



## HOW TO PLAY?

Print the sheets off and cut them out

Any number of people can play. Shuffle the cards and deal them out face down to each player in turn.

Each player holds the cards, face up in the palm of their hand. Players can only look at the top card.

The first player reads out an item on their card i.e. "calories 542". Each player then reads out the same item. The player with the highest value for "calories, fibre, carbohydrates and protein" or the lowest value for "sugar, fat, sodium or salt" wins and places all the top cards to the bottom of their pile. The winning player gets to choose the next category item from the next card.

If 2 or more cards share the same value then all the cards are placed in the middle and the same player chooses again from the next card.

The winner of the next hand takes the cards in the middle as well as the cards from the other players.

The player with all the cards at the end of the game is the winner.



## PRAWNS

(typical serving 100g)

### Nutritional Value



Kcal	79
Protein	18.1g
Carbohydrate	0.1g
Sugar	0.1g
Fat/Saturates	0.7g
Fibre	NIL
Sodium	0.78g
Salt	1.95g

Prawns are a variety of seafood which is low in fat. They taste delicious in a fish pie, stir fry or in a prawn cocktail served with marie rose sauce. Traditionally prawns were expensive, but can now be bought very reasonably from most supermarkets.



## MARSHMELLOWS

(typical serving 100g)

### Nutritional Value



Kcal	335
Protein	4.1g
Carbohydrate	83.6g
Sugar	68.8g
Fat/Saturates	0.5g/0g
Fibre	1.7g
Sodium	TRACE
Salt	TRACE

Thousands of youngsters in both the Scouting and Guiding movement have toasted these over campfires. Some have even been known to make smaws with them by sandwiching them between plain biscuits with a chunk of chocolate!



## CRISPS

(typical serving 100g)

### Nutritional Value



Kcal	532
Protein	5.5g
Carbohydrate	53.5g
Sugar	4.8g
Fat/Saturates	32.0g/28.9g
Fibre	3.8g
Sodium	0.85g
Salt	2.13g

Crisps were first thought to have come from Saratoga, New York in 1853 where a hotel owner got fed up of a customer sending back his fried potatoes because they were too soggy. He decided to slice them as thinly as he possibly could and fried them until they were crispy then he seasoned them with salt. The customer loved them! They soon became a regular item on the hotel's menu under the name "Saratoga Chips".



## MARSBAR

(typical serving 100g)



### Nutritional Value

Kcal	457
Protein	4.2g
Carbohydrate	68.1g
Sugar	57g
Fat/Saturates	20g/1.1g
Fibre	2g
Sodium	0.19g
Salt	0.48g

Forrest E. Mars founded the Mars company in 1932 when the Marsbar was introduced. They were made and packaged by hand by a team of 100 workers. A single marsbar contains 9 teaspoons of sugar! Scotland is well known for its love of deep fried marsbars which are dipped into batter then deep fried in hot oil for 3-4 minutes!



## TOMATO SAUCE

(typical serving 100g)



### Nutritional Value

Kcal	96
Protein	1.9g
Carbohydrate	21.3g
Sugar	20.6g
Fat/Saturates	0.4g/0.2g
Fibre	TRACE
Sodium	0.85g
Salt	2.13g

Tomato sauce is one of the most popular condiments and sauces used in Britain. Many people are surprised to learn there are 2 teaspoons of sugar in 1 tablespoon of sauce.



## WHITE BREAD

(typical serving 100g)



### Nutritional Value

Kcal	239
Protein	8.7g
Carbohydrate	44.6g
Sugar	3.5g
Fat/Saturates	2.3g/0.7g
Fibre	2.4g
Sodium	0.41g
Salt	1.05g

White bread comes in many forms such as baguettes, rolls and loaves. Salt tends to factor quite highly in the production of white bread and fibre very low. Therefore it is often considered not as beneficial to us as brown bread.



## WHOLEMEAL BREAD

(typical serving 100g)



### Nutritional Value

Kcal	256
Protein	10.3g
Carbohydrate	46.4g
Sugar	3.4g
Fat/Saturates	2.4g/0.7g
Fibre	3.7g
Sodium	0.41g
Salt	1.05g

Wholemeal bread contains whole grains which are rich in antioxidants, which can help to protect us from coronary heart disease, certain cancers, and diabetes. Most people get their whole grain from wholemeal bread or whole grain breakfast cereals such as porridge, muesli or whole wheat cereals.



