

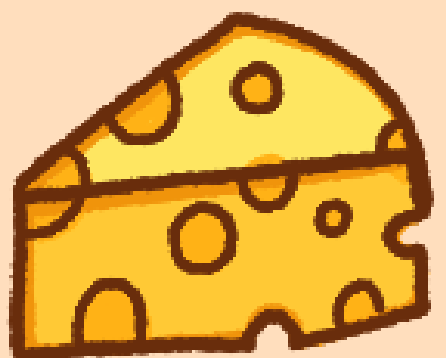


By Ben, Liang, Jeferson



INTRODUCTION

- **Overview**
- **Core dynamic**
 - Co-op resource management
- **Learning goal**
 - Nutrients and different dietary restrictions

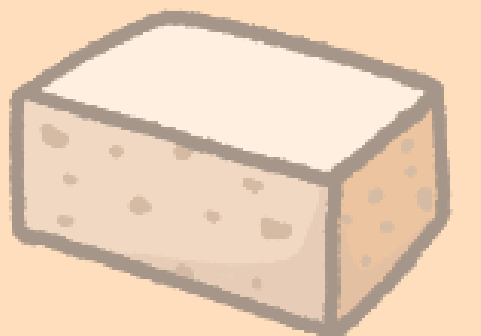




HOW TO PLAY



- 1. Reveal a Character Card
- 2. Start the Timer
- 3. Build the Plate Together
- 4. Watch the Restrictions
- 5. Add Up the Macros
- 6. Reflect & Move On





SHOPKEEPER



Core rules: same Shopkeeper for all rounds, non-playing facilitator

- **Facilitates the round**
- **Manages the shop**
- **Keeps time and pacing**
- **Helps check macro totals**
- **Leads quick “How are we feeling?” questions after each round**





EDUCATIONAL VALUE



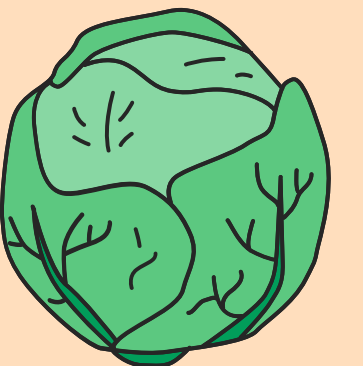
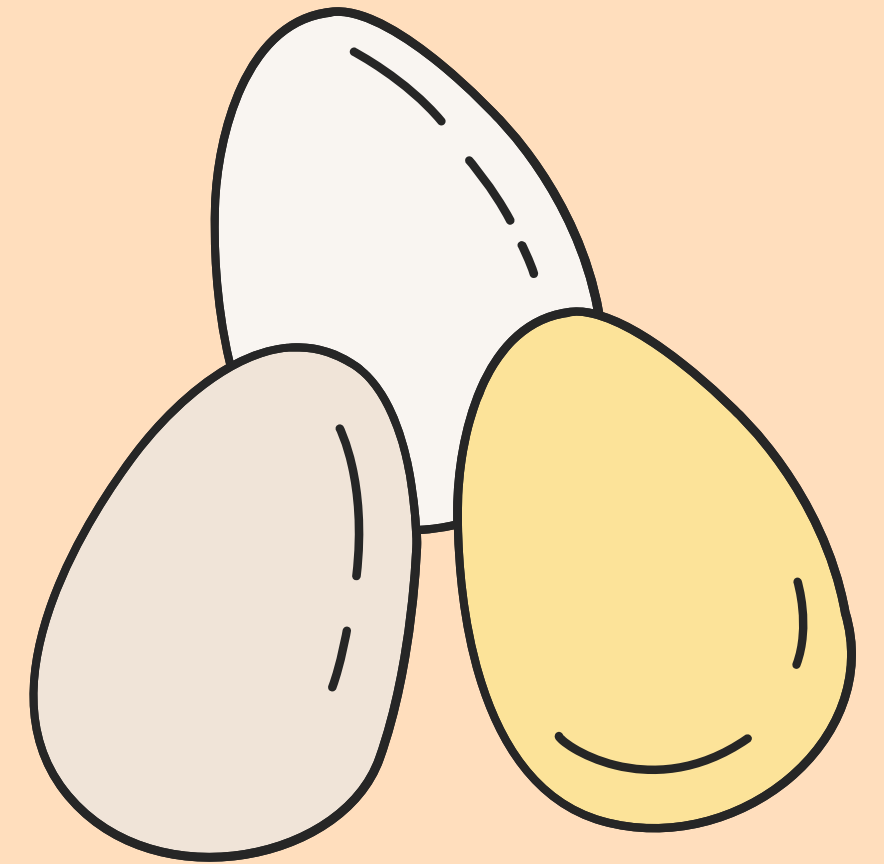
- Understand macronutrients using real food values
- Practice simple addition & estimation while building plates
- Build empathy for dietary restrictions and accessibility
- Strengthen teamwork & reflection under time constraints



