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PACIFIC NUTRITION BINGO

i.e. Sweet potato – and ask the players which food group it belongs to. When the players have answered correctly, the game can proceed – i.e. players with the food called out on their cards should put a marker on top of the picture of the food, and so on.

Be sure to check each time you play *Pacific Nutrition Bingo* that you have not lost any of the tickets. Here is a checklist of all the food items used in this version of the game.

Protective foods
Pineapple
Tomato
Mango
Pumpkin
Fresh seaweed
Ripe banana
Chinese cabbage
Bok Choy
Green beans
Guava
Watermelon
Pawpaw
Cucumber
Eggplant
Pandanus fruit
Okra
Watercress
Bele
Taro leaves
Carrot

Body building foods
Dried beans
Beef
Lamb
Chicken
Pork
Nuts
Cheese
Seafood
Tofu
Tinned tuna
Fresh fish
Milk
Yoghurt
Egg

Energy foods
Taro
Cassava
Breadfruit
Yam
Sweet potato
Coconut
Green banana
Rice
Bread
Crackers
Oil
Potatoes
Butter
Sugar cane
Noodles

Beverages
Coconut water
Water
Water with lime
Pineapple skin juice
Lemon leaf tea
Watermelon otai

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Developed by SPC Public Health Division.
Designed by Jipé Le Bars, SPC Graphic designer.
Printed by Star Printery Limited, Suva, Fiji, 2016.

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RULES

Read these guidelines carefully before starting to play the game. *Pacific Nutrition Bingo* is an exciting game that can be played by people of all ages. It can be played by large groups or by only a few people.

Both children and adults like to play *Pacific Nutrition Bingo*. People who cannot read English can easily play, using the pictures as a guide. The English words on the tickets can be translated into local languages.

The *Pacific Nutrition Bingo* game set can be re-used many times to teach good nutrition.

Aim of the game
The aim of this game is to promote healthy foods and eating habits, and for players to learn:

- the concept of the 3 FOOD GROUPS: PROTECTIVE, BODY-BUILDING, ENERGY;
- that foods containing similar nutrients, with similar functions in the body, are classed together in a FOOD GROUP;
- the functions that foods have in the body.

You will need the following things to play the game:

1. A set of Pacific Nutrition Bingo cards. (Note: There are 30 cards in a set; each card is different.)

2. A set of 'tickets' with the names of the food groups and foods on them. (Before starting to play, cut out each of the tickets on the dotted lines.)

3. A jar or small basket in which to place the tickets.

4. Markers, such as small shells or stones (at least 16 for each player).

To win, a player must have four markers in a STRAIGHT LINE ACROSS the card. This means that the winner has a line that contains a PROTECTIVE FOOD, a BODY-BUILDING FOOD, an ENERGY FOOD, and also a DRINK.

A player cannot win by having the shells or stones in a straight line going down the card, because all of the foods would be from one group. (Note: It is also possible to have a straight line of foods from each of the 3 food groups plus a drink, DIAGONALLY across the card.)

Prizes, such as a nutrition poster, booklet or healthy food – e.g. local fruits and vegetables – can be given to the game winners.

How to play the game: Instructions for group leaders or teachers

1. Hand out a Pacific Nutrition Bingo card and some markers to each player. Explain the rules of the game to the players.

2. Shake up the jar or basket of tickets and take one out. Read out the name of the food group and the name of the food on the ticket to the players – e.g. ENERGY, Sweet Potato.

3. The players should look to see if they have the food called out on their cards. If they do, they should put a marker on top of the picture of the food. If they do not have the correct picture on their cards, then they should do nothing and wait for the next ticket to be called.

4. Display the ticket face-up and pick out another ticket. After reading out each ticket, place it with the other tickets from the same food group. Carry on in this way until one of the players has four markers in a straight line across his or her card.

5. The first player to have four markers in a straight line should call out 'BINGO'.

6. The game should stop to allow the player who called out 'BINGO' to read out the names of the food groups and foods and drink he/she has covered, which make up the straight line across the bingo card.

7. Check the tickets in front of you to make sure these have been called out to the group. If they match, the player who called out 'BINGO' is the winner and the game is over. If they are not correct, then the game goes on until someone wins.

8. After someone wins, the game can be played again. All players should remove the shells or stones from their cards and start again at the beginning of each new game. Players may wish to take turns being the game leader.

EXTRA NOTES

Another way to play the game

After someone has won by having a line across the card and calling 'BINGO', the game can continue in the same way described above, until a player covers ALL the foods on his/her card.

Changing foods

If there are any foods on the cards that are not found in your country, it is possible to change them. Choose another food from the same food group that is common in your country, and draw and label this food yourself. Stick the drawing of the new food on top of the food picture you wish to replace on the bingo cards. Be sure to check you have covered all the cards on which this food appears – e.g. pineapple appears on 6 cards. If you want to change this to another local fruit such as soursop, make 6 small drawings of soursop and paste on top of the 6 pineapple pictures. You must also label a ticket with the new food and its food group and remove the ticket for the food you have covered – e.g. take out the 'PROTECTIVE, Pineapple' label and make out a new one for 'PROTECTIVE, Soursop'. There are some blank ticket labels for you to use.

Translation

The game can be easily translated into a local language. The translated food and food group names can be written out or typed, and then pasted on top of the English words on the cards. New tickets can be made or the translation can be written on the back of the English ones.

Evaluation

This game is intended as a teaching tool as well as for fun. It is useful to include other exercises to ensure the class or group has learned about which foods belong in which of the 3 food groups. Here are some ideas for exercises:

- The leader should ask the group to turn their *Pacific Nutrition Bingo* cards over so they cannot see the pictures. Call out the names of some of the **locally-grown foods** used in the game. Encourage the players to name the group to which the food belongs. Call out the names of some of the **imported foods** or foods we buy from the store, which are used in the game. Ask the players to name the group to which the food belongs.
- When playing the game, instead of calling out the food group and the food name – e.g. ENERGY, Sweet potato – the leader should **only** call out the **food name** –

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Protective Foods Pineapple	**Energy Foods** Taro	**Body Building Foods** Dried beans
Protective Foods Tomato	**Energy Foods** Cassava	**Body Building Foods** Beef
Protective Foods Mango	**Energy Foods** Breadfruit	**Body Building Foods** Lamb
Protective Foods Pumpkin	**Energy Foods** Yam	**Body Building Foods** Chicken
Protective Foods Fresh seaweed	**Energy Foods** Sweet potato	**Body Building Foods** Pork
Protective Foods Ripe banana	**Energy Foods** Coconut	**Body Building Foods** Nuts
Protective Foods Chinese cabbage	**Energy Foods** Green banana	**Body Building Foods** Cheese
Protective Foods Bok choy	**Energy Foods** Rice	**Body Building Foods** Seafood
Protective Foods Green beans	**Energy Foods** Bread	**Body Building Foods** Tofu
Protective Foods Guava	**Energy Foods** Crackers	**Body Building Foods** Tinned tuna
Protective Foods Watermelon	**Energy Foods** Oil	**Body Building Foods** Fresh fish

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Protective Foods Pawpaw	**Energy Foods** Potatoes	**Body Building Foods** Milk
Protective Foods Cucumber	**Energy Foods** Butter	**Body Building Foods** Yoghurt
Protective Foods Eggplant	**Energy Foods** Sugar cane	**Body Building Foods** Egg
Protective Foods Pandanus fruit	**Energy Foods** Noodles	
Protective Foods Okra		
Protective Foods Watercress	**Beverages** Coconut water	
Protective Foods Bele	**Beverages** Water	
Protective Foods Taro leaves	**Beverages** Water with lime	
Protective Foods Carrot	**Beverages** Pineapple skin juice	
	Beverages Lemon leaf tea	
	Beverages Watermelon otai	

PACIFIC NUTRITION BINGO

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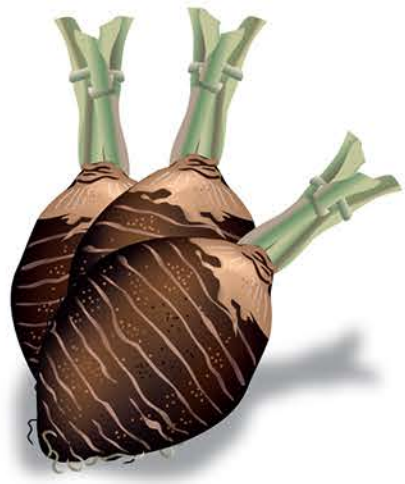
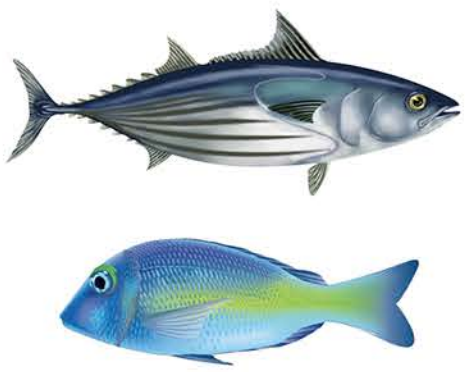
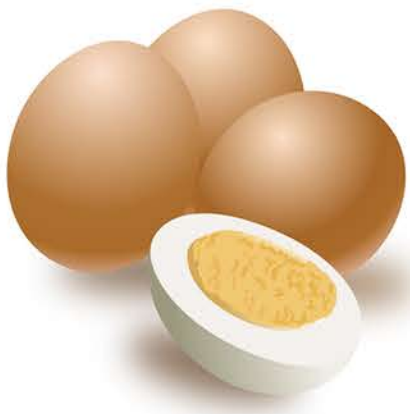
Protective Foods	Energy Foods	Body Building Foods	Beverages
Pineapple	 Taro	 Fresh fish	Coconut water
Tomato	Cassava	Milk	Water
Mango	Breadfruit	Yoghurt	Water with lime
Pumpkin	Yam	 Egg	Pineapple skin juice

