



Play!

- 1 The game coordinator takes a *Food* card and a *Foot/Hand* card from the piles and shows them to the players.
- 2 The players must guess which category/colour on the pyramid the *Food* card corresponds to, then put a foot or hand as directed by the card on the coloured circle they think is right.
- 3 The game coordinator then turns the *Food* card to show the right colour. The players who got this wrong must move to a circle of the right colour.
Example: the game coordinator takes a Right foot card and a Carrot card. Using the food pyramid, the carrot is a vegetable → green. Players must therefore put their right foot on a green circle.
- 4 If a player places a knee or elbow on the floor, or falls, leaves the mat or crosses the team's line, he/she is not eliminated. He/she can continue to play but a character from his/her country is crossed out on the scoreboard.



- 5 **Please note:**
A player cannot put a foot and a hand on the same circle. Members of the same team, however, can use the same circle.
If the game coordinator announces the same colour twice in a row, players cannot stay on the same circle and must move their feet or hands to another circle (if all circles of that colour are occupied, the game coordinator will take a new *Food* card).
- 6 The match is over when 20 minutes are up. The winning country is the one with the most points.