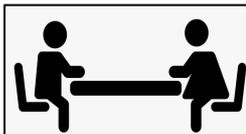


Meal Planner Game

Nutrition Card-game



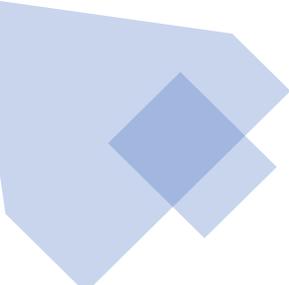
Age group
Above 14 years



2-8 players



10/30min



What is this game for?

This game should be used to demystify what is possible for children to eat, accelerate the process of understanding a diverse diet, and demonstrate the different roles that each member of the community can play.

When to play this game?

This game should be used:

1. In the end of the one on one counselling sessions
2. During group sessions
3. During community meetings

After playing the game:

1. Build a meal plan the next day with the mother
 2. Check the mother's food stock and help her to separate the ingredients for the next meal
- 

Meal Planner Game

Game goal: You are a part of a family that is planning the meals of the day. Your goal is to build health breakfast, lunch, snacks and dinner which are good enough for your child to grow healthy.

Components and roles

Mother



You can only build the meals

Mother-in-law



You can only provide advice on types ingredients people should select

Community leader



You can only approve healthy meals by giving a star to a father or a mother

Father



You can only build the meals

Mother



Mother-in-law



Community leader



Husband



Role: You only build meals

What is a good meal?

Always have 3 categories of food



Role: Provide free help

What is a good meal?

Always have 3 categories of food



Role: Give stars for good meals

What is a good meal?

Always have 3 categories of food



Role: You only build meals

What is a good meal?

Always have 3 categories of food



Turn summary

Preparation for kick-off

- Every player should receive: 1 Character
- Mothers and Fathers receive 1 coins and spend 1min building their current breakfast, lunch or dinner meal using 2 cards
- Mother-in-law should select 4 cards with the most necessary ingredients in their opinion
 - Community leaders should get 4 stars

On your turn, you can perform one of the following actions:

- ❖ Income: take 1 coin (mothers and fathers), star (community leader) or one food card (mother-in-law)
- ❖ Buy an ingredient: one ingredient cost 2 coin
- ❖ Exchange an ingredient with another **player** or **mother-in-law**: select a card and give one of yours to another player
- ❖ Provide free help: Mother-in-law can select a player and support them by giving to them an essential ingredient
- ❖ Approve a meal: Community leaders can give stars for good meals

*If a mother or father receives a star from the community leader, they should continue assembling to the next meal until they complete the series: **breakfast, lunch, health snack and dinner**. In the end, all player will have a health meal plan for their child.

Who should play?

Team composition: 2 to 8 players

Game rules when there are 2 players

In this case, the CHW will choose between playing a mother-in-law or a community leader. These characters will have the ability to accumulate both roles. E.g. a mother-in-law who gives advice and distributes stars.

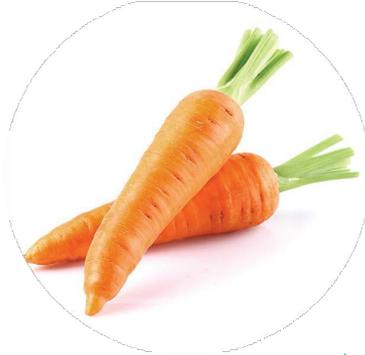
Mothers and caregivers, can be a father or a mother in the game

Game rules when there are more than 3 players

In this case, the CHW will play as a community leader distributing stars while the other player can choose to be mother, father or mother-in-law.



