

## ***Eat a Rainbow Game Rules***

The color of each fruit and vegetable is created by phyto-chemicals that benefit the human body in different ways -- so remember, "eat a rainbow!"

### **Object:**

In this quick card game, each player tries to be the first to fill his or her plate with a fruit or vegetable from all five color categories. Each player plays a card simultaneously, and the card with the highest number wins the round. The winner can now choose one of the two played cards to place on his or her plate.

For 2 players. Appropriate for any child who can compare the values of numbers up to 20, alone or with the help of an adult or older child.

### **Preparation for Your First Game:**

Print pages 2 - 4 of this file on a color printer (playing cards and two "plates"). Heavier paper (50 lb card stock or higher) is best, but any white paper will work. Cut along the black lines to create 22 cards. You can also cut the plates into a circle, if you choose.

### **Setup:**

Give each player a plate, which will act as each player's game board.

Remove the two "wild" cards (unless you are playing variation #1 below). Shuffle the remaining 20 cards. You may find it easier to toss them into a brown paper lunch bag and shake it up, or put them face down on the table and mix them around like dominoes. Leave room for a discard pile. Once mixed, each player takes three cards into his or her hand from the table or the bag (without looking). When both players have three cards, each player can now look at his or her hand of cards.

### **Game Play:**

Both players choose a card from their hands and set it face down in front of them. Once each person has selected a card to play, turn the cards over. The card that has the highest number wins the round. The winner of the round can now do one of the following:

- 1) Place his or her card on the plate and discard the opponent's card (there needs to be a space available on the plate for the placed color.).
- 2) Place his or her opponent's card on the plate and discard the his or her own card (again, there needs to be a space available on the plate for the placed color.).

If neither color is on the plate, the winner can choose either #1 or #2 above. If there are cards in both colors already on his or her plate, both are discarded, and the winner gets nothing this round. A player can never have more than one card of each color on his or her plate.

Both players then take a new card from the table or bag to refresh their hands to three cards. If there are not enough cards to draw, re-shuffle the discard pile and use the cards again.

The game continues in rounds until one player has filled his or her plate with a fruit or vegetable of each color, representing a variety of healthy choices.

### **Variations:**

1) **Wild Cards** -- Add the two wild cards to the deck. When a wild card is played, it always wins against a fruit or vegetable card. Wild cards cannot be placed on the plate, however. The player winning the round with a wild card has one choice -- placing his or her opponent's card if possible (#2 above) on his or her plate. The wild card then goes into the discard pile. If two wild cards are played, neither player gets a card in that round and both are discarded.

2) **Add It Up** -- When the first player completes his plate with five colors of fruits and vegetables, he or she has not won the game yet. Continue to play until both players have filled their plates. When both plates are full, add up the numbers on the five cards. Give five bonus points to the player who filled the plate first, and add those points to his or her card total. Whoever has the highest grand total is the winner!