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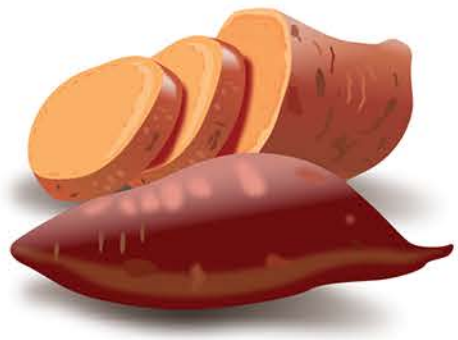
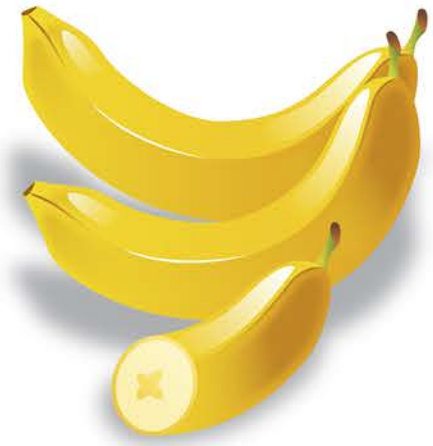
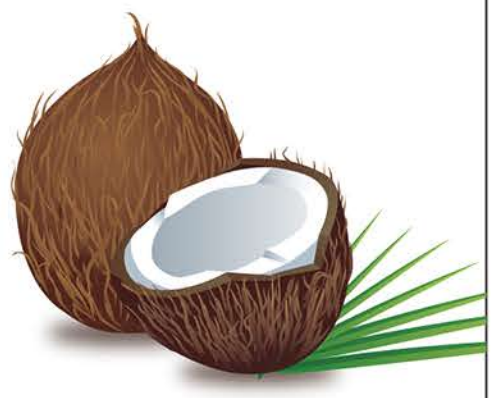
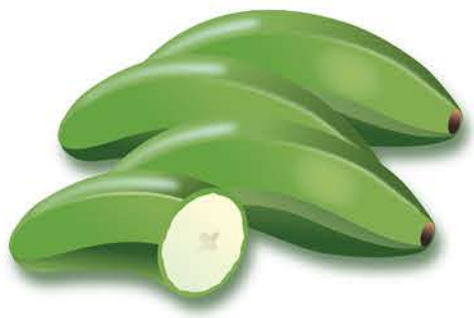
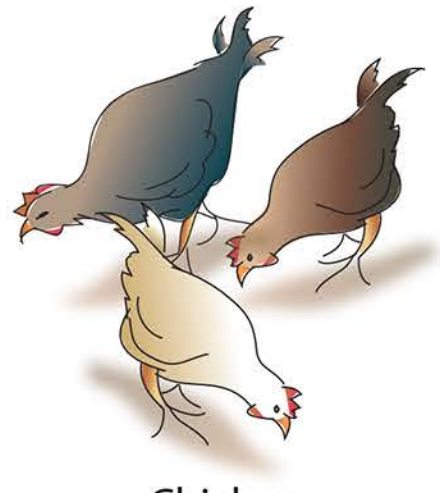
Protective Foods	Energy Foods	Body Building Foods	Beverages
Fresh seaweed	 Sweet potato	Dried beans	Lemon leaf tea
 Ripe banana	 Coconut	Beef	Watermelon otai
Chinese cabbage	 Green banana	Lamb	Coconut water
Bok choy	Rice	 Chicken	Water

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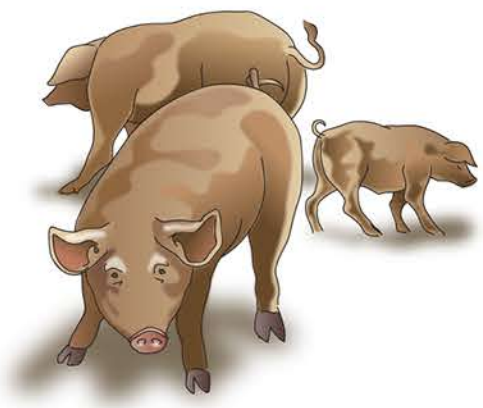
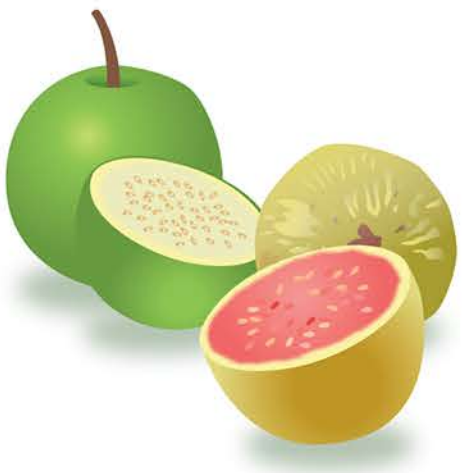
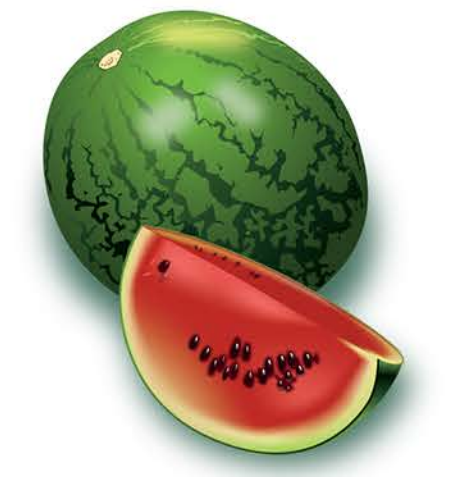
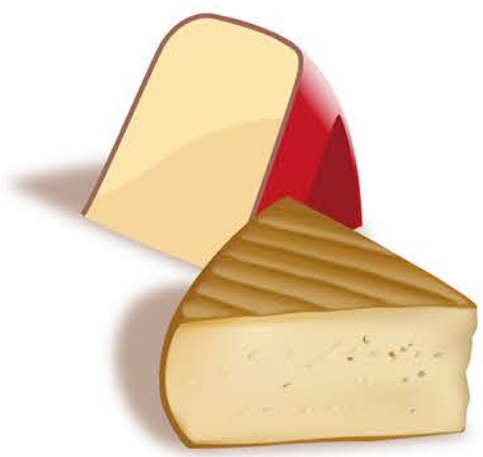
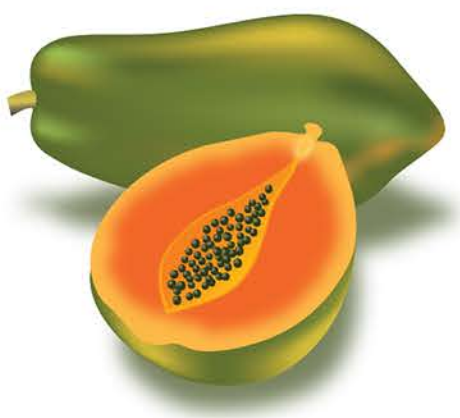
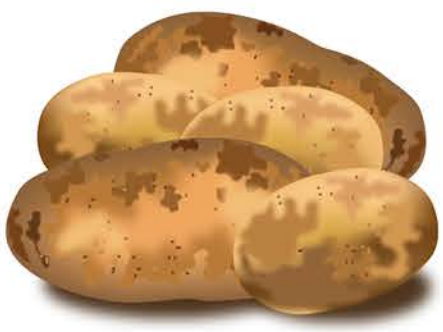
Protective Foods	Energy Foods	Body Building Foods	Beverages
Green beans	Bread	 Pork	Water with lime
 Guava	Crackers	Nuts	Pineapple skin juice
 Watermelon	Oil	 Cheese	Lemon leaf tea
 Pawpaw	 Potatoes	Seafood	Watermelon otai

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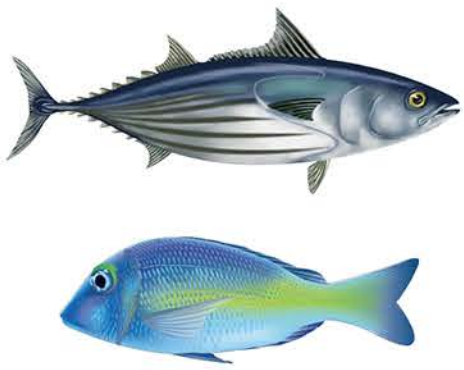
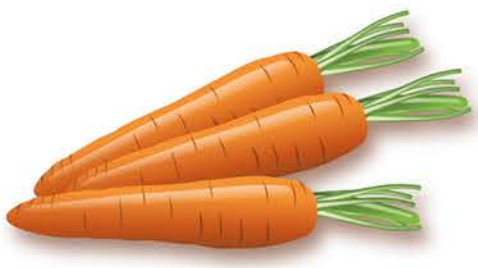
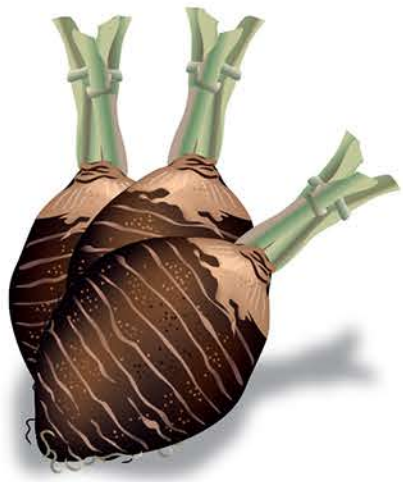
Protective Foods	Energy Foods	Body Building Foods	Beverages
Watercress	Butter	Tofu	Coconut water
Bele	Sugar cane	Tinned tuna	Water
Taro leaves	Noodles	 Fresh fish	Water with lime
 Carrot	 Taro	Milk	Pineapple skin juice

