

Snacks, Snakes and Ladders

Welcome to the Rowett's version of snakes and ladders. This is a game with a twist involving foods that we are all familiar with.

To play you will require a dice, some counters, and the downloadable playing board; though it could be played on a tablet too.

The aim of the game is to be the first player to reach the top – space 100. However, beware! If a player lands on a less than healthy snack (chocolate, crisps or fizzy drink) then they will slide back down the board. If a player lands on a healthy snack however, then there is the opportunity to climb up the board.

There are also some other spaces to watch out for. When a player lands on the crunchy carrot, they can then move forward one space; but getting your skates on can move you forward two spaces. However, if you are a couch potato then you must miss a turn.

To enhance your enjoyment of this Snack and ladders game the following table can be used to highlight information about the snacks that player land on

Have fun!

Bananas	1 banana = 1 portion fruit Bananas contain folate and vitamin B6 needed for healthy red blood cells that carry oxygen around your body.
Strawberries	1 portion = 7 strawberries Strawberries are full of vitamin C that you need for healthy skin, gums, bones and blood vessels.
Milk	Milk and milk products are rich in calcium, phosphorus and other nutrients you need to build strong bones and teeth.
Carrots	1 portion = 3 heaped Tablespoons or 1/2 medium Beta carotene gives carrots their vibrant colour and can be converted into vitamin A needed for normal night vision.
Tomatoes	1 portion = 1 medium or 7 Cherry The red colour of tomatoes is lycopene that protects your cells from damage by free radicals formed during normal metabolism.
Crisps	Crisps stuck in your teeth makes great food for bacteria that cause tooth decay, swish water around your mouth to help dislodge the particles.
Chocolate	Almost all chocolate is high in fat, sugar and calories so save it as a special treat after a meal.
Fizzy drinks	The acids and sugar in flavoured fizzy drinks can lead to tooth decay so are best drunk through a straw at mealtimes.

Instructions

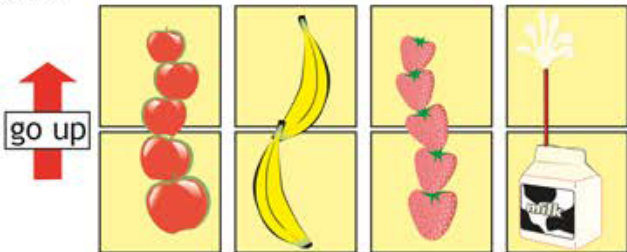
Play this game just like Snakes and Ladders but the difference is that you climb up the healthy snacks and move down the not-so-healthy snacks.

You need 2-4 players

Whoever throws the highest number on the dice goes first.

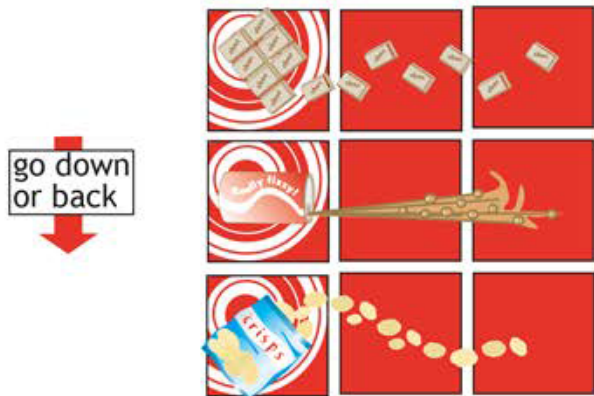
Healthy snack square

You've landed on a healthy snack square! Answer the question correctly and climb up the fruit ladder or milk straw



Not-so-healthy snack square

You've landed on a not-so-healthy snack square! Go back along the chocolate squares, crisps or fizzy drink.



Special squares



You're a couch potato! Miss a turn.



On your skates! Go forward 2 squares.



Crunchy carrot! Go forward 1 square.