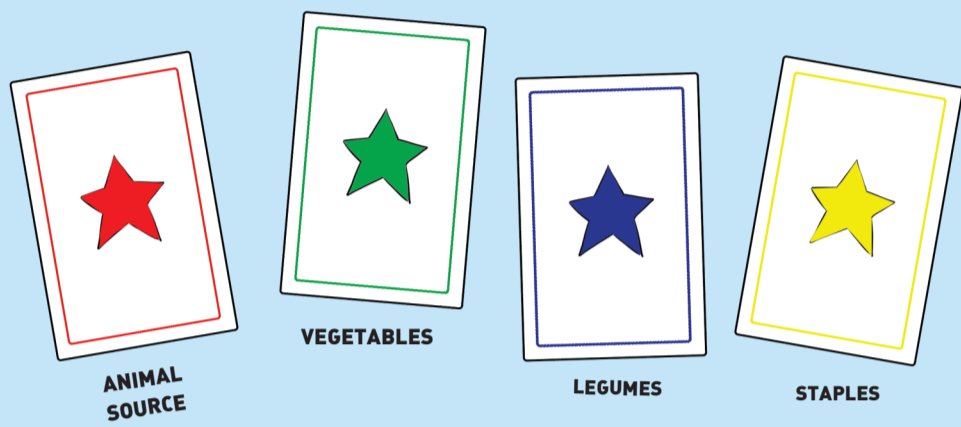
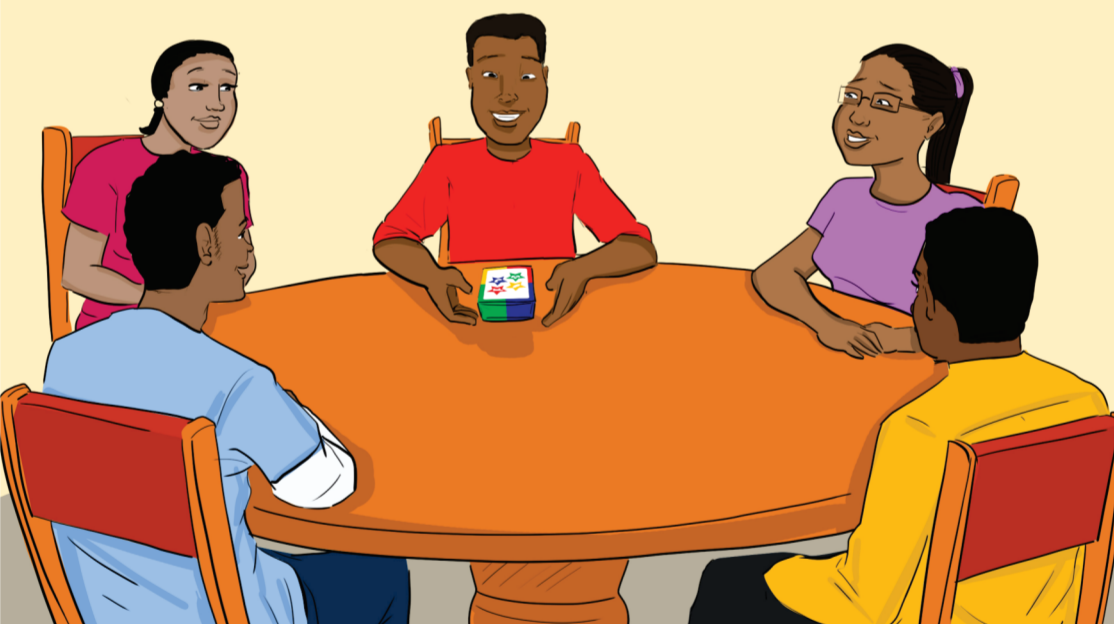


NUTRITION GAME CARD INSTRUCTION



There are 52 cards, containing food from four different food categories (animal source, staples, legumes, and fruits & veggies).

Each food category has pictures of 13 different food items.