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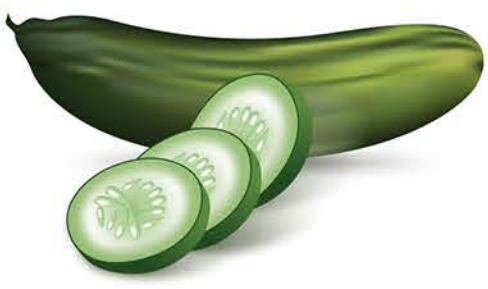
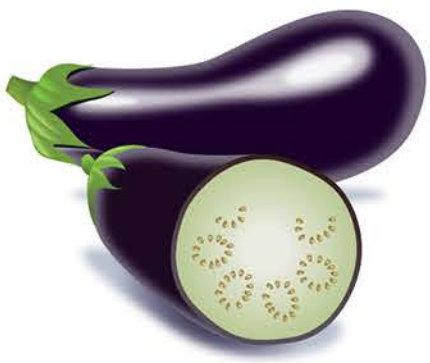
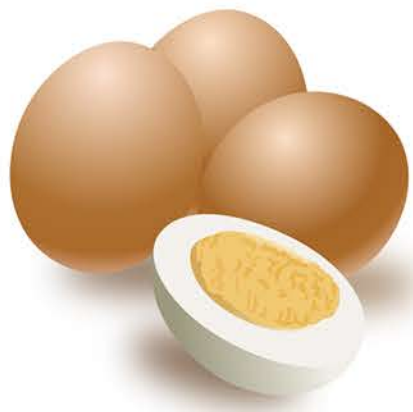
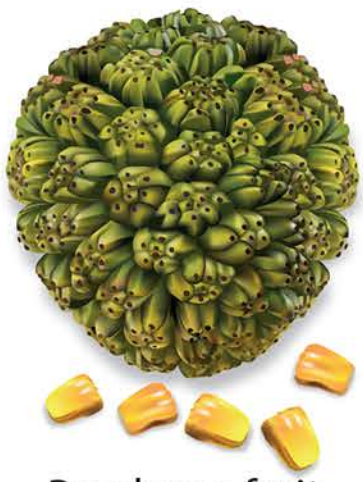
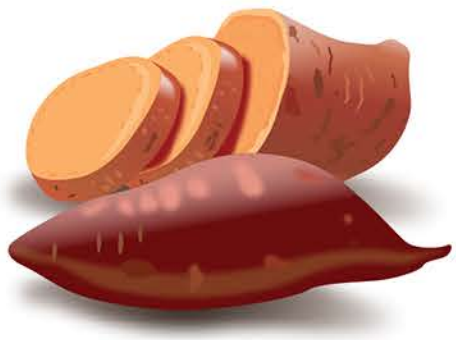
Protective Foods	Energy Foods	Body Building Foods	Beverages
 Cucumber	Cassava	Yoghurt	Lemon leaf tea
 Eggplant	Breadfruit	 Egg	Watermelon otai
 Pandanus fruit	Yam	Dried beans	Coconut water
Okra	 Sweet potato	Beef	Water

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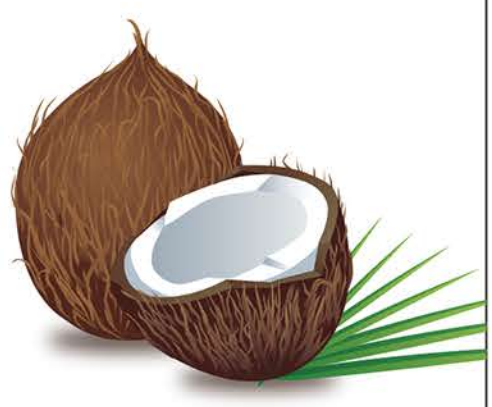
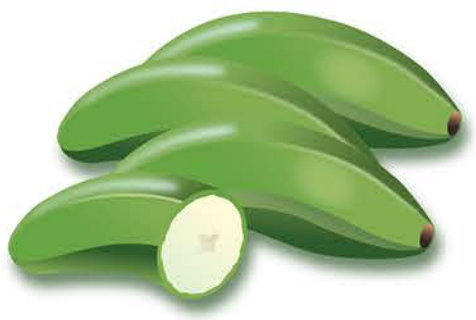
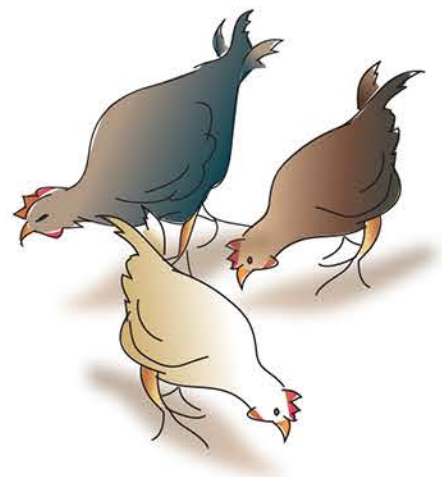
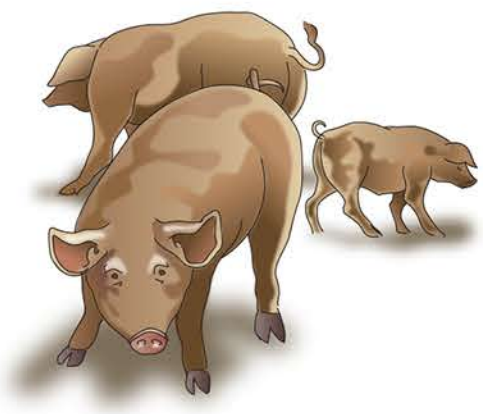
Protective Foods	Energy Foods	Body Building Foods	Beverages
Pineapple	 Coconut	Lamb	Water with lime
Tomato	 Green banana	 Chicken	Pineapple skin juice
Mango	Rice	 Pork	Lemon leaf tea
Pumpkin	Bread	Nuts	Watermelon otai

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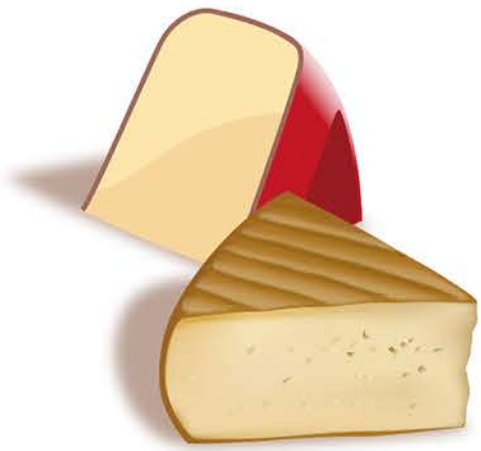
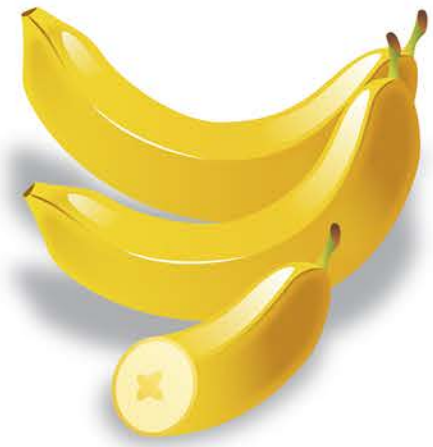
Protective Foods	Energy Foods	Body Building Foods	Beverages
Fresh seaweed	Crackers	 Cheese	Coconut water
 Ripe banana	Oil	Seafood	Water
Chinese cabbage	Potatoes	Tofu	Water with lime
Bok choy	Butter	Tinned tuna	Pineapple skin juice