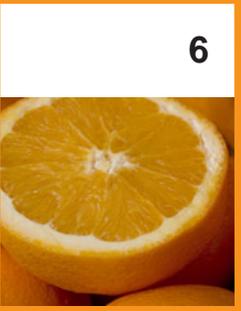
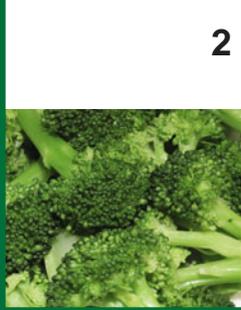
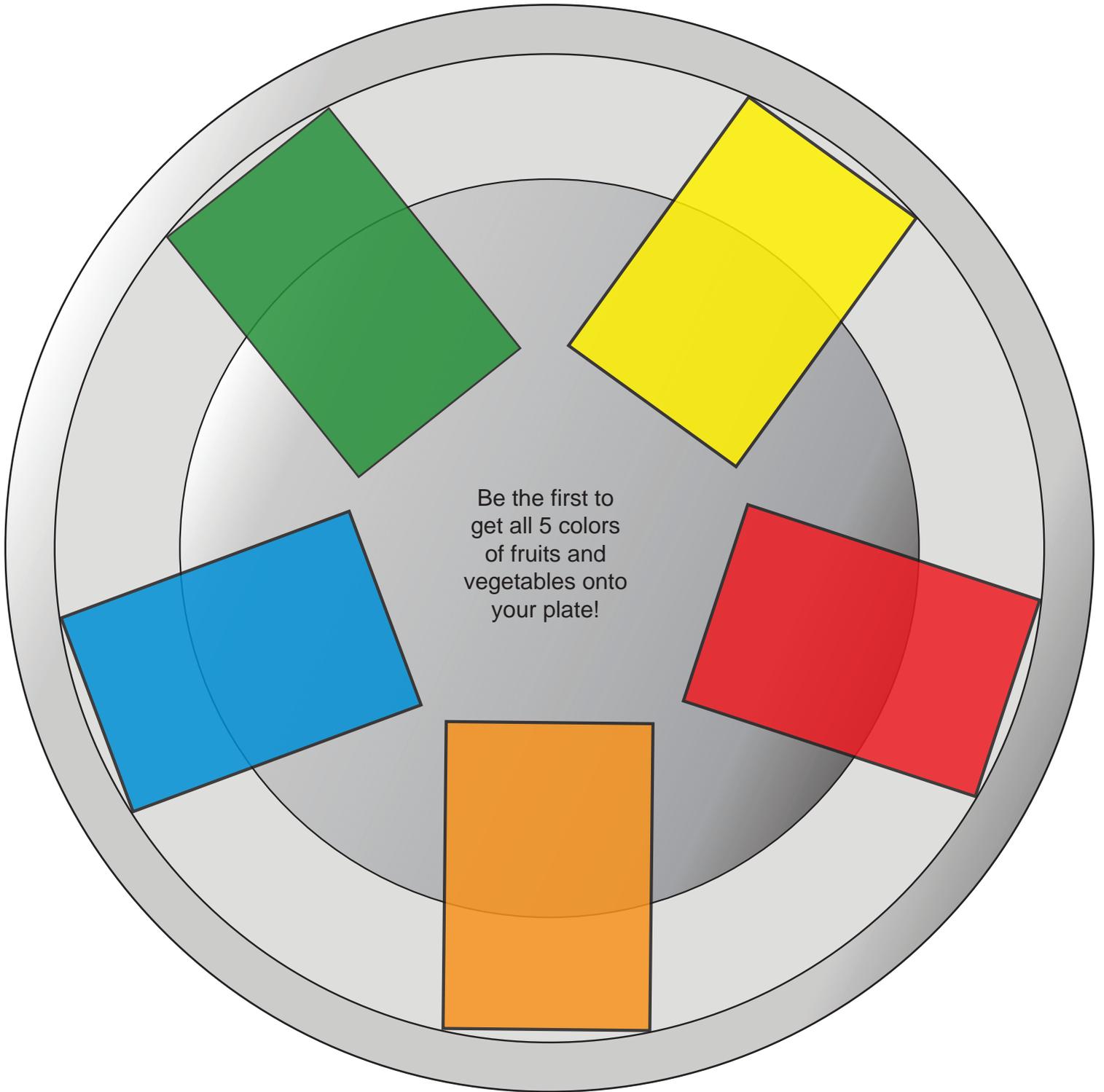
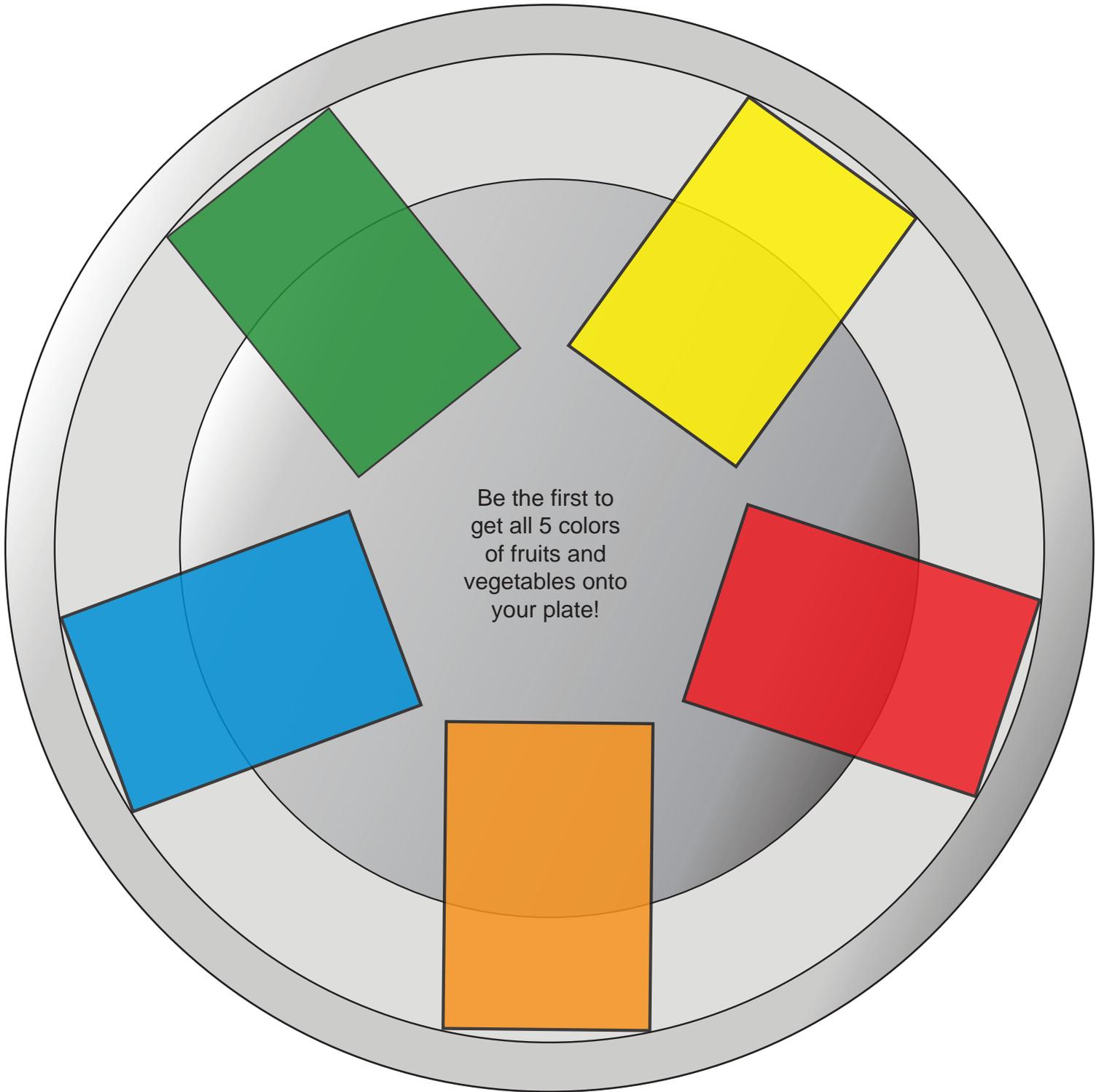
<p>20</p> 	<p>19</p> 	<p>18</p> 	<p>17</p> 	<p>16</p> 
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<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5</p> 
		<p><i>Eat a Rainbow Card Game</i> Children's Discovery Museum of San Jose</p>		

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