## WHITE RICE

(typical serving 100g)

### Nutritional Value



Kcal	347
Protein	8.5g
Carbohydrate	76.0g
Sugar	0.5g
Fat/Saturates	0.8g/0.1g
Fibre	1.1g
Sodium	0.01g
Salt	0.02g

According to legend, rice was first eaten in China, 5000 years ago. Rice is a symbol of life and fertility - hence the old tradition of throwing rice at weddings, today replaced by the throwing of confetti.



## PASTA

(typical serving 100g)

### Nutritional Value



Kcal	362
Protein	12.0g
Carbohydrate	75.0g
Sugar	3.0g
Fat/Saturates	1.5g/0.3g
Fibre	3.0g
Sodium	TRACE
Salt	TRACE

Pasta is a staple food of Italy. It comes in a range of different shapes and includes varieties, such as spaghetti, fusilli and macaroni which are usually served with a sauce or ravioli and tortellini which are filled with other ingredients like ground meat or cheese. It is often eaten as a first course in Italy.



## YOGHURTS

(typical serving 100g)

### Nutritional Value



Kcal	96
Protein	4.1g
Carbohydrate	14.9g
Sugar	13.8g
Fat/Saturates	2.2g/1.4g
Fibre	TRACE
Sodium	0.09g
Salt	0.23g

Yoghurt is a dairy product produced by bacterial fermentation of milk. There are many varieties of yoghurts both fruit and natural flavoured. The natural flavoured yoghurts can be used to thicken sauces or to make them taste creamy.



## BIG MAC

(typical serving 100g)

### Nutritional Value



Kcal	490
Protein	28g
Carbohydrate	41g
Sugar	NIL
Fat/Saturates	24g/2.1g
Fibre	NIL
Sodium	NIL
Salt	NIL

The Big Mac was first introduced in Pennsylvania in 1967. The sandwich was so popular that it was added to the menu of all U.S. restaurants in 1968. One of its most distinctive features is a middle slice of bread.



## MCDONALDS CHIPS

(typical serving 100g)

### Nutritional Value



Kcal	330
Protein	3g
Carbohydrate	42g
Sugar	-
Fat/Saturates	16g
Fibre	-
Sodium	-
Salt	0.6g

McDonalds Chips are usually are eaten with a burger, wrap or chicken nuggets as part of a happy meal or main meal. They are very thin strips of potatoes deep fried and often served with either tomato ketchup or BBQ sauce.



## COCO POPS

(typical serving 100g)

### Nutritional Value



Kcal	394
Protein	5.3g
Carbohydrate	86.0g
Sugar	33.0g
Fat/Saturates	2.8g/1.6g
Fibre	2.0g
Sodium	0.28g
Salt	0.70g

Coco Pops were first introduced in to the United Kingdom in 1961. There has been many characters involved in the advertising of the cereal such as a monkey, elephant, hippo, giraffe and a crocodile.



## READY BREK

(typical serving 100g)

### Nutritional Value



Kcal	373
Protein	11.7g
Carbohydrate	57.9g
Sugar	1.0g
Fat/Saturates	8.7g/1.2g
Fibre	7.9g
Sodium	0.10g
Salt	NIL

Ready Brek was originally produced by J. Lyons & Co. Ready Brek had the slogan "Central heating for kids" and "Get up and Glow," and TV adverts during the 1970s and 1980s showed children walking to school with a dramatic radiant glow. Ready Brek was found to have the lowest added salt and sugar of all breakfast cereals tested.



## CHICKEN NUGGETS

(typical serving 100g)

### Nutritional Value



Kcal	246
Protein	20.4g
Carbohydrate	17.0g
Sugar	0.8g
Fat/Saturates	10.7g/1.8g
Fibre	0.5g
Sodium	0.45g
Salt	1.13g

Chicken Nuggets were first introduced in 1983 by McDonald's fast food chain. They are small pieces of chicken breast which has been coated in batter and then deep fried. Chicken nuggets are currently one of the most popular fast food items eaten by young children in the United States.



