

Fibre race rules

There are three versions of the **Fibre race board**. Choose the correct board for the age of the children or young people playing, so that they are 'racing' for the recommended amount of daily fibre for their age. (Age 5-11 years = 20g, 11-16 years = 25g, 17+ = 30g. See the Fibre February Teacher' Guide for further information.) The aim of this game is to be the first person to reach the correct amount of fibre for their age group (e.g. 20g, 25g or 30g) by collecting and playing grain and fruit and vegetable cards. Each food card shows the amount of fibre in the food. When a card is played, the amount of fibre shown can be added to the player's score. Some cards require Tractor tokens to be 'spent' in order for the card to be played. Tractor tokens are collected on the way around the board.

Rules

1. Players begin by placing their counters in the bottom-left square of the board (labelled **START**).
2. The first player rolls a single dice and must move that number of spaces.
3. The player performs an action based on the tile they land on (**see bottom of page**).
4. During their turn, the player may play as many grain or fruit and veg cards as they like (as long as they have enough **tractor tokens** to play that card – **see 'Card information'**).
5. When a card is played, the player adds the amount of fibre shown on the card onto their score, and returns any spent tractor tokens. Played cards should be returned to the bottom of the correct draw pile, face down.
6. The next player begins their turn. If, during their turn, a player passes **START** they may collect one tractor token.
7. The first player to reach the total grams of fibre shown on the game board, or more, is the winner!

Card information

This value indicates how many grams of fibre the food contains. When the card is played, this should be added to the player's score.



The number of orange circles shows how many tractor tokens are needed to play the card. If there are no orange circles, the card can be played at no cost.



Take 1 tractor token



Take 2 more turns



Take 1 grain card



Select any other player. Both draw a card from one pile of your choosing. Whoever draws the card with the highest amount of fibre takes both cards. If you get the same amount, both cards should be returned to the bottom of the pile you both drew from.



Take 1 fruit and veg card