EARLY DESIGN PROCESS

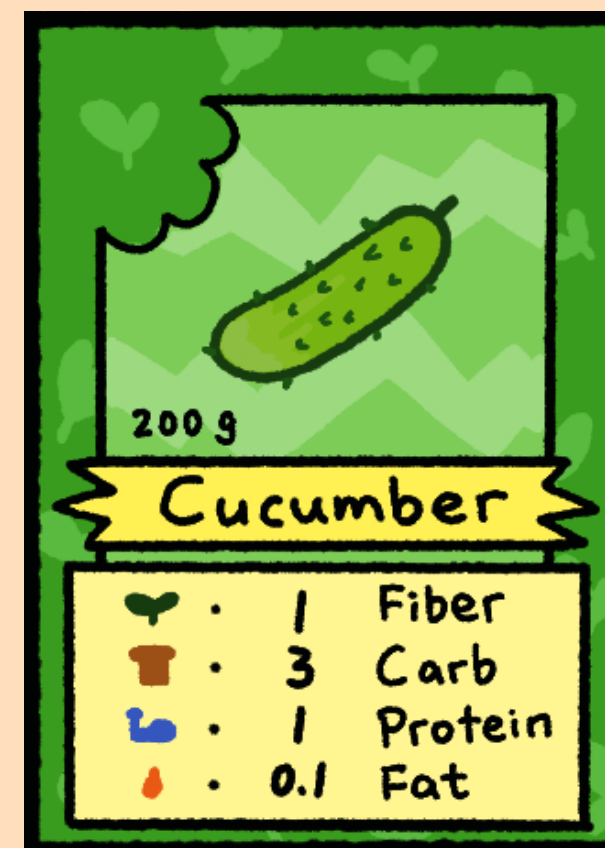


- **Board Game → Card game**
 - Nutrition focus from start
- **Spaceteam inspired, collaborative idea**
 - Avoiding competition

