game.

#### Optional Rules -

**Ages 3 to 5** ó To avoid possible frustration once players advance beyond the yellow LOSE A TURN tile, the effect of the character cards can be ignored. In other words instead of moving directly to the corresponding tile on the mat, the player would simply move forward to the next tile of the same color.

**Add Individual Movement** ó There are 12 cards depicting 2 square tiles with a character and text that indicate a movement. With these cards, the player that flips over the card is required to do the indicated activity and return to their original sitting position before they can move their player two tiles forward.

**Add Group Movement** ó Anytime one of the 12 movement cards is flipped over, all players must do the indicated activity, all players return to the original sitting position and then the player that flipped over the card moves their player 2 tiles forward.

ard with 2 tiles and no activity, they must name a food in category of the corresponding color. For example; if they land on green, they would have to name a vegetable. If they player names a food in the correct category not previously stated, then they get to move their piece 2 tiles forward. If they are unable to name a food in that category, name a wrong food or repeat a food already stated, then the player is only allowed to move forward one tile.

**Advanced Food Knowledge Rules** ó Same as Food Knowledge Rules except the player must now name a previously unnamed food whenever they turn over a card with 1 or 2 tiles and no activity or õskip toõ feature (the cards with one tile and a character), they must name a food in category of the corresponding color in order to move. If they are unable to name a food in that category, name a wrong food or repeat a food already stated, then the player must remain on the same tile they started their turn. With these rules, yellow õOilõ tiles will become difficult to come up with new foods.

**Super Advanced Food Knowledge and Spelling Rules** ó Same as Advanced Food Knowledge Rules, but now players or teams not only have to name a food ó they have to spell the food correctly!

**Team Rules** – For larger groups and or for kids of different ages, players can be assigned teams of 2 or more players. Having more players on a team can be helpful when playing with the Food Knowledge and Super Advanced Food Knowledge Rules.

**Suggestions** ó When playing with younger players and basic rules, this game offers a great chance to talk about different types of foods and introduce some of the food pyramid concepts. When a player lands on a food category, the instructor can ask that player questions. For example, assuming a player lands on a green / vegetable tile the instructor could ask that player or the whole group

- What is your favorite vegetable?
- What vegetable don't you like?
- How often do you eat vegetables?
- How often do you think you should eat vegetables?
- Why is it important to eat vegetables?
- Can you name a red (green, yellow, í pick any appropriate color)?

Similar types of questions and discussions could apply to most of the food categories, except maybe oil.

oatmeal, popcorn, whole grain barley, whole grain cornmeal, whole rye, whole wheat bread, whole wheat crackers, whole wheat pasta, whole wheat sandwich buns and rolls, whole wheat tortillas, and wild rice. Some less common whole grains: amaranth, millet, quinoa, sorghum, and triticale. Ready-to-eat breakfast cereals like whole wheat cereal flakes and muesli. *Refined grains:* Cornbread, corn tortillas, couscous, crackers, flour tortillas, grits, and noodles. Pasta ó spaghetti, macaroni, etc.. Pitas, pretzels, white bread, white sandwich buns and rolls, and white rice. Many ready-to-eat breakfast cereals like corn flakes.

#### **Meats and Beans:** (formerly known as proteins)

*Meats:* beef, ham, lamb, pork, veal, bison, rabbit and venison (whole or ground meats). Organ meats like liver and giblets (yuk!).

*Poultry:* chicken, duck, goose, and turkey.

*Eggs:* chicken eggs and duck eggs.

*Dry beans and peas:* black beans, black-eyed peas, chickpeas (garbanzo beans), falafel, kidney beans, lentils, lima beans (mature), navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soy beans) and white beans. Garden and veggie burgers would also be put in this category.

*Nuts & seeds:* almonds, cashews, hazelnuts (filberts), mixed nuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts.

*Fish:* catfish, cod, flounder, haddock, halibut, herring, mackerel, Pollock, porgy, salmon, sea bass, snapper, swordfish, trout and tuna.

*Shellfish* such as: clams, crab, crayfish, lobster, mussels, octopus, oysters, scallops, squid (calamari), and shrimp.

#### **Milk:** (Dairy)

*All fluid milk:* fat-free (skim), low fat (1%), reduced fat (2%), whole milk, flavored milks (like chocolate, strawberry, etc.), lactose reduced milks and lactose free milks.

*Milk-based desserts:* Puddings made with milk, ice milk, frozen yogurt, and ice cream.

*Cheese:* Hard natural cheeses like cheddar, mozzarella, Swiss and parmesan. Soft cheeses like ricotta and cottage cheese. Processed cheeses like American.

*Yogurt:* Fat-free, low fat, reduced fat and whole milk yogurt.

#### **Fruits:**

Apples, apricots, avocado, bananas, strawberries, blueberries, raspberries, cherries, grapefruit, grapes, kiwi fruit, lemons, limes, mangoes, cantaloupe, honeydew, watermelon. Nectarines, oranges, peaches, pears, papaya, pineapple, plums, prunes, raisins, and tangerines.

*100% fruit juices* like orange, apple, grape and grapefruit would also be considered fruits.

#### **Vegetables:**

*Dark green vegetables:* bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens and watercress.

*Orange vegetables:* acorn squash, butternut squash, carrots, hubbard squash, pumpkin and sweet potatoes.

*Dry beans and peas:* black beans, black-eyed peas, chickpeas (garbanzo beans), falafel, kidney beans, lentils, lima beans (mature), navy beans, pinto beans, soy beans, split peas, tofu (bean curd made from soy beans) and white beans.

*Starchy vegetables:* corn, green peas, lima beans (green), and potatoes.

*Other vegetables:* artichokes, asparagus, bean sprouts, beets, brussel sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, tomatoes, tomato juice, vegetable juice, turnips, wax beans and zucchini.

#### **Oils:**

Canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil. Coconut and palm kernel oil are oils, but are high in saturated fats. Butter, margarine and other solids are also considered in the oil category.

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