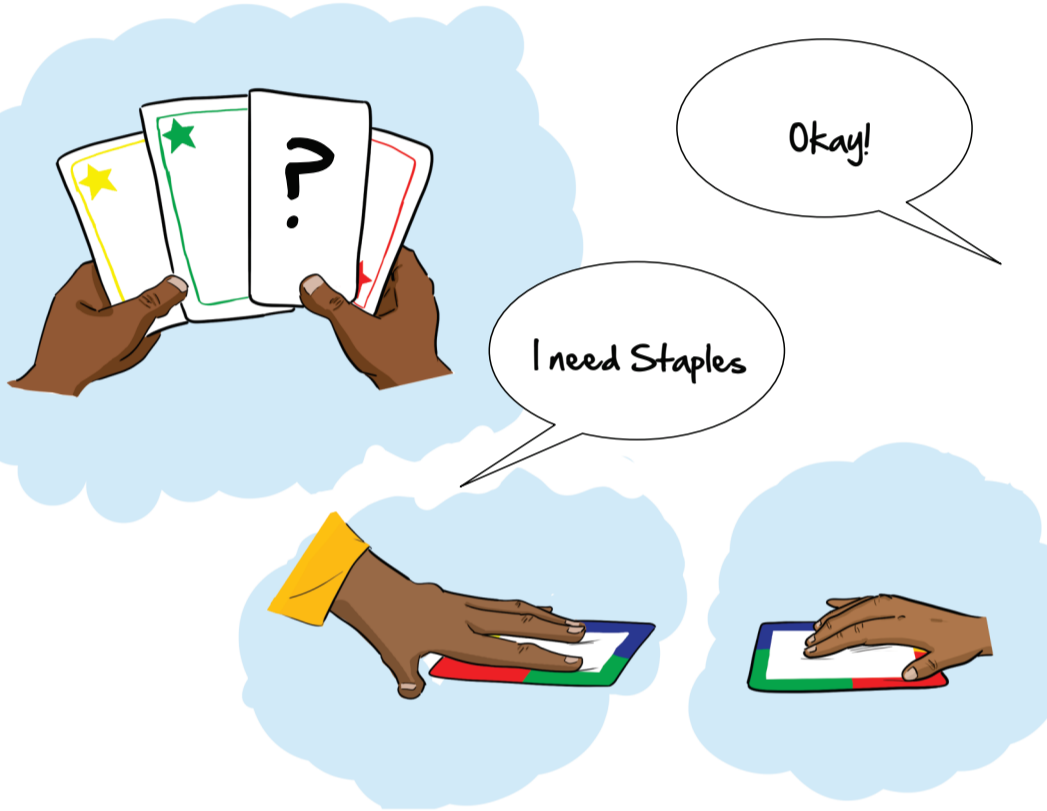
To play the game, there should be 4 to 5 people sitting in a circle.



Share eight cards to each player
Keep the remaining cards in the middle of the players (Market)



All the players try to make as many 4-star meals (a group of 4 cards with each of the 4 food groups) out of the cards they received. If any player creates a 4-star meal, they drop the cards face up in front of all for confirmation

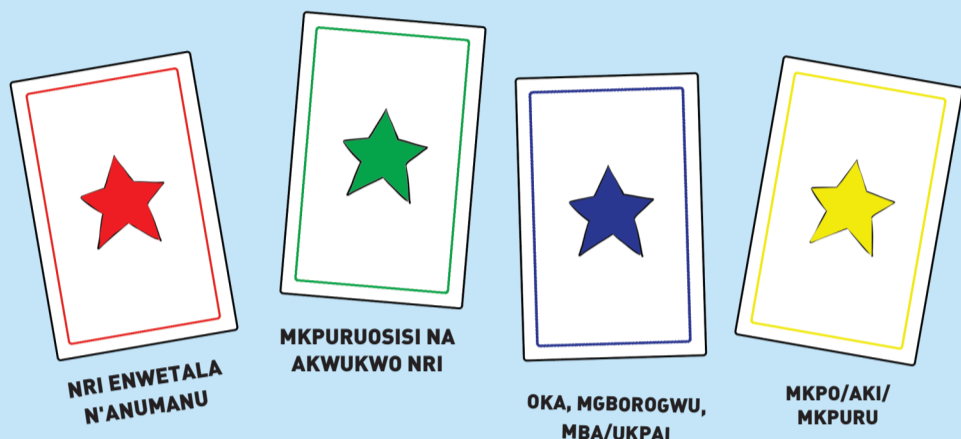


Players will take turns in the order the cards were shared to ask the next player for a card they need to complete a 4-star meal. If the next player has a card from that category, they must hand it over to the player that asked. If the next player does not have the card,, the player that asked picks one card from the market to try to complete their 4-star meal.



The first person to lay down three complete sets of 4-star meals is the winner. The game can end here or other players may choose to continue till the last person standing (the winners can build 4 star meal recipes from their cards)

NUTRITION GAME CARD INSTRUCTION



O di card iri ise na abuo nke esere uzo nri di iche iche nakwa ebe esi enwe ta ya (nri si n' anu, nri n' enye ume, mkpo oka, Mkpuru osisi na akwukwo nri.

