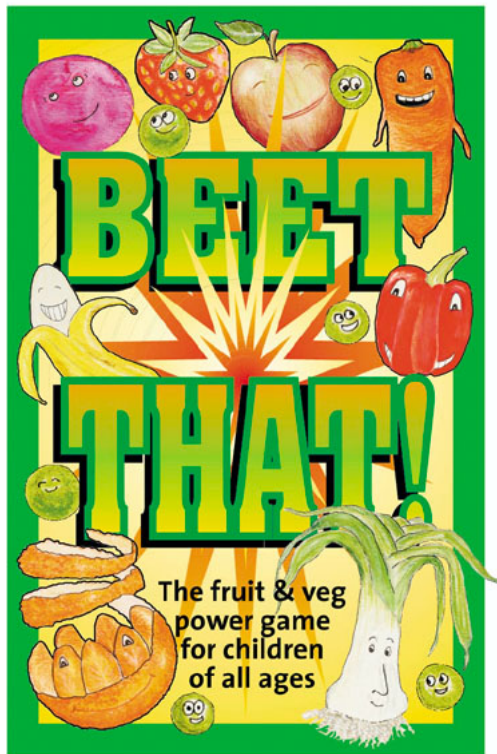


Beet That! Fruit and veg power game



3000 packs of cards were printed of the Beet That! card game using Lottery funding. These were distributed to primary schools, childminders, after-school clubs and play schemes across East Sussex. The game was developed as a way to engage children in understanding the different nutritional values of various vegetables and fruit. It can be used as a competitive card game or as a basis for a range of activities for children approx 5-13yrs. Each card has an animated drawing of one of 33 different fruits and vegetables with information about the level of iron, folate, vitamin A, C, E, and calcium it would provide in one portion. Children will have great fun trying to get the highest nutritional score. Plying the game familiarises children with the varieties of vegetables and fruits and encourages them to try those with the high nutritional scores. Research and game design by Michi Mathias, art work by Sarah Rideout, and design by Tony Ashton.