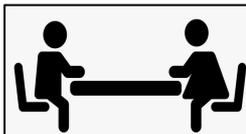


# Meal Planner Game

## Nutrition Card-game



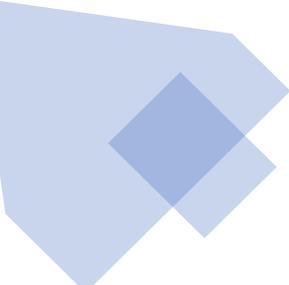
Age group  
Above 14 years



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.



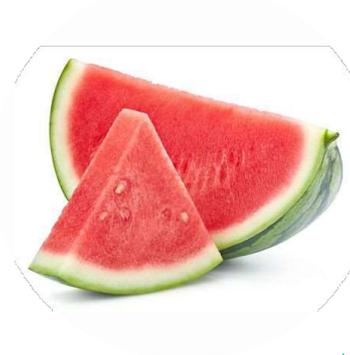
FRUITS & VEGETABLES  
Kayan Lambu da 'Ya'Ya Itācen



**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**  
Tumatir





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



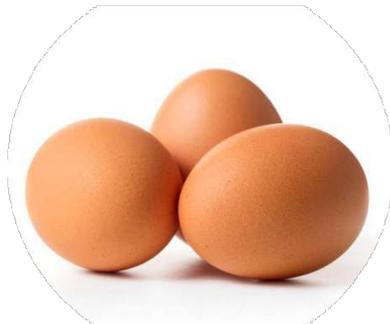
**ANIMAL SOURCE**  
Dangin Dabbobi



**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.**