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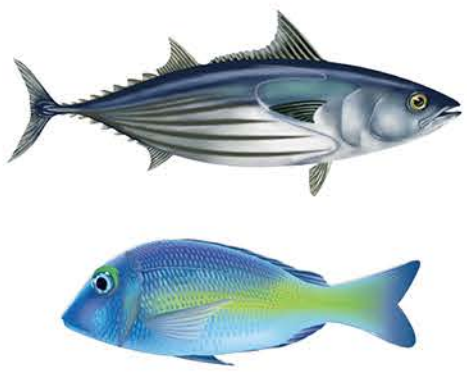
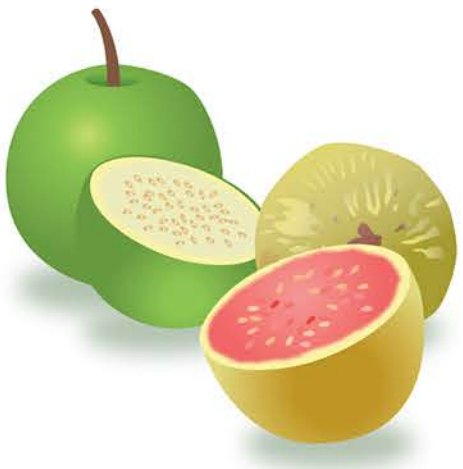
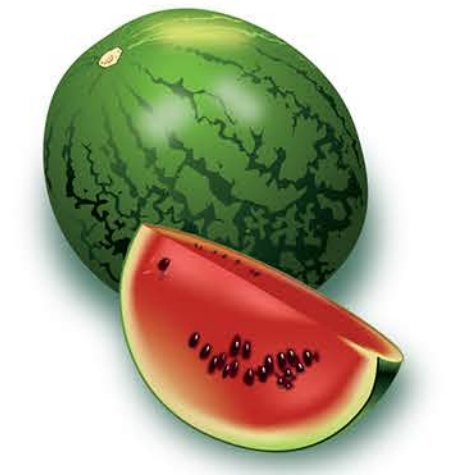
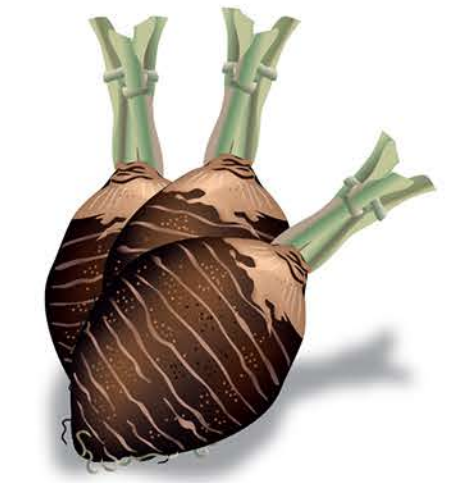
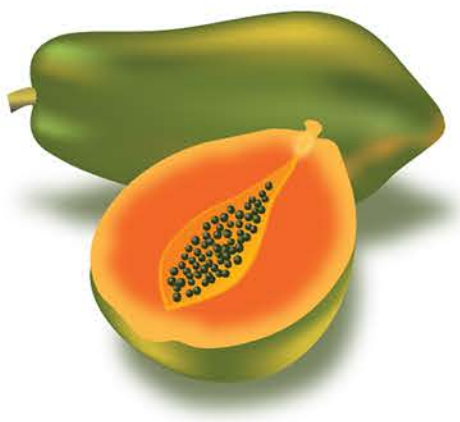
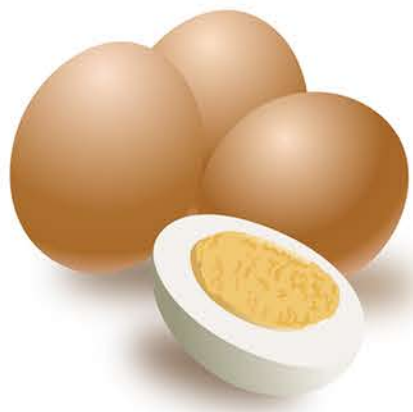
Protective Foods	Energy Foods	Body Building Foods	Beverages
Green beans	Sugar cane	 Fresh fish	Lemon leaf tea
 Guava	Noodles	Milk	Watermelon otai
 Watermelon	 Taro	Yoghurt	Coconut water
 Pawpaw	Cassava	 Egg	Water

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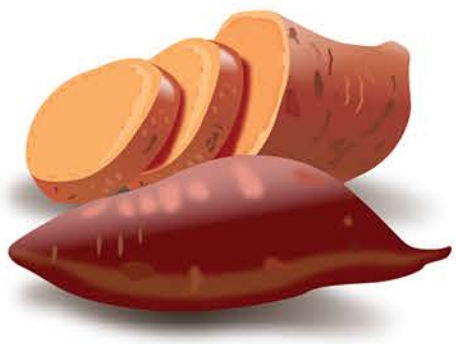
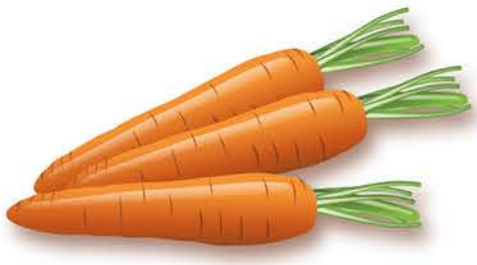
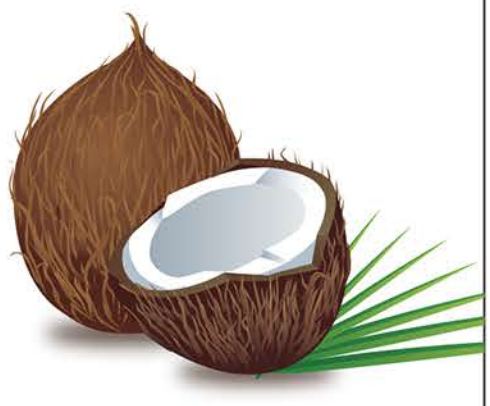
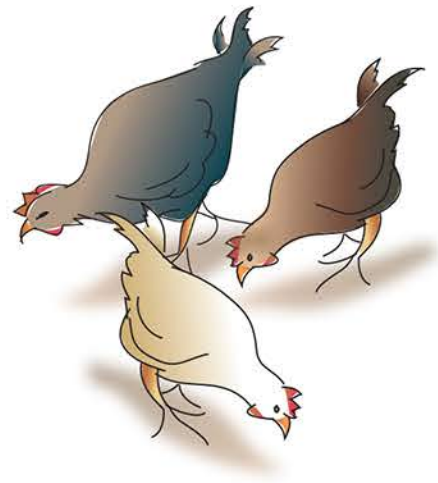
Protective Foods	Energy Foods	Body Building Foods	Beverages
Watercress	Breadfruit	Dried beans	Water with lime
Bele	Yam	Beef	Pineapple skin juice
Taro leaves	 Sweet potato	Lamb	Lemon leaf tea
 Carrot	 Coconut	 Chicken	Watermelon otai

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PACIFIC NUTRITION BINGO

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Protective Foods	Energy Foods	Body Building Foods	Beverages
Cucumber	Green banana	Pork	Coconut water
Eggplant	Rice	Nuts	Water
Pandanus fruit	Bread	Cheese	Water with lime
Okra	Crackers	Seafood	Pineapple skin juice

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PACIFIC NUTRITION BINGO

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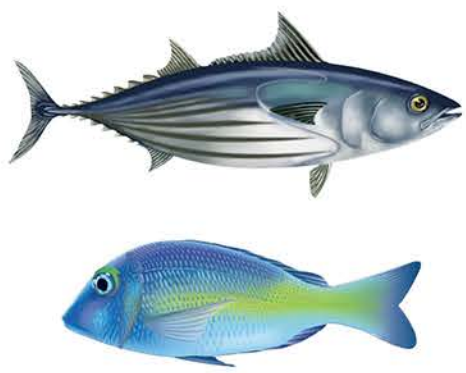
Protective Foods	Energy Foods	Body Building Foods	Beverages
Pineapple	Oil	Tofu	Lemon leaf tea
Tomato	Potatoes	Tinned tuna	Watermelon otai
Mango	Butter	 Fresh fish	Coconut water
Pumpkin	Sugar cane	Milk	Water

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PACIFIC NUTRITION BINGO

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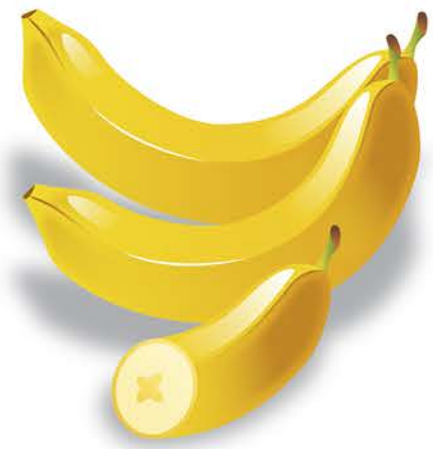
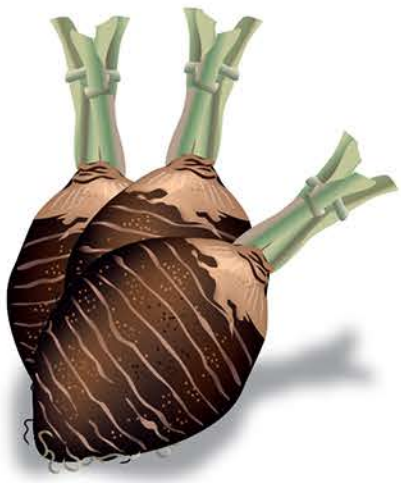
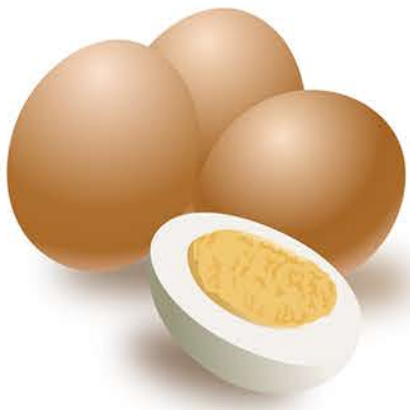
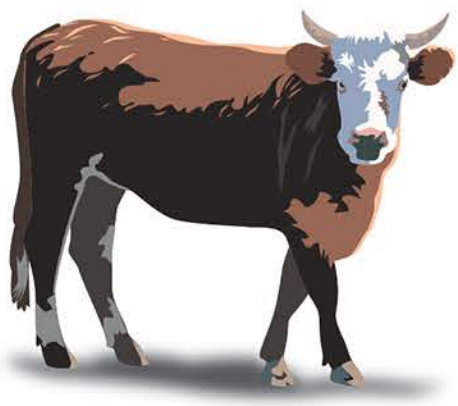
Protective Foods	Energy Foods	Body Building Foods	Beverages
Fresh seaweed	Noodles	Yoghurt	Water with lime
 Ripe banana	 Taro	 Egg	Pineapple skin juice
Chinese cabbage	Cassava	Dried beans	Lemon leaf tea
Bok choy	Breadfruit	 Beef	Watermelon otai