Enwere udi nri, iri na ato esere ese di na ime otu uzo nri obula



Na mbido okwe a, mmadu ano ma obu ise ga ano gbaa onwe ha gburugburu.



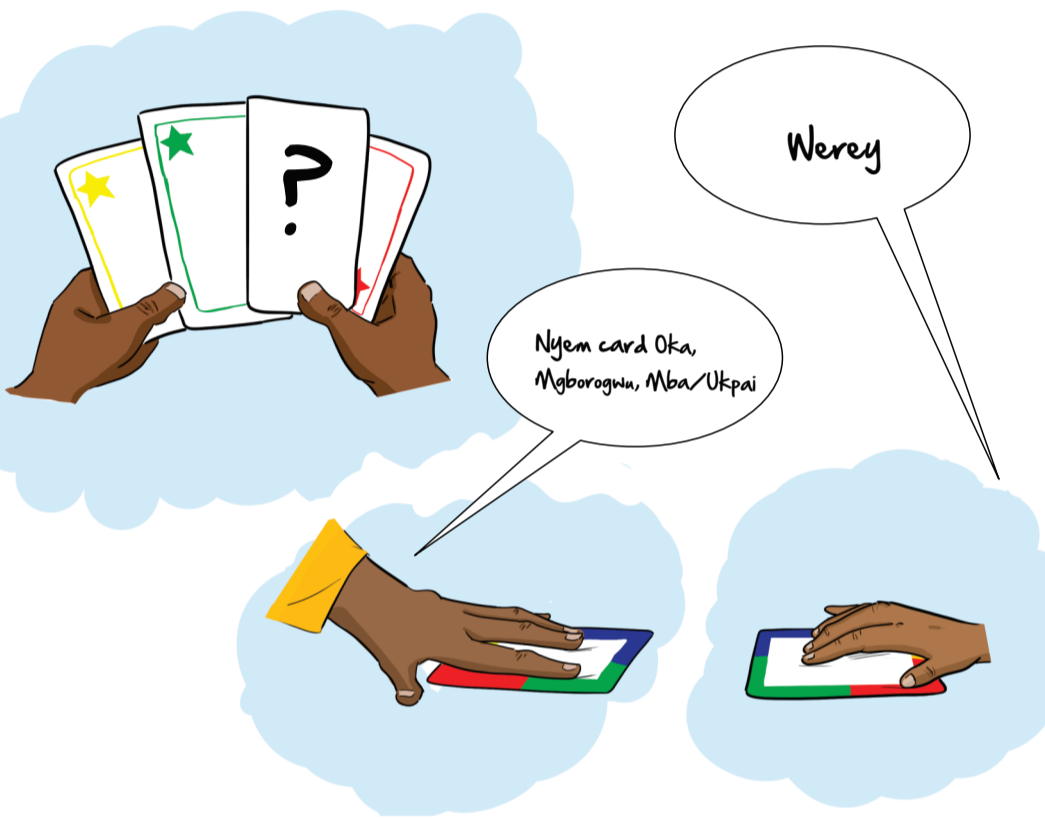
Nye otu mmadu card asato

Dobe card ndi foduru na etiti ndi na agba okwe a (Ahia)



Ndi na agba okwe ga eji card enyere ha meputa agbata nri Ano na edozi aru (uzo nri di iche iche)

Oburu na ndi na agba okwe a meputa agbata nri ano na edozi aru, ha ga edosa ya ka onye obula wee hu ya



Oburu na otu nime ndi na agba okwe a choro card iji mejuputa agbata nri ano na edozi aru, oga ju onye na eso ya ka onye ya card.

O buru na, onye na eso ya nwere card ahu ochoro, o ga enyefe ya onye juru ya

Oburu kwanu na onye na eso ya enweghi card ochoro, oga aga ahia lee ma oga enweta card oga eji mejuputa agbata nri ano na edozi aru



