

Food Group Card Game

1. Cut out the deck of cards.
2. Shuffle the cards and place them in a stack with the picture side down.
3. This game can be played with two or more players.

The Cards

The card pack has 52 cards. Forty of the cards are broken into the following food groups, numbered with a value from 1 to 8.

- Fruits
- Vegetables
- Protein
- Dairy
- Grains

The remaining 12 cards are labeled Junk Food and have a value of 10. The number on the Junk Food cards is only for scoring purposes, not game play.

Object of the Game

The goal is to be the first player to get rid of all your cards.

The Deal

1. Deal five cards face down, one at a time, to each player, beginning with the player to the left of the dealer.
2. Place the remaining cards face down in the center of the table to form the stockpile.
3. The dealer turns over the top card from the stockpile and places it face up next to the stockpile. This is the starter pile. If a Junk Food card is turned, stick it back into the stockpile at a random location and turn up another card.

The Play

1. Starting to the dealer's left, each player must place one card face up on the starter pile. Each card played (other than a Junk Food card) must match either the food group on the card that was just played (Fruits, Vegetables, Protein, Dairy, Grains) or the number on the card that was just played.

For example, if the card on the starter pile is Fruits (4), you can play either another Fruits card with any number on it, or you can play a card from another food group that has the number 4, such as Protein (4).

2. If any player is unable to play a card from their hand, they must draw a card from the top of the stockpile. If this card can be played on the starter pile, it should be played, and the turn is complete. If the drawn card cannot be played, the player keeps it and then it is the next player's turn.
3. Junk Food cards are wild and can be played at any time. However, when a Junk Food card is played, the player must then draw two cards from the stockpile and keep them in their hand. Their turn is over. The

next player then gets to choose any card they would like to play on top of the Junk Food card in the starter pile, and play continues.

4. If someone is unable to play and draws a Junk Food card from the top of the stockpile, they may immediately play it, but must then draw two additional cards from the stockpile and their turn is done. They can also choose to hold the Junk Food card in their hand, not play it, and their turn is complete.
5. Play continues until one player gets rid of all of their cards.
6. If the stockpile runs out before that happens, leave the top card from the starter pile on the table and reshuffle the rest of the starter pile to make a new stockpile. Continue play until one player gets rid of all their cards.
7. All players then score their hands, as described below. Use the scorecard to keep track of your scores.
8. Play another round.
9. After the desired number of rounds are played, add up the total score for each player. The player with the lowest total score is the winner.

Scoring

The player who is the first to get rid of all their cards ends the round and gets zero points for that round. The remaining players in that round count the total value of the cards remaining in their hand, using the number values (1 through 8) on each card. All Junk Food cards have a value of 10 points.

Player	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Game Total

1

DAIRY



Blue Cheese

2

DAIRY



Camel Milk

3

DAIRY



Cow Milk

4

DAIRY



Queso Fresco

5

DAIRY



Yogurt

6

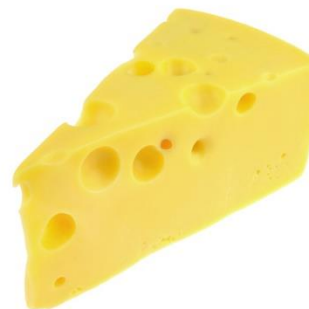
DAIRY



Kefir

7

DAIRY



Swiss Cheese

8

DAIRY



Goat Milk

1

FRUITS



Apple

2

FRUITS



Aronia

3

FRUITS



Currant

4

FRUITS



Fig

5

FRUITS



Kiwi

6

FRUITS



Orange

7

FRUITS



Papaya

8

FRUITS



Pear

1

GRAINS



Amaranth

2

GRAINS



Barley

3

GRAINS



Black Rice

4

GRAINS



Brown Rice

5

GRAINS



Buckwheat

6

GRAINS



Oats

7

GRAINS



Spelt

8

GRAINS



Teff

1

PROTEIN



Beans

2

PROTEIN



Clam

3

PROTEIN



Crickets

4

PROTEIN



Hazelnuts

5

PROTEIN



Lentils

6

PROTEIN



Mealworms

7

PROTEIN



Sardines

8

PROTEIN



Tofu

1

VEGETABLES



Arugula

2

VEGETABLES



Beet

3

VEGETABLES



Broccoli

4

VEGETABLES



Carrot

5

VEGETABLES



Garlic

6

VEGETABLES



Green Beans

7

VEGETABLES



Lettuce

8

VEGETABLES



Onion

10

JUNK FOOD



Cheesy Puffs

10

JUNK FOOD



Donut

10

JUNK FOOD



Chocolate Cake

10

JUNK FOOD



Cookies

10

JUNK FOOD



French Fries

10

JUNK FOOD



Sugary Drink

10

JUNK FOOD



Cheesy Puffs

10

JUNK FOOD



Donut

10

JUNK FOOD



Chocolate Cake

10

JUNK FOOD



Cookies

10

JUNK FOOD



French Fries

10

JUNK FOOD



Sugary Drink