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PACIFIC NUTRITION BINGO

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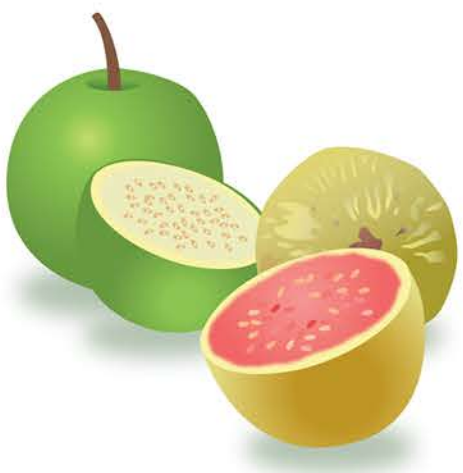
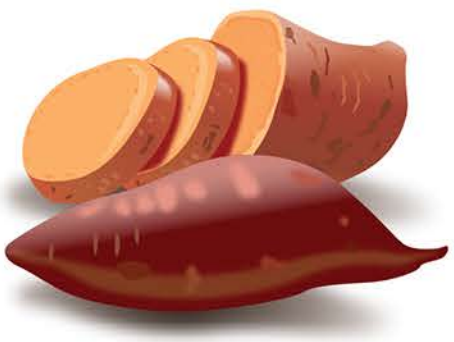
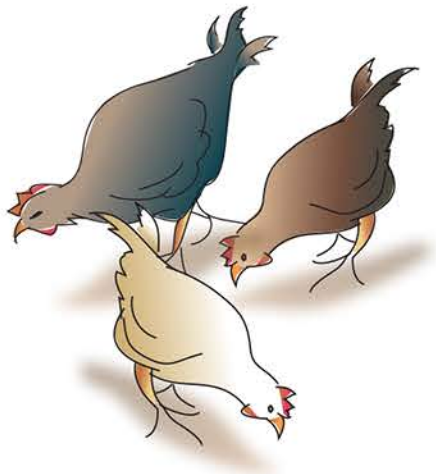
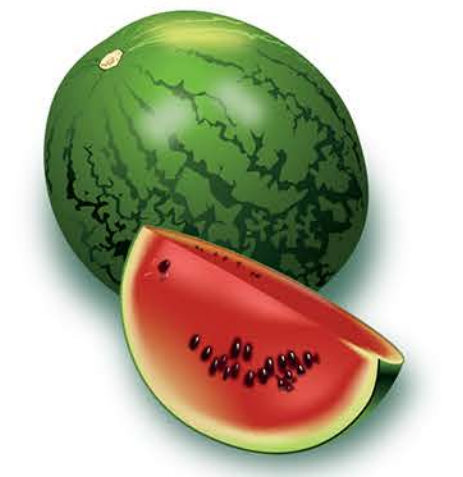
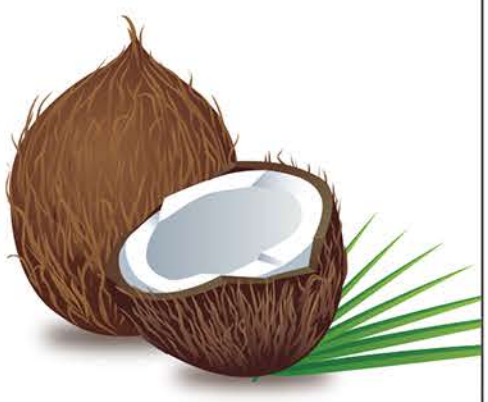
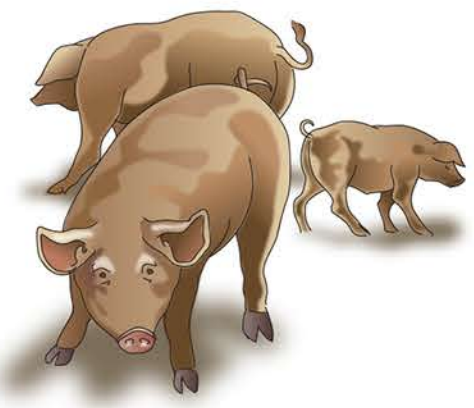
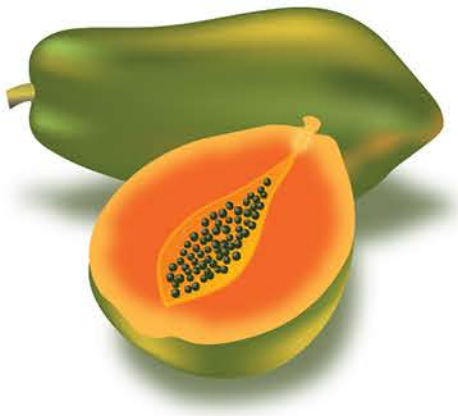
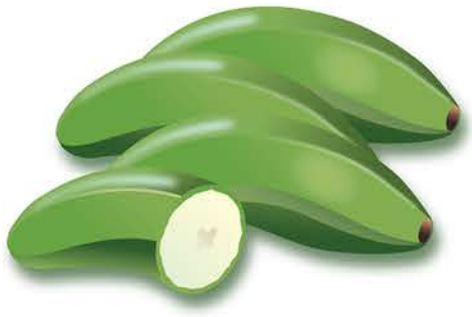
Protective Foods	Energy Foods	Body Building Foods	Beverages
Green beans	Yam	Lamb	Coconut water
 Guava	 Sweet potato	 Chicken	Water
 Watermelon	 Coconut	 Pork	Water with lime
 Pawpaw	 Green banana	Nuts	Pineapple skin juice

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PACIFIC NUTRITION BINGO

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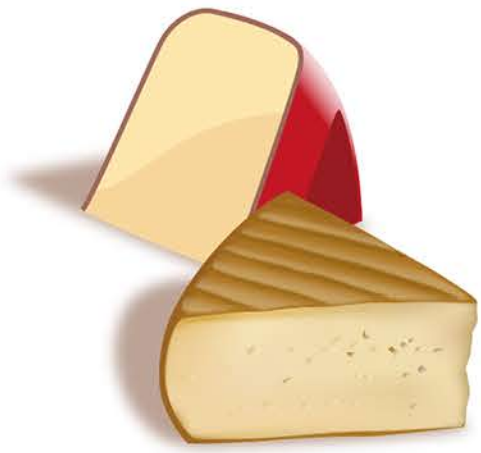
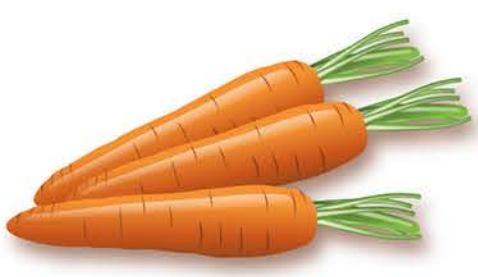
Protective Foods	Energy Foods	Body Building Foods	Beverages
Watercress	Rice	 Cheese	Lemon leaf tea
Bele	Bread	Seafood	Watermelon otai
Taro leaves	Crackers	Tofu	Coconut water
 Carrot	Oil	Tinned tuna	Water

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PACIFIC NUTRITION BINGO

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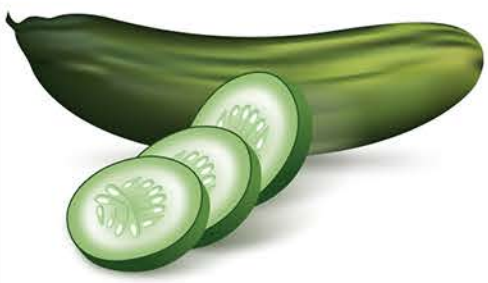
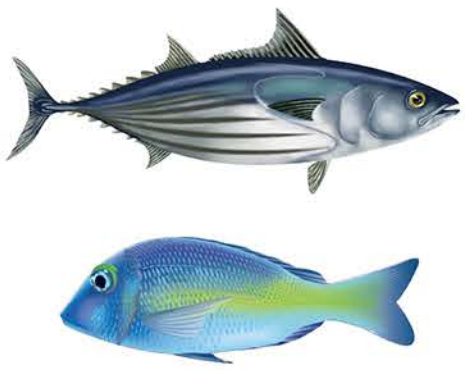
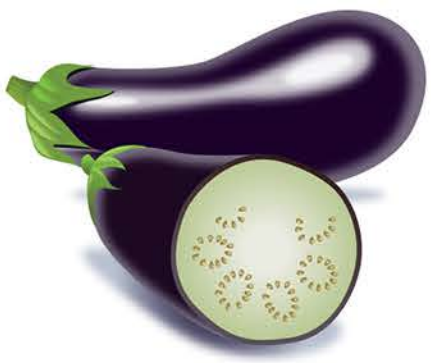
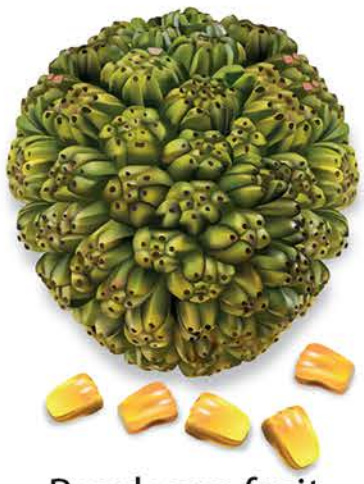
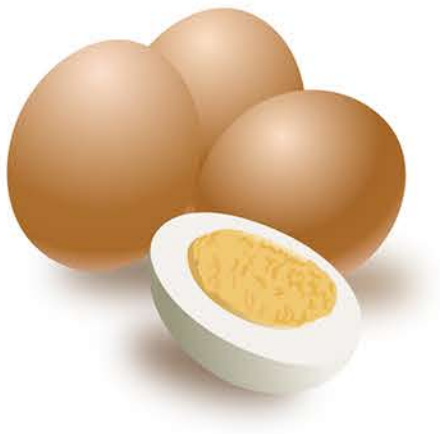
Protective Foods	Energy Foods	Body Building Foods	Beverages
 Cucumber	Potatoes	 Fresh fish	Water with lime
 Eggplant	Butter	Milk	Pineapple skin juice
 Pandanus fruit	Sugar cane	Yoghurt	Lemon leaf tea
Okra	Noodles	 Egg	Watermelon otai

