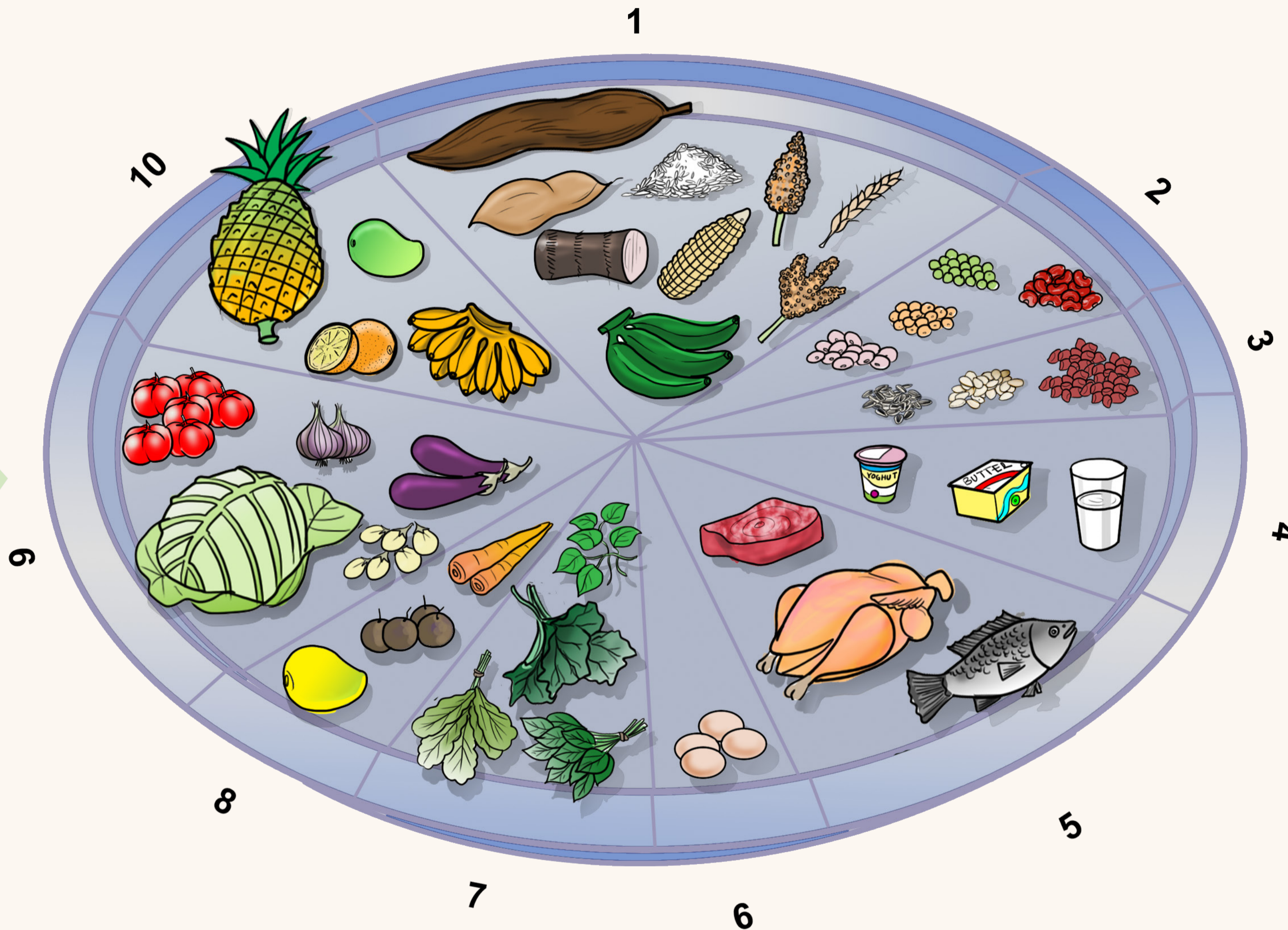
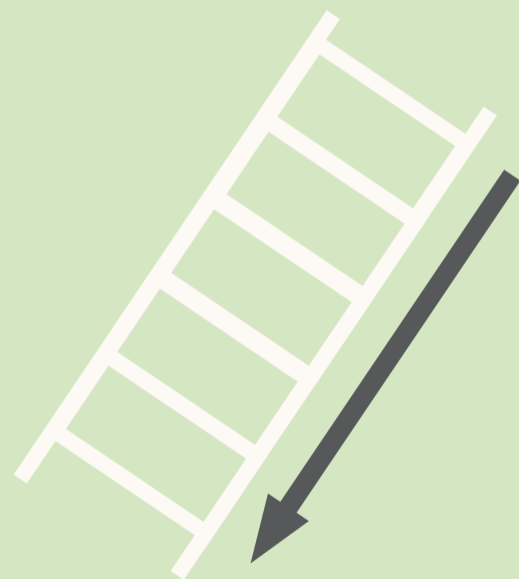


# THE HAPPY FAMILY TEAMBOARD

Make sure you always have at least 1 seed in 5 food groups; then you will have a balanced diet! If you do not have at least 1 seed in 5 food groups when you reach Community Event on the scoreboard, you will be disqualified.



At the end of the game you will move back 5 happy points if you do not have 1 seed in 5 food groups.



Place your cards here

INVESTMENT CARDS

ACTION CARDS

- 1. Cereals, starchy tubers, root crops and plantains
- 2. Pulses (beans, peas)
- 3. Nuts and seeds

- 4. Milk and dairy products
- 5. Meat, poultry, and fish
- 6. Eggs
- 7. Dark leafy vegetables

- 8. Other vegetables and fruits rich in vitamin A
- 9. Other vegetables
- 10. Other fruits