## TINNED SOUP

(typical serving 100g)

### Nutritional Value



Kcal	57
Protein	4.9g
Carbohydrate	6.2g
Sugar	1.7g
Fat/Saturates	1.1g/0.4g
Fibre	1.2g
Sodium	0.31g
Salt	0.78g

Tinned soup became popular in the 19th Century. The three most popular varieties in America are tomato, cream of mushroom and chicken noodle. Americans eat 2.5 billion bowls of these soups per year alone. Some manufacturers add sugar and salt to soups to help to preserve the contents in the tin.



## BAKED BEANS

(typical serving 100g)

### Nutritional Value



Kcal	82
Protein	5.2g
Carbohydrate	14.0g
Sugar	4.6g
Fat/Saturates	0.6g/0.1g
Fibre	3.7g
Sodium	0.3g
Salt	0.9g

On 1st October 1935 Heinz produced the first of many varieties of tinned foods, this of course being "Baked Beans"! Baked beans have been very popular with many families over the years as they are a versatile and filling food which is full of protein and low in fat. Many cowboys have been featured in films eating baked beans which have been cooked on an open fire and numerous Cubs and Scouts do the same to this day.



## TINNED SPAGHETTI

(typical serving 100g)

### Nutritional Value



Kcal	62
Protein	1.8g
Carbohydrate	12.9g
Sugar	3.9g
Fat/Saturates	0.2g
Fibre	0.5g
Sodium	0.2g
Salt	0.4g

During WWII because there was a shortage of tin plate, the production of tinned foods for use by the general public was suspended. However, because the armed forces needed feeding Heinz produced over 12 million cans of spaghetti which were shipped out to many men fighting for their country.



## MAYONNAISE LIGHT

(typical serving 100g)

### Nutritional Value



Kcal	62
Protein	0.4g
Carbohydrate	8.1g
Sugar	1.5g
Fat/Saturates	3.0g/0.5g
Fibre	0.5g
Sodium	0.75g
Salt	1.88g

In 1756, mayonnaise was invented in France by Duke de Richelieu's chief. It consisted of egg yolks, oil, vinegar, lemon juice and salt. In 1905, the first ready-made mayonnaise was sold at Richard Hellman's New York deli. Today, mayonnaise is one of the most popular dressings used.



## FISH FINGERS

(typical serving 100g)

### Nutritional Value



Kcal	205
Protein	13.4g
Carbohydrate	20.1g
Sugar	1.0g
Fat/Saturates	7.0g/1.3g
Fibre	1.1g
Sodium	0.36g
Salt	0.91g

Originally fish fingers were merely thin strips of herring, but were thought to be too bland. A fish factory worker suggested trying cod and coating them in breadcrumbs which obviously went down very well and so the first cod fish fingers were produced and introduced in Britain on 26 September 1955.



## COOKIES

(typical serving 100g)

### Nutritional Value



Kcal	498
Protein	4.6g
Carbohydrate	69.0g
Sugar	27.2g
Fat/Saturates	22.6g/11.7g
Fibre	1.6g
Sodium	0.2g
Salt	0.5g

Cookies were first thought to have appeared in 7th century Persia, shortly after the use of sugar became relatively common in the region. They spread to Europe through the Muslim communities and by the 14th century, they were common in all levels of society, throughout Europe, from royal cuisine to street vendors. In the United States and Canada a cookie is a small, flat, baked treat, usually containing fat flour, eggs and sugar. In most English-speaking countries outside North America, the most common word for this is biscuit.



## HARIBO JELLY SWEETS

(typical serving 100g)

### Nutritional Value



Kcal	348
Protein	7.7g
Carbohydrate	78.9g
Sugar	58.4g
Fat/Saturates	0.2g/0.1g
Fibre	0.3g
Sodium	TRACE
Salt	TRACE

Haribo is a German producer of sweets. The company was founded in 1920 by Hans Riege Senior. Haribo is the biggest manufacturer of gummi and jelly sweets in the world, with its products mainly consisting of Gummibears other jelly sweets and liquorice.