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PACIFIC NUTRITION BINGO

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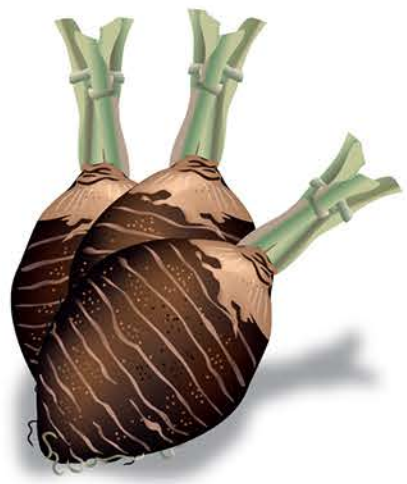
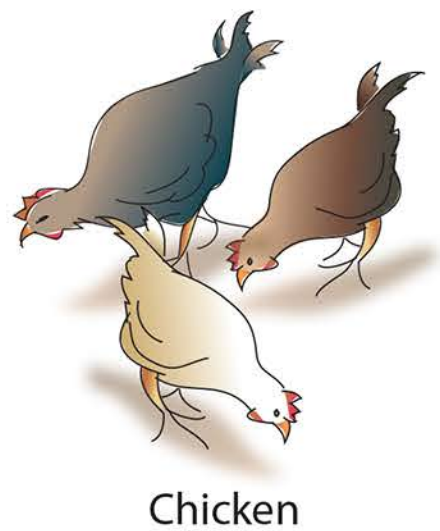
Protective Foods	Energy Foods	Body Building Foods	Beverages
Pineapple	 Taro	Dried beans	Coconut water
Tomato	Cassava	Beef	Water
Mango	Breadfruit	Lamb	Water with lime
Pumpkin	Yam	 Chicken	Pineapple skin juice

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PACIFIC NUTRITION BINGO

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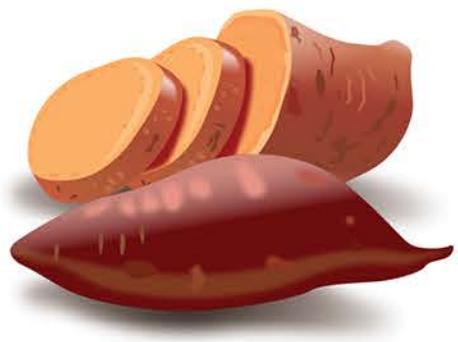
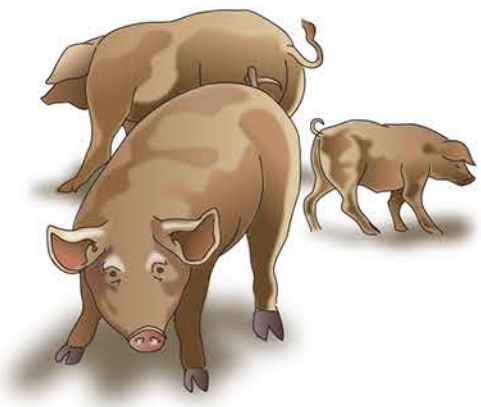
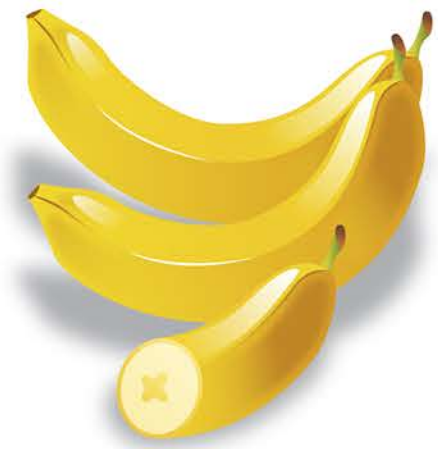
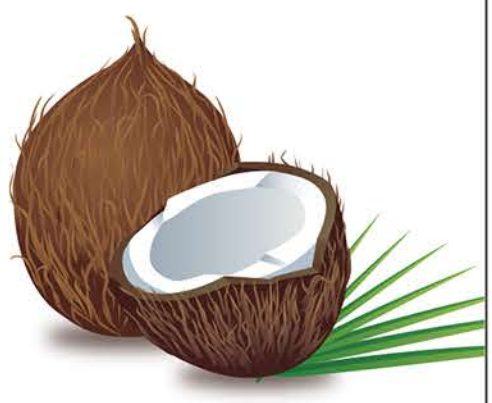
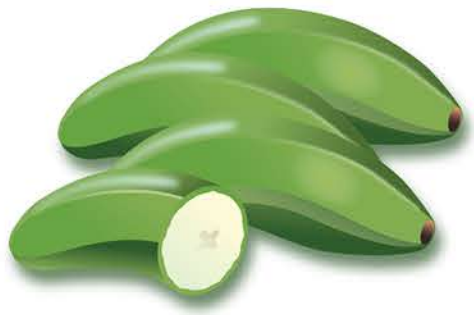
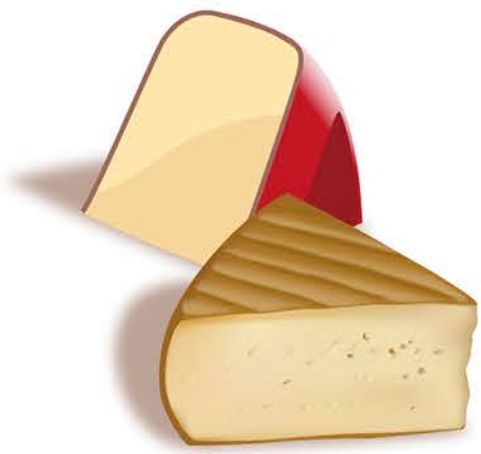
Protective Foods	Energy Foods	Body Building Foods	Beverages
Fresh seaweed	 Sweet potato	 Pork	Lemon leaf tea
 Ripe banana	 Coconut	Nuts	Watermelon otai
Chinese cabbage	 Green banana	 Cheese	Coconut water
Bok choy	Rice	Seafood	Water

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PACIFIC NUTRITION BINGO

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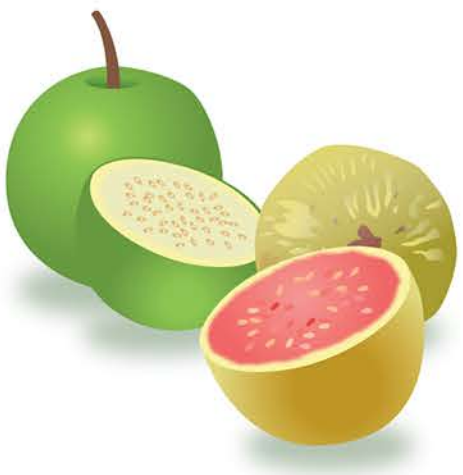
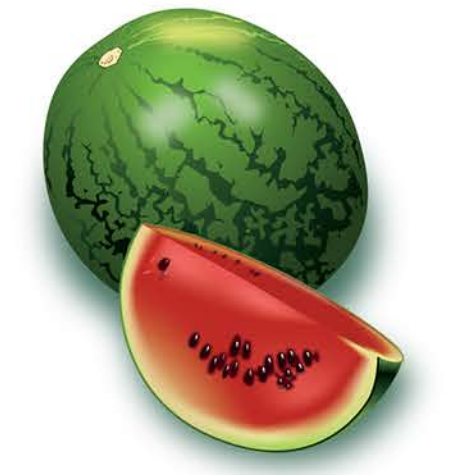
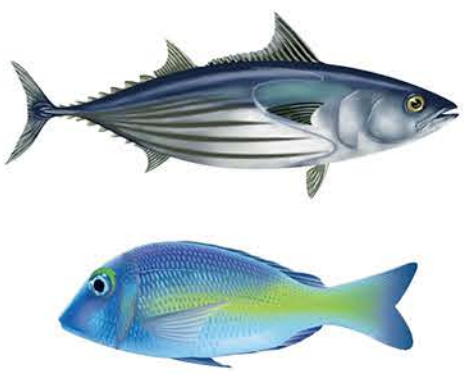
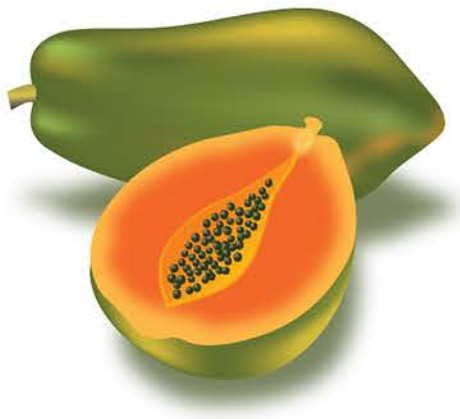
Protective Foods	Energy Foods	Body Building Foods	Beverages
Green beans	Bread	Tofu	Water with lime
 Guava	Crackers	Tinned tuna	Pineapple skin juice
 Watermelon	Oil	 Fresh fish	Lemon leaf tea
 Pawpaw	Potatoes	Milk	Watermelon otai

