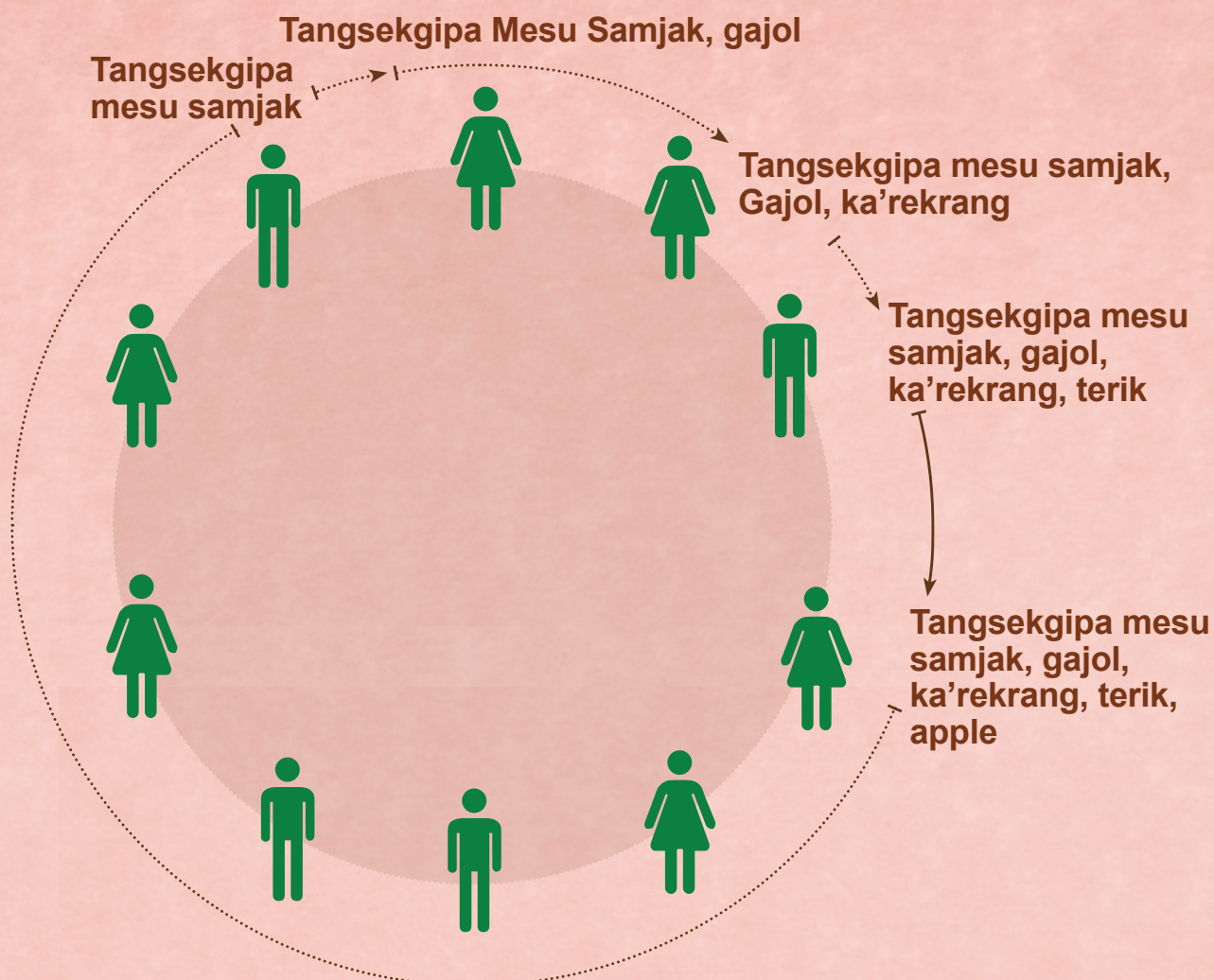


Namgipa cha•ani ripok



Game-ko kal•ani niamrang

- ✓ Game-ko sak 10-12 ni gisepo bakko ra•e kalna gita man•a jemangan ge•sa circleo asonga.
- ✓ Jeba circleo bakko ra•e nutritious food itemni bimungranko mingge game-ko a•bachengna man•a.
- ✓ Unikode gipin bakko ragipa skanggipaoni sakgipin (je dolniba ongbo) gipin nutritious food itemni bimungranko ua me•chik /mea uni namnikatangko seoka. Mesokna gita, skanggipa bakko ragipa te•gatchuko bimung minga ongode, minggipinara bimungko skanggipa kattao ondapa aro uko joljol kalanga. Mesokna gita, skanggipa bakko ragipa te•gatchuko aganaha ongode, gipin kalgipa te•gatchuko janapna nanga aro uko nutritious food item-o ondapna nanga jekai te•gatchu, Mirong.
- ✓ Game-ko joljolan indake kal•a je bakko ra•e kalgiparang gualkuja ba jeba nutritious food item-ni bimungranko nutritious food chain-o mingsretkuja dipetna.
- ✓ Nutritious food chain nengnikaniko man•a jensalo bakko ra•e kalgiparang cha•ani bosturangko gisik raja ba nutritional value-ko gamchatnikja jekai—chips aro cold drinks.
- ✓ Bakko ra•e kalgiparang gisik raja ba nutritious food itemni bimungranko onggija mingsreta ongon, ua mea/ me•chik ongbo uko game-oniko bon•ata.
- ✓ Je mandean bakko ra•e pilak nutrition itemrangko gisik ra•e bon•kamaona kalna man•a, uako game-ni winner ine agana.