## CANNED COKE

(typical serving 100g)

### Nutritional Value



Kcal	42
Protein	0g
Carbohydrate	10.6g
Sugar	10.6g
Fat/Saturates	0g
Fibre	0g
Sodium	0g
Salt	0g

One afternoon in 1886 a pharmacist from Atlanta called John Pemberton, mixed together a few ingredients to produce a fragrant, caramel-coloured liquid. When he had finished he carried it a few doors down to Jacobs' Pharmacy. Here, the liquid was added to carbonated water and sampled by customers who all agreed - this new drink was something special. So Jacobs' Pharmacy put it on sale for five cents (about 3p) a glass. Pemberton's accountant named the drink Coca-Cola. In the first year, Pemberton sold just nine glasses of Coca-Cola a day. A century later, The Coca-Cola Company has produced more than 10 billion gallons of syrup.



## CANNED 7 UP FREE

(typical serving 100g)

### Nutritional Value

Kcal	1.9g
Protein	0.1g
Carbohydrate	0.1g
Sugar	NIL
Fat/Saturates	NIL
Fibre	NIL
Sodium	TRACE
Salt	TRACE



7up fizzy drink was first introduced in 1929 by Pepsico. 7UP is the original Lemon Lime soft drink containing 100% natural lemon and lime flavours and no colourings, preservatives or caffeine. There is also a sugar free version available.



## DIET COKE

(typical serving 100g)

### Nutritional Value

Kcal	0.5
Protein	TRACE
Carbohydrate	0g
Sugar	0g
Fat/Saturates	0g/0g
Fibre	0g
Sodium	TRACE
Salt	NIL



Diet Coke was introduced in 1982 becoming the largest-selling low-calorie soft drink in America. In 2011 Diet Coke surpassed Pepsi in sales for the first time to become the second most popular soda in the United States after Coca-Cola.



## EGGS

(typical serving 100g)

### Nutritional Value

Kcal	176
Protein	
Carbohydrate	4.0g
Sugar	TRACE
Fat/Saturates	13g
Fibre	NIL
Sodium	NIL
Salt	0.4g



Eggs are a very versatile food which can be highly nutritious as part of a healthy balanced diet.



## MILK SEMI SKIMMED

(typical serving 100g)

### Nutritional Value

Kcal	49
Protein	3.4g
Carbohydrate	5.0g
Sugar	5.0g
Fat/Saturates	1.7g/1.0g
Fibre	NIL
Sodium	0.06g
Salt	0.15g



Semi skimmed milk is the most popular type of milk in the UK with a fat content of 1.7%, compared to a minimum of 3.5% in whole standardised milk and 0.1% in skimmed milk.



## CHEESE STRINGS

(typical serving 100g)

### Nutritional Value



Kcal	313
Protein	26g
Carbohydrate	2.5g
Sugar	1g
Fat/Saturates	22g/14.3g
Fibre	0g
Sodium	0.7g
Salt	1.9g

In Slovakia, a traditional string cheese called korbaciky is made which is a salty sheep milk cheese, available smoked or unsmoked. It is traditionally made by hand-pulling steamed sheep's cheese into strings and braiding them.



## DAIRYLEA DIPPERS

(typical serving 100g)

### Nutritional Value



Kcal	260
Protein	13.4g
Carbohydrate	23.0g
Sugar	3.1g
Fat/Saturates	12.0g/8.4g
Fibre	3.4g
Sodium	0.80g
Salt	2.00g

Quite often these are put in lunch boxes for young children. Some people consider them healthy, but they can contain high amounts of fat and salt depending on the variety.



## CHOCOLATE MILKSHAKE

(typical serving 100g)

### Nutritional Value



Kcal	62
Protein	3.5g
Carbohydrate	9.3g
Sugar	9.2g
Fat/Saturates	1.1g/0.6g
Fibre	0.4g
Sodium	0.04g
Salt	0.1g

Milkshakes first originated in America in 1885 where they contained alcohol such as whiskey. By the 1900's "Wholesome shakes" were being requested with chocolate, raspberry or vanilla syrup added to them. Over the next 30 years ice-cream was added to make it a very popular drink for students and young people.