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PACIFIC NUTRITION BINGO

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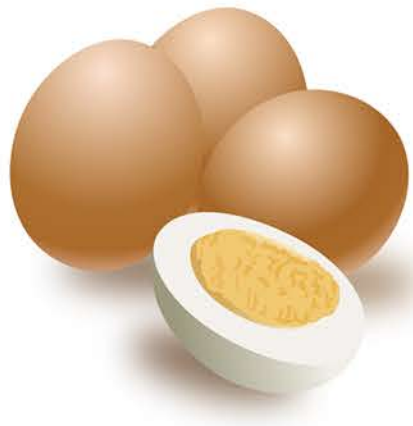
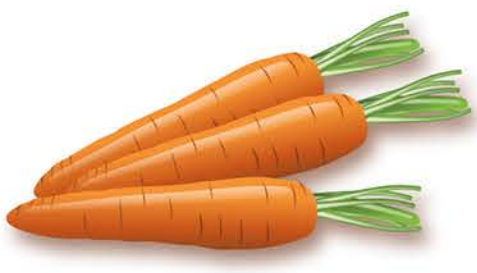
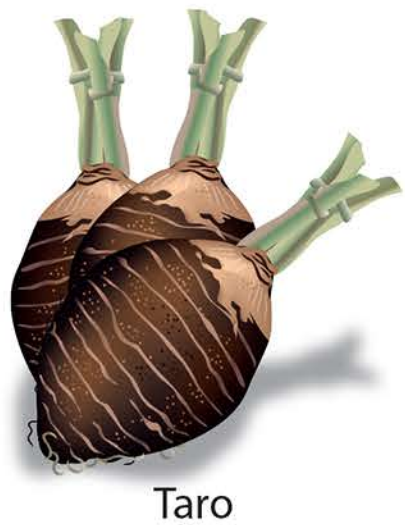
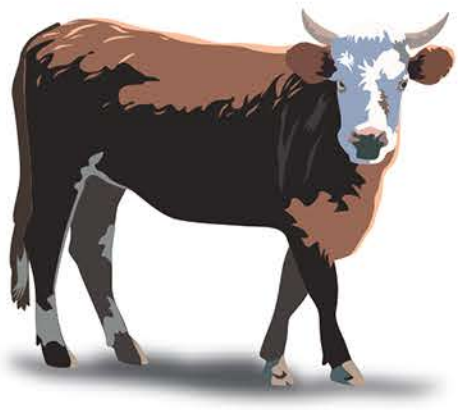
Protective Foods	Energy Foods	Body Building Foods	Beverages
Watercress	Butter	Yoghurt	Coconut water
Bele	Sugar cane	 Egg	Water
Taro leaves	Noodles	Dried beans	Water with lime
 Carrot	 Taro	 Beef	Pineapple skin juice

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PACIFIC NUTRITION BINGO

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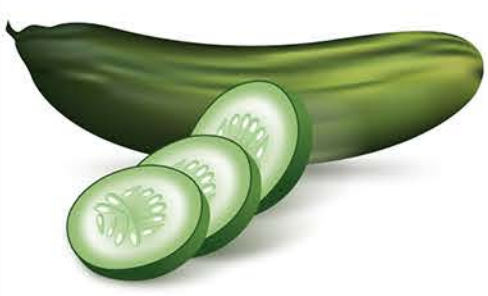
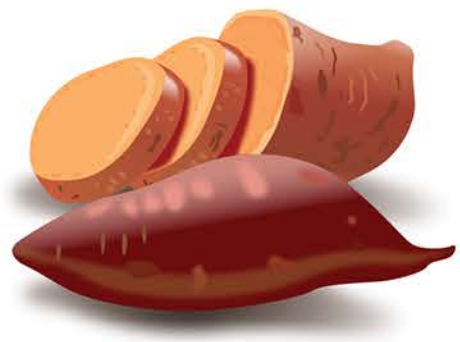
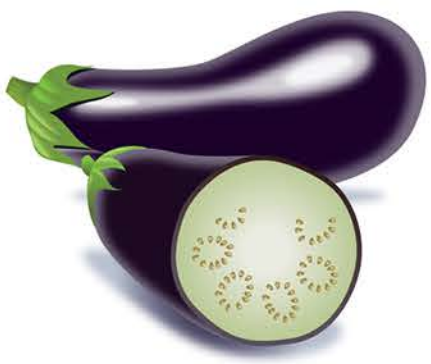
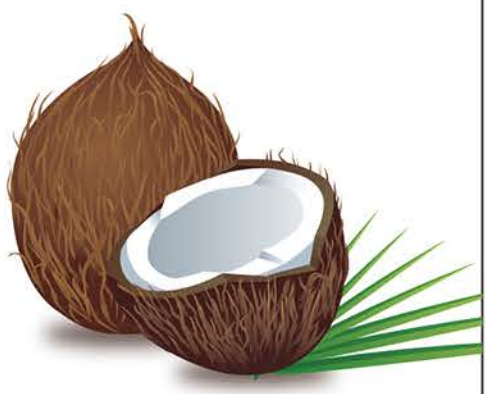
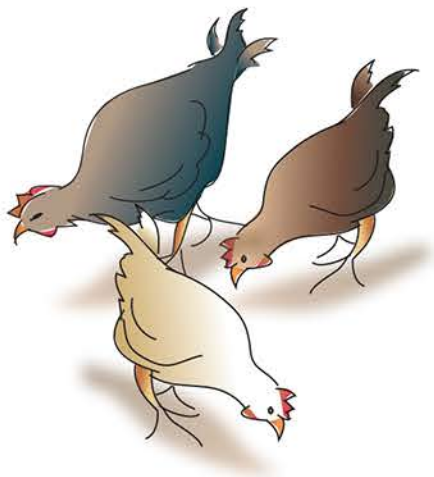
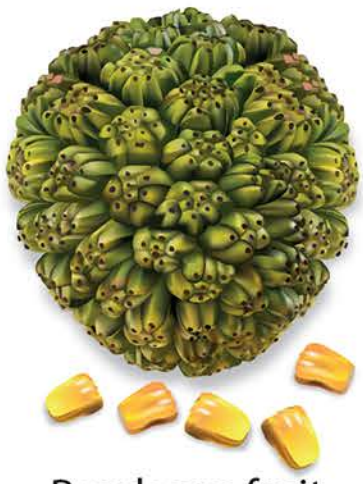
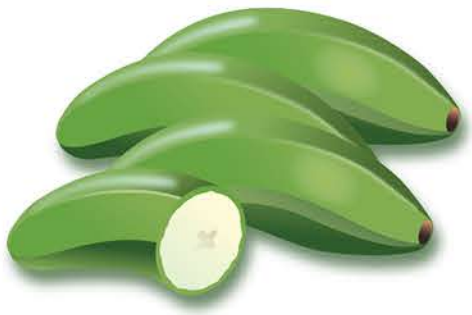
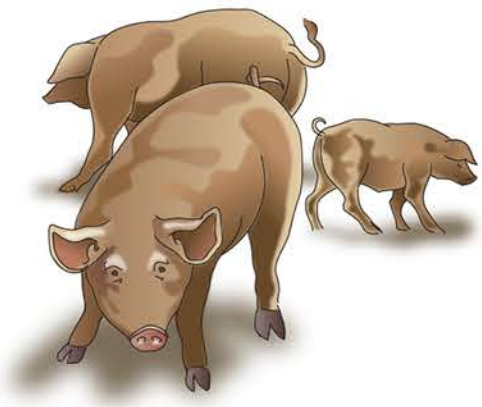
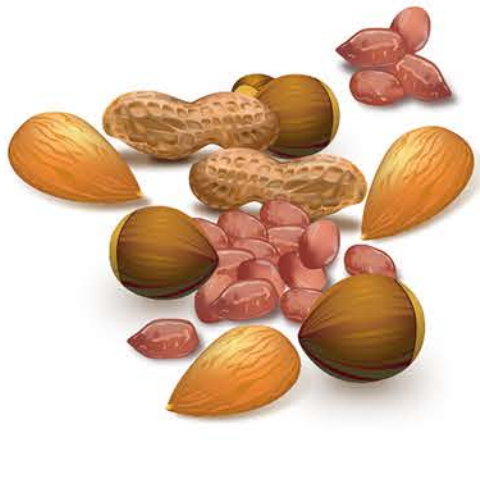
Protective Foods	Energy Foods	Body Building Foods	Beverages
 Cucumber	 Sweet potato	Lamb	Lemon leaf tea
 Eggplant	 Coconut	 Chicken	Watermelon otai
 Pandanus fruit	 Green banana	 Pork	Coconut water
Okra	Rice	 Nuts	Water

