

SNAKES & LADDERS (A Nutrition Game)

Good healthy life 100	Lack of family planning 99	98	97	Going to school without food 96	95	Lack of Green leaves yellow fruits & vegetables 94	93	Prevents diarrhoea & other illness 92	91
To tide over a lean season 81	82	83	Lack of enough proper food 84	85	Makes children listless 86	Makes Balanced Diet 87	88	89	Washing hands before each meal 90
80	Preserve food when available in plenty 79	78	77	Save money & time 76	75	74	73	72	71
61	Lack of greens, pulses, milk & fruits 62	63	64	Increases poverty & ill health 65	66	Causes night blindness 67	Papayas Mangoes 68	Food taboos 69	70
A farm without a vegetable garden 60	59	58	Use locally available cheap food stuffs 57	56	55	Flies on food 54	53	52	51
41	42	43	44	45	46	47	48	49	50
Is like a desert without an oasis 40	39	38	Mixed cereal pulse, greens meal 37	36	35	Spoilt & stale foods 34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	Bad teeth & sore mouth 19	18	17	16	15	14	13	12	11
Start 1	Eating Well 2	3	Causes food poisoning & even death 4	5	Semi-solid food by 4-6 months + breastmilk 6	7	8	9	Dal, Egg, Meat & Fish 10

1. Any number of persons can play. Each person has one chance to throw the dice at one time.
2. Start at square 1. First person to reach square 100 is winner.
3. At the foot of the ladder climb to the square at the top.
At the snake's mouth go down to the square at the tail.