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.

Rowett logo! Answer a question correctly go forward 6 squares, get it wrong and stay put.

Rowett research institute

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