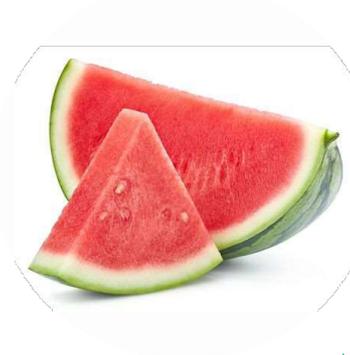
FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



CARROT
Karas



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



WATER MELON
Kankana



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



BAOBAB LEAVES
Kuka



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



PUMPKIN LEAVES
Ganyen ugu





FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



MORINGA
Zogale



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



PAW PAW
Gwanda



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



ORANGE
Lemu



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



TOMATOES
Tumtir





FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



JUTE LEAVES
Ganyen ayoyo



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



OKRA
Kubewa



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



LETTUCE
Latas



FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



PUMPKIN
Kabewa





FRUITS & VEGETABLES
Kayan Lambu da 'Ya'Ya Itācen



SPINACH
Ganyen Allayafo



ANIMAL SOURCE
Dangin Dabbobi



BEEF
Naman Sa



ANIMAL SOURCE
Dangin Dabbobi



GOAT
Naman Akuya



ANIMAL SOURCE
Dangin Dabbobi



YOGHURT
Kindirmo





ANIMAL SOURCE
Dangin Dabbobi



CHICKEN
Naman Kaza



ANIMAL SOURCE
Dangin Dabbobi



GUINEA FOWL
Naman zabo



ANIMAL SOURCE
Dangin Dabbobi



FISH
Kifi



ANIMAL SOURCE
Dangin Dabbobi



RAM
Naman Rago





ANIMAL SOURCE
Dangin Dabbobi



CRAYFISH
Krapish



ANIMAL SOURCE
Dangin Dabbobi



SNAIL
Dodon kodi



ANIMAL SOURCE
Dangin Dabbobi



EGG
Kwai



ANIMAL SOURCE
Dangin Dabbobi



MILK
Madara





ANIMAL SOURCE
Dangin Dabbobi



DRY FISH
Busasen Kifi



ANIMAL SOURCE
Dangin Dabbobi



GRASSHOPPER
Para/Singe



LEGUMES & SEEDS
Yado



BEANS
Wake



LEGUMES & SEEDS
Yado



SOY BEANS
Waken soya





LEGUMES & SEEDS
Yado



COWPEAS
Wake



LEGUMES & SEEDS
Yado



GROUNDNUT
Gyada



LEGUMES & SEEDS
Yado



BAMBARA NUTS
Gurjiya



LEGUMES & SEEDS
Yado



CASHEW NUT
Kwalon kashu





LEGUMES & SEEDS
Yado



MELON SEED
Agushi



LEGUMES & SEEDS
Yado



LOCUST BEANS
Daddawa



LEGUMES & SEEDS
Yado



SESAME SEED
Ridi



LEGUMES & SEEDS
Yado



PEAS
Koren wake





LEGUMES & SEEDS
Yado



GREEN BEANS
Koren wake



LEGUMES & SEEDS
Yado



OGBONO SEEDS
Obono



LEGUMES & SEEDS
Yado



COCONUT
Kwakwa



STAPLES
Hatsi da Tsewa



GARRI
Garrin rogo





STAPLES
Hatsi da Tsewa



RICE
Shinkafa



STAPLES
Hatsi da Tsewa



FONIO
Acha



STAPLES
Hatsi da Tsewa



MAIZE
Masara



STAPLES
Hatsi da Tsewa



MILLET
Gero





STAPLES
Hatsi da Tsewa



GUINEA CORN
Dawa



STAPLES
Hatsi da Tsewa



YAM
Doya



STAPLES
Hatsi da Tsewa



COCOYAM
Makani



STAPLES
Hatsi da Tsewa



SWEET POTATOES
Dankalin hausa





STAPLES
Hatsi da Tsewa



IRISH POTATO
Dankatin turawa



STAPLES
Hatsi da Tsewa



PLANTAIN
Manyan Ayaba



STAPLES
Hatsi da Tsewa



WHEAT
Alkama



STAPLES
Hatsi da Tsewa



PASTA
Talia





**A child needs
healthy snacks
between meals.**



**A child under
12-months-year
cannot eat family
meal.**



**Sometimes, to make a
family meal
appropriated for your
child you just should
eliminate 1 or 2
ingredients from your
original recipe.**









