

RULES OF THE GAME

All players place their tokens on START.

Players roll the dice and move the number shown on the dice. If a player lands on a space with an icon, a card is drawn from one of the two piles. There are three types of cards:



= **Question cards:** When a player lands on a trash can, one of the other players draws a card from the deck and reads the question. If the answer is correct, the player gets to hit again. If the answer is incorrect, the turn passes to the next player.



= **Reflection cards:** The player draws the card and reads it out loud. All players talk about the topic together. Make sure everyone gets time to speak and is heard. When you have finished talking about the topic, the turn passes to the next player.



= **Action cards:** These cards refer to actions or attitudes that have to do with food waste. The player draws a card and follow the instruction.

The player who first reaches the end has won.

BACKGROUND INFORMATION

MANNUE FOR THE GAME

To play the game you need:

- ❖ 1-2 dices for each board
- ❖ A token for each player (various colors)
- ❖ Reflection, Question & Action cards
- ❖ The Board

To print:

- ❖ The Rules & Instructions of the game in A4-size paper
- ❖ The Board in A3-size paper in color
- ❖ A set of Cards (Question, Reflection, & Action) in A4-size paper making Icons on one side and text in the other side

Procedure to play:

- ❖ Can be played between 2 to 4 players

This board game is developed to increase knowledge about food waste as well as to encourage behavioral change through dialogue and reflection among players. It is designed as an activity that can be carried out in the classroom among pupils or at home with the family. With objectives:

- *learning about food waste and its impact in our daily life.*
- *Reflections about social norms around food waste and their impact*
- *Fostering dialogue to uncover the reasons behind wasting food among pupils and between parents and children*

The game is educative in its way of informing about food waste and drawing attention to how social norms and individual behavior take part in the global problem of wasting food. It is based on research from the Chorizo project about young people's food behavior and attitudes as well as social norms around food and food waste. Food habits are contextual and influenced by culture and traditions, geographical regions, social media, education and food environments. Therefore, teachers alike are encouraged to form new questions, reflections and actions that are more relevant to their context.

A few words on concepts used in the game

Food loss and Food waste: Any food that can be eaten but is wasted. In general, food loss happens during production and food waste happens in retail and the consumers.

School lunch: Different countries have different school meal programs and traditions. Some countries, it is common for schoolchildren to bring food from home, so-called lunch packs. In some other EU countries, pupils eat in the school canteen.

Social norms: Social norms are social expectations about how we should behave. Social norms influence our thinking about ourselves and others and guide what we think is acceptable, good or bad. Social norms differ through time and from culture to culture. For example, food that is considered good to eat at home might not be cool to eat in school due to social influences among pupils. Also, 'funny' or 'ugly' looking fruits and vegetables can be rejected because of social influence. Even within the same country there can be different social norms for what is good or bad food.

Social media: social media covers various platforms, websites, and apps, where people interact with each other as well as with different content online. Interactions can be discussions, commenting or liking each other's content. Today, social media is a means of rapid circulation of information and trends and central in creating and spreading social norms.

Statements: The game's reflection cards include quotes/statements from interviews conducted with pupils in Danish schools. They illustrate examples of dilemmas and challenges that can be associated with food waste. Players are asked to reflect on them from their own perspective and experiences.