

|                      |                        |                |    |                         |                     |                    |                     |    |                 |
|----------------------|------------------------|----------------|----|-------------------------|---------------------|--------------------|---------------------|----|-----------------|
| 100<br>WIN           | 99                     | 98             | 97 | 96<br>POOR HAND HYGIENE | 95                  | 94                 | 93                  | 92 | 91              |
| 81                   | 82                     | 83<br>SMOKING  | 84 | 85                      | 86                  | 87                 | 88                  | 89 | 90              |
| 80<br>HIGH-SALT DIET | 79                     | 78             | 77 | 76                      | 75                  | 74<br>BE HAPPY     | 73                  | 72 | 71              |
| 61                   | 62                     | 63             | 64 | 65<br>NO ALCOHOL        | 66                  | 67                 | 68                  | 69 | 70              |
| 60                   | 59<br>HIGH-FAT DIET    | 58             | 57 | 56                      | 55                  | 54                 | 53<br>DRINK ALCOHOL | 52 | 51              |
| 41                   | 42                     | 43             | 44 | 45                      | 46<br>QUALITY SLEEP | 47                 | 48                  | 49 | 50<br>SEDENTARY |
| 40                   | 39                     | 38<br>STRESSED | 37 | 36                      | 35                  | 34                 | 33<br>HAND HYGIENE  | 32 | 31              |
| 21                   | 22                     | 23             | 24 | 25<br>HIGH-SUGAR DIET   | 26                  | 27                 | 28                  | 29 | 30              |
| 20                   | 19<br>REGULAR EXERCISE | 18             | 17 | 16                      | 15                  | 14<br>QUIT SMOKING | 13                  | 12 | 11              |
| 1<br>START           | 2                      | 3              | 4  | 5                       | 6                   | 7                  | 8                   | 9  | 10              |

## Game Rules



**1 move**

1 serving of meat/tofu/egg  
OR  
1 serving of wholemeal/brown rice



**2 moves**

1 serving of meat/tofu/egg  
WITH 1 serving of wholemeal/  
brown rice



**3 moves**

2 servings of vegetable



**4 moves**

1 serving of meat/tofu/egg  
WITH 2 servings of vegetable  
OR  
1 serving of wholemeal/brown rice WITH 2 servings of vegetable



**5 moves**

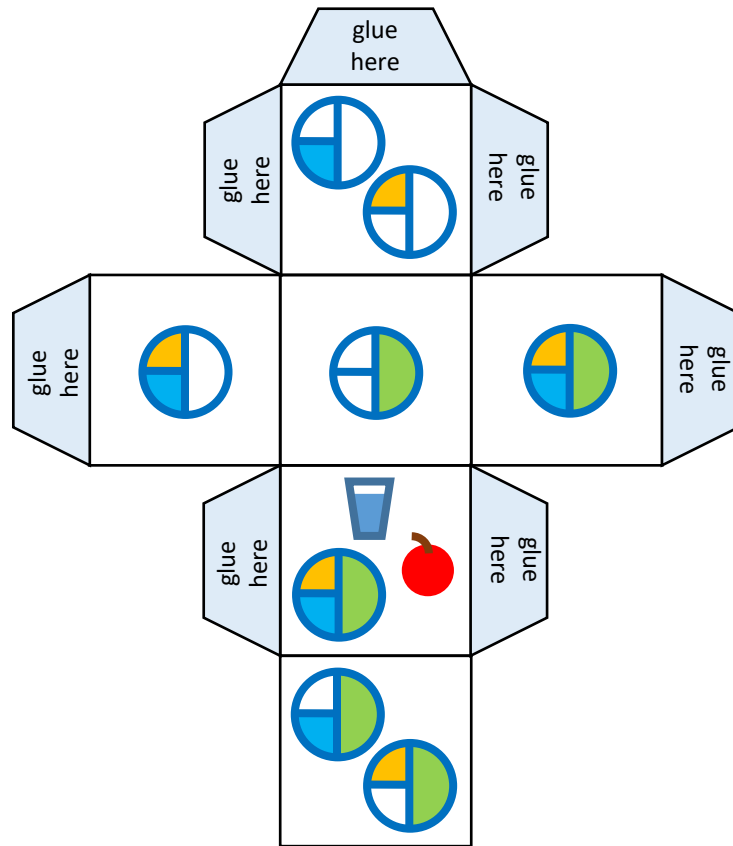
1 complete healthy plate WITH  
wholemeal/brown rice, meat/  
tofu/egg, and vegetables



**6 moves**

1 complete healthy plate WITH  
wholemeal/brown rice, meat/  
tofu/egg, vegetables, fruit and  
water

# MAKE YOUR OWN DICE



## Instructions:

1. Print on colour mode using 80 gsm or 100 gsm A4 paper.
2. Cut out the dice according to the outer line.
3. Fold along the crease lines.
4. Apply glue on the indicated areas.
5. Allow the glue to stick and make a square cube.