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PACIFIC NUTRITION BINGO

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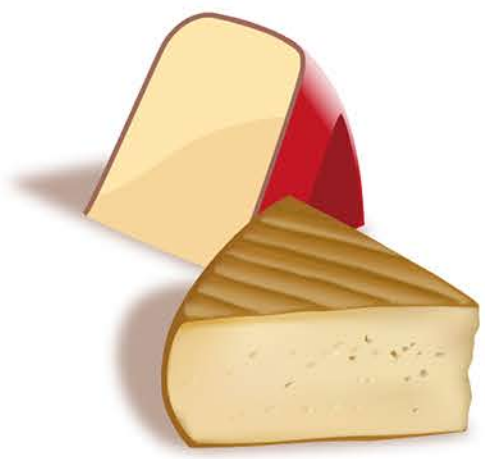
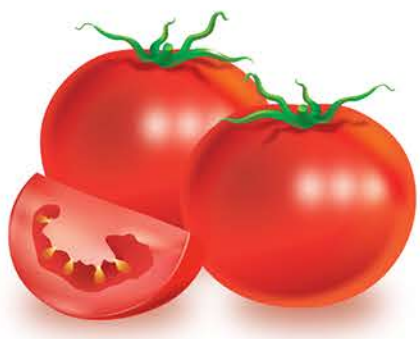
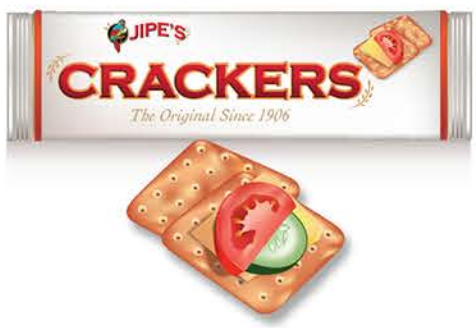
Protective Foods	Energy Foods	Body Building Foods	Beverages
Pineapple	Bread	 Cheese	Water with lime
 Tomato	 Crackers	Seafood	Pineapple skin juice
Mango	Oil	Tofu	Lemon leaf tea
Pumpkin	Potatoes	Tinned tuna	Watermelon otai

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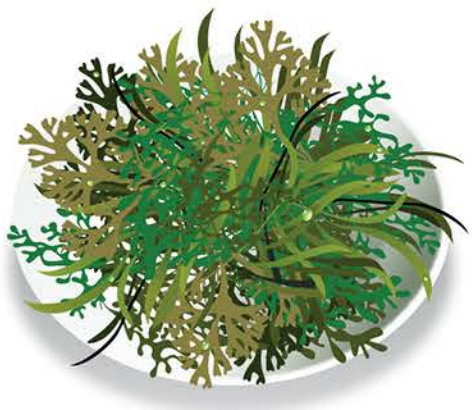
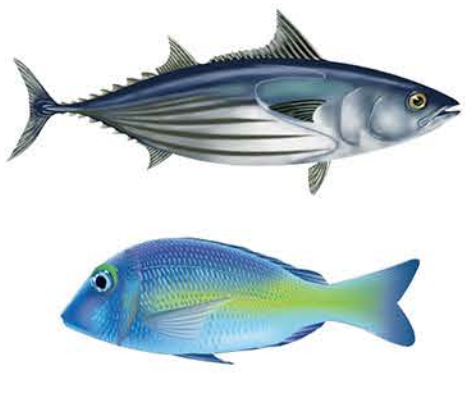
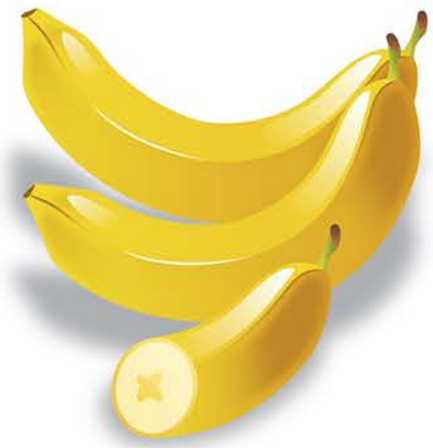
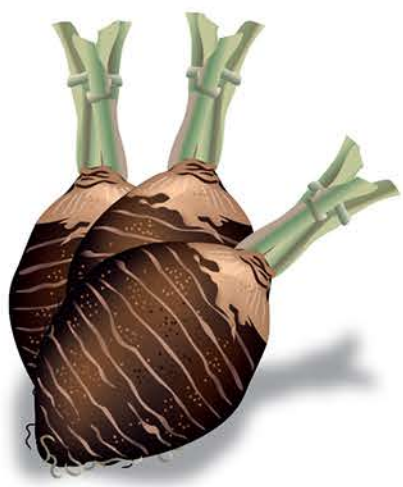
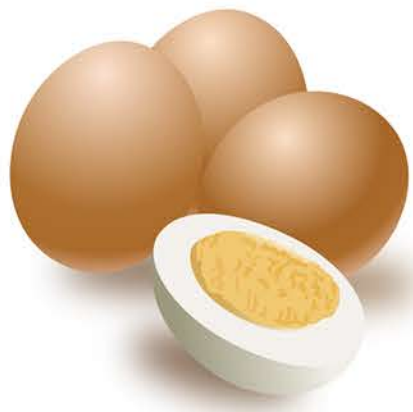
Protective Foods	Energy Foods	Body Building Foods	Beverages
 Fresh seaweed	Butter	 Fresh fish	Coconut water
 Ripe banana	Sugar cane	Milk	Water
Chinese cabbage	Noodles	Yoghurt	Water with lime
Bok choy	 Taro	 Egg	Pineapple skin juice

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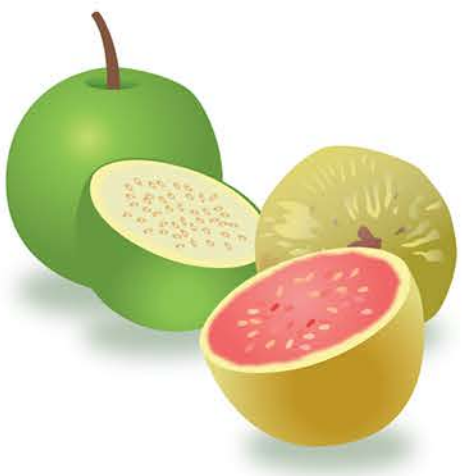
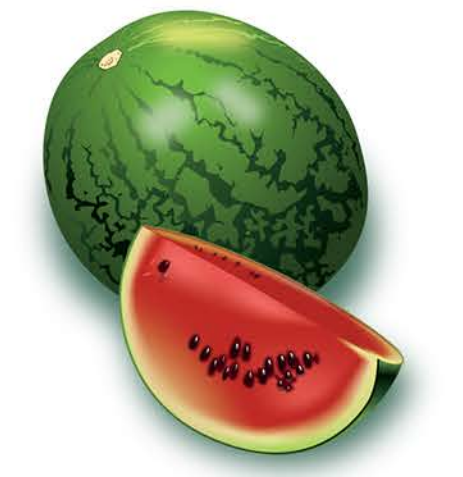
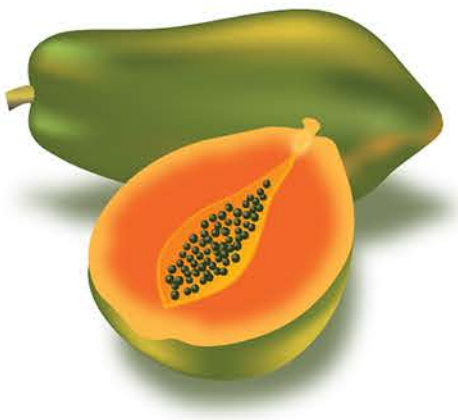
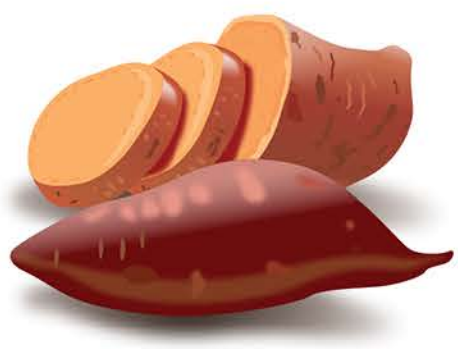
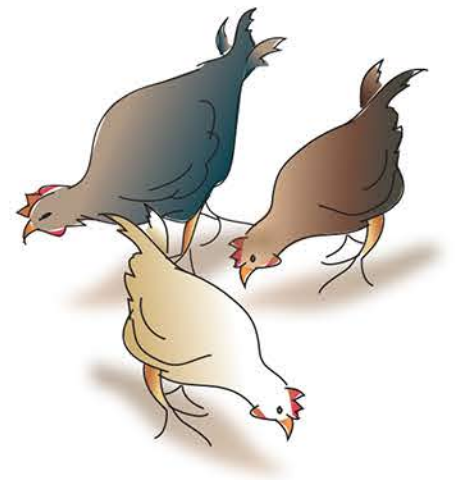
Protective Foods	Energy Foods	Body Building Foods	Beverages
Green beans	Cassava	Dried beans	Lemon leaf tea
 Guava	Breadfruit	Beef	Watermelon otai