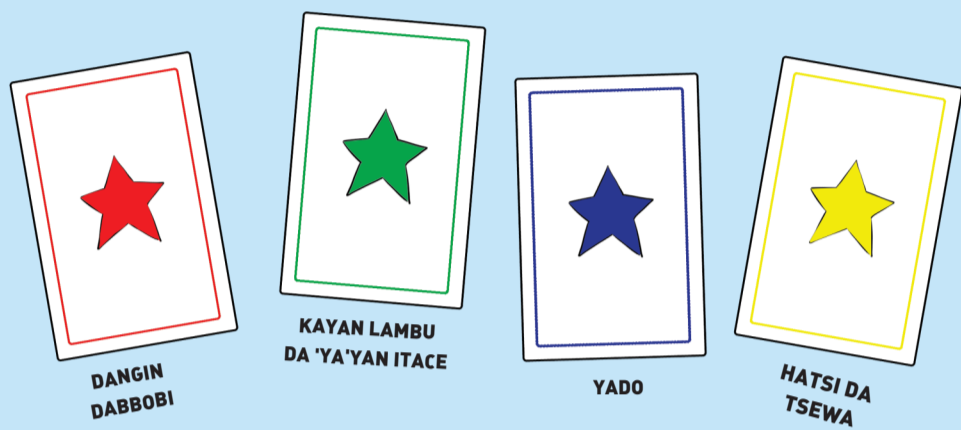
Onyeobuna buru uzo mejuputa uzo ato na agbata nri na edozi aru bu ya meriri na igba okwe a. Okwe a nwere ike bia na njedebe, ma obu ndi ozo na agba okwe a nwekwara ike gaa niru rue mgbe ofoduru otu mmadu(Ndi nile meriri na okwe a nwere ike were card ha meputa agbata nri ano nedozi aru.



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NUTRITION GAME CARD INSTRUCTION



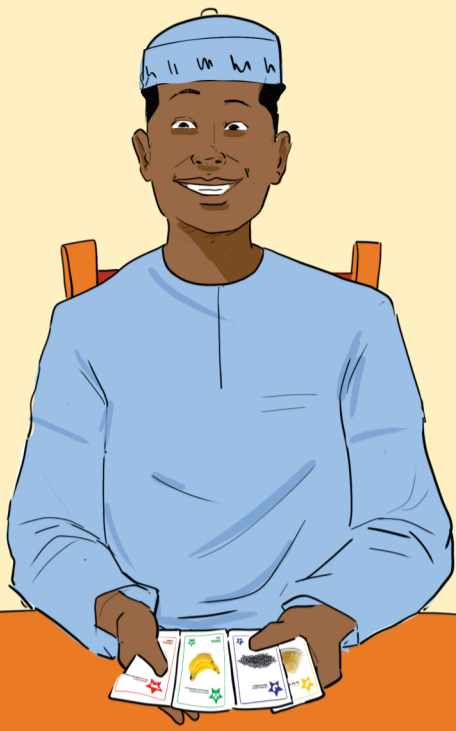
Akwai katukka 52 wadanda suke dauke da nau'ukkan abinci daga dabbobi, hatsi, masu bawa, 'ya-'yan itace da ganyayyaki. Kowane kason abinci yana dauke da hotuna nau'ukkan abinci 13.



Domin buga wannan wasar, yakamata a samu mutane 4 zuwa biyar zaune a cikin da'ira



Abaiwa ko wane Mai buga wasar kati 8. A ajiye sauran katukka a tsakiya a matsayin (Kasuwa



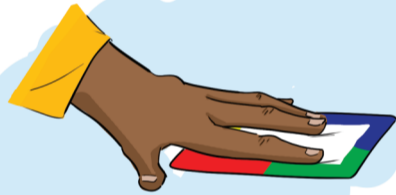
Dukkanin 'yan wasar zasuyi kokari su hada abinci Mai inganci Wanda ya kunshi taurari 4 gwargwadon iko (Gurbin katukka 4 Wanda kowane kati Yana dauke da tauraron abinci daya) a cikin katukkan da aka Basu.

Idan Wani daga 'yan wasar ya samu nasarar hada abinci Mai taurari 4 to sai ya ajiyesu agaban kowa domin a tabbatar.



Gashi!

Bani kati Hatsi da Tsewa



'Yan wasa zasu rika juyawa ga na kusa dasu dai dai yanda aka raba masu katukka domin neman katin da suke nema domin cika taurari hudu

Idan na kusa dasu yana da katin da suke nema to dole ya bayar dashi ga wanda ya tmbayeshi Idan dan wasar kusa dashi baya da katin da ake nema, to sai dan wasar yaje ya dauko kati daga kasuwa domin cike gurbi taurarin 4

WINNER!



Mutun na farko wanya ya hada gidajen abinci 4 wanda kowane ya kushi taurari 4 to shine wanda ya samu nasar wannan wasar. Wasar zata iya karewa anan. Sauran 'yan wasar suna iya cigaba da baga wasar har lokacin akabar mutun na karshe.



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