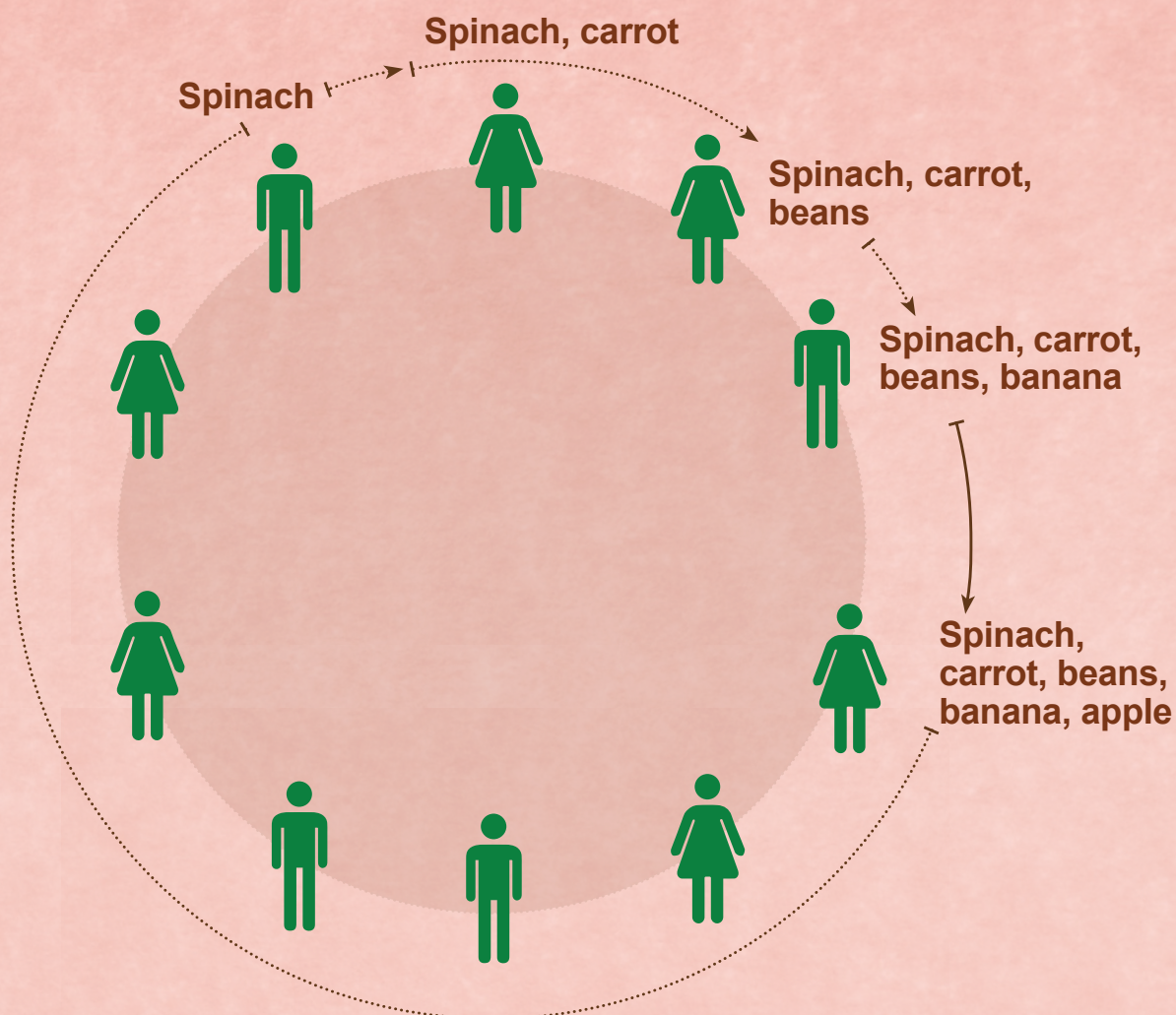


Nutrition garland



The rules to play the game

- ✓ The game can be played between 10-12 participants who are seated in a circle.
- ✓ Any participant in the circle can begin the game by naming a nutritious food item.
- ✓ The next participant next to the first one (on either side) will proceed by naming another nutritious food item of her/his choice. For instance, if the first participant named mango, the next one has to add a name to the previous word and continue. For example, if the first participant said Mango, the next participant has to mention Mango and add another nutritious food item to it like Mango, Rice.
- ✓ The game will continue until any participant fails to memorize or incorrectly names any of the nutritious food item in the concurrent food chain.
- ✓ The nutritious food chain will get disrupted when the participant fails to memorize or incorrectly names a food item that has no nutritional value such as — chips and cold drinks.
- ✓ If a participant fails to memorize or incorrectly names any nutritious food item, he/she will be eliminated from the game.
- ✓ The participant who has memorized all the items in the nutrition ring until the very end of the game will be declared as the winner.