
EPIC collectors cards

There are lots of games that you can play with the Nutritional Collectors Cards.

You will see that each card shows a different food or drink. A card tells you how much vitamin C, fibre, calcium, iron and total fat there is in a given food of a specific portion weight.

Each food belongs to one of 7 families: fruit, sweets and snacks, vegetable, hot meal, starchy food, breakfast and dairy.

Collectors card game –how to play?

How many people?

A minimum of two.

What do you need?

- The collectors' cards!
- An eagerness to have fun!

Aim of the game

The aim of the game is to 'win' all of the cards (whilst learning about the food that we eat!).

How to play

1. Shuffle the cards.
2. Deal the cards out equally to all players (if they do not divide equally, take out some of the cards so that they do).
3. Hold the cards face down, one beneath the other. When the game begins, turn over the first card, but do not reveal it to anyone else.
4. The youngest player starts first. (S)He looks at their first card and chooses a category from vitamin C, fibre, calcium, iron, total fat and portion weight. Aloud, they read out the category name and corresponding value. For example, "for Broccoli, the Vitamin C is...'

5. Everyone else then reads out the value for Vitamin C (or the chosen category) on the top card that they have turned over, and the person with the highest value for the chosen category wins those top cards from all of the other players. S(He) then puts all of these cards to the bottom of his/her pile.
6. The winner of the round then flips over the next card at the top of his/her pile, looks at the card, chooses a category and again reads the value aloud. As with before, the highest card wins.
7. The game continues until one player wins all of the cards. When this happens, and in the interests of being good sports, all of the other players should applaud the victor, and everyone should shake hands.
8. In the rare instance that two or more players have the same winning value on their cards, they would then turn over the next card on their pile and read the value for the category initially selected. The person with the highest value on this second comparison will get the other person's card AS WELL AS the ones from the first part of the round.

Variations

If you are short of time, you can set a time-limit; and the player with the most cards when the time is up is declared the winner.

How to play 'Happy Families'?

An alternative game you could play with the EPIC-collectors cards

How many people?

A minimum of three, a maximum of seven (but a little less is probably better).

What do you need?

The collectors' cards! You should have seven sets of four cards each. The sets, or 'food groups', available are:

- Fruit
- Vegetables
- Sweets and Snacks

- Breakfast
- Hot meal
- Dairy
- Starchy foods

Each card within a food group has a mark on the bottom right hand corner of the card, showing a:

- Fork
- Knife
- Spoon
- Plate

Aim of the game

To collect as many sets of familial cards as possible (4 cards of the same food group, each having a different mark in the corner).

How to start the game

1. Shuffle the cards.
2. Deal out all of the cards, making sure you divide the cards as equally as possible between all of the players.
3. To make it easier, each player should then sort the cards in their hand according to the individual food groups.

The rules

1. The youngest player starts by asking any other person at the table if (s)he has a card belonging to the group of foods which the player wants to collect a set of (likely to be the set which the player already has most cards of in his/her hand). The player will have to be specific as to which marking on the card they want, for example: 'Do you have the spoon of the fruit group?'
2. If the player is told that the person does not have the desired card, the turn to ask the questions passes over to the player on the left-hand side (clockwise).
3. However, if the player who is asked has the card, (s)he must give it to the person asking. The person asking the question will then get another chance to ask the same person (or any other person at the table) for another card (not necessarily of the same food group).
4. A player can't ask questions anymore when (s)he is without cards.
5. The game ends when all sets are collected. The person with the most sets is declared the winner.

The information contained on these collectors cards is for general information purposes only. The nutritional information is based on approximate household measures and does not represent recommended portions for individuals.