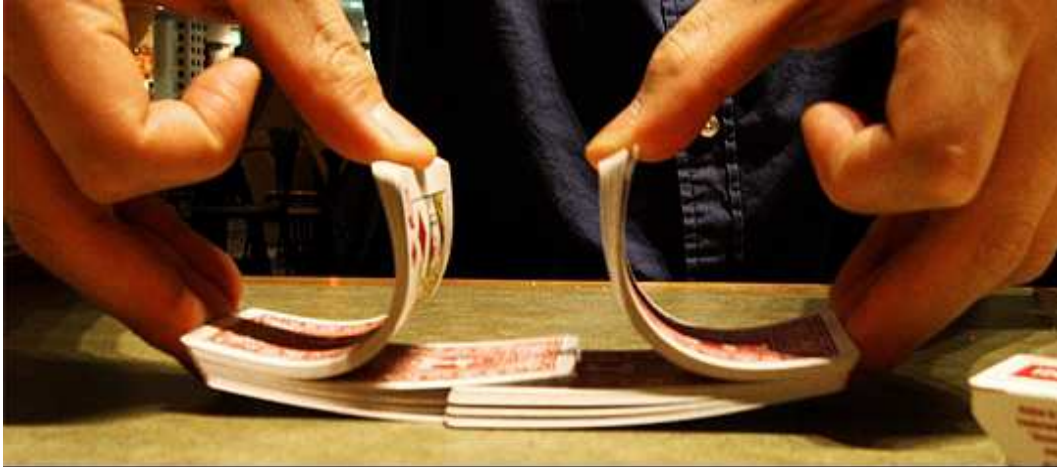


**SETS! - GAME**

Instructions for the game: The cards have kinds of food, which can be put into groups of three. Shuffle the cards and put them on the table face up. The task is to find the triplets (point to them) and say what is common in them. Naturally there are other solutions, not just those suggested below, it is up to the players what they accept. After finding a triplet, they should be replaced by new cards on the table, as long as it is possible. If there are no more triplets among those on the table some additional cards can be added. The winner is the one with the most triplets.

**Suggested triplets, with the common feature in brackets:**

- 1) Brussels Sprouts-Cabbage-Broccoli (cabbage family)
- 2) Orange-Lemon-Pomegranate (fruit)
- 3) Carrot-Celery-Onion (vegetables)
- 4) Flour-Potato-Rice (starchy foods)
- 5) Water-Fruit Juice-Tea (healthy drinks)
- 6) Wholegrain Flour -Oat flakes-Bran (fibre-rich foods)
- 7) Beans-Peas-Lentils (leguminous plants)
- 8) Cheese-Yoghurt-Cottage cheese (dairy products)
- 9) Mushrooms-Liver-Chicken Breast (protein-rich foods)
- 10) Honey-Grapes-Muesli bar (sugary foods)
- 11) Crisps-Milk Chocolate-Ice Cream (high-calorie foods)
- 12) Fish-Olive Oil-Linseed (foods with unsaturated fats)
- 13) Cold Cuts-Salami-Frankfurters (processed meat products to be avoided)
- 14) Walnuts-Pumpkin Seeds-Almonds (oily nuts)
- 15) Hamburger-Pizza-French Fries (unhealthy foods)
- 16) Coke-Energy Drink-Coffee (drinks with caffeine)

Of course, new triplets can be made and the number of cards can be higher.

It is advisable to play in groups of 5-12. When the whole class plays it, make several groups.

See the appendix for the cards to cut out.