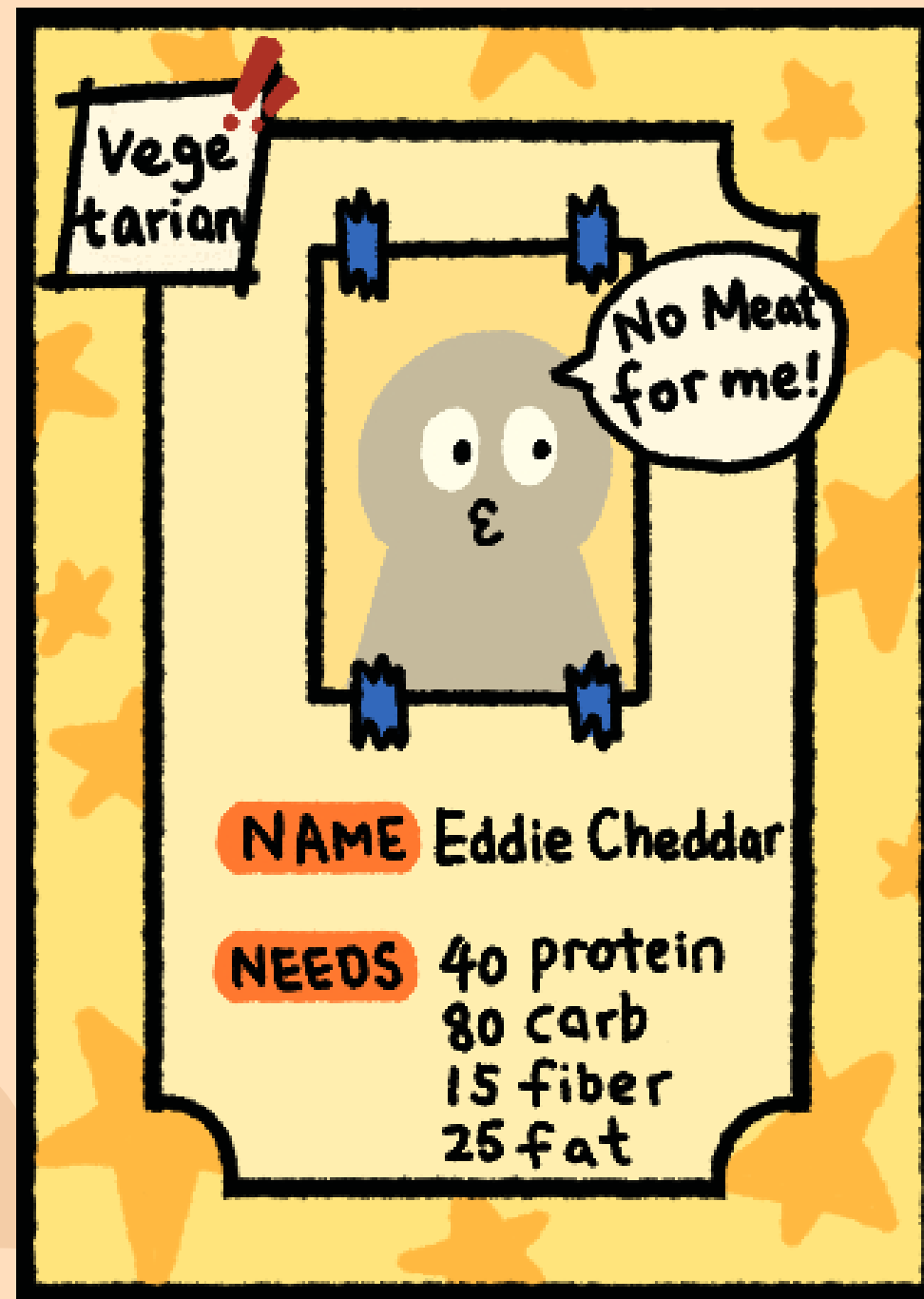


FOOD CARDS

- Color-coded macro icons
- Simple, bold illustrations
- Clear numerical macros
- Consistent card templates



CHARACTER CARDS



- Each character has a unique macro requirement
- Food allergies and restrictions mirror real-life conditions
- Short slogans make them memorable and friendly

SUPERFOOD CARDS



- Short sentences for quick understanding
- Bright, purple question-mark background
- Encourage creativity and collaboration

ACCESSIBILITY

- Visual Accessibility
- Cognitive Accessibility
- Dietary Inclusivity
- Social & Emotional Accessibility
- Mechanical Flexibility

Extra firm Tofu	1 cup	2g	7g	23g	11g	Soy
Tempeh	100g	0g	9g	20g	11g	Soy
Fried egg	1 medium	0g	0g	5g	6g	Not vegan
2% milk	1 cup	0g	11g	8g	5g	Not vegan
Edamame	150g	8g	10g	11g	9g	Soy
Boiled egg	1 large	0g	1g	6g	5g	Not vegan
Whole milk	1 cup	0g	12g	8g	8g	Lactose, not vegan
Ground Beef	110g	0g	0g	21g	14g	Not vegan/vegetarian
Almonds	30g	3g	6g	6g	15g	Nuts
Peanut	30g	2g	8g	7g	13g	Nuts
Bacon	2 slice	0g	0g	5g	6g	Not vegan/vegetarian
Cheese	1 slice	0g	1g	6g	9g	Lactose
Avocado	half	7g	2g	2g	15g	
Olive Oil	5a	0a	0a	0a	5a	



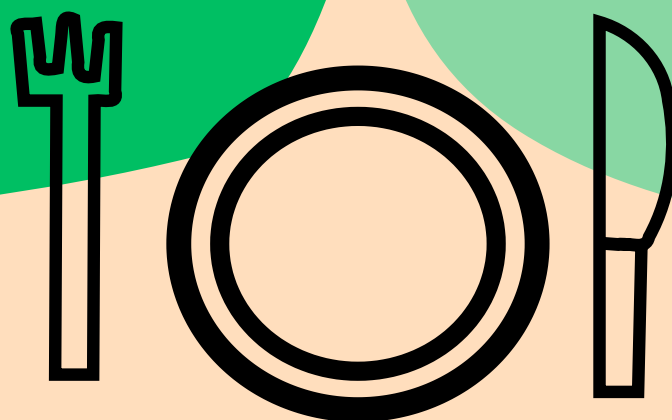


NEXT STEPS



- Playtesting with more players, and collecting player feedback
- Balancing Numbers & Card Interactions

- Strong Potential for Future Content
 - Seasonal Food Packs
 - Holiday Editions
 - Regional Packs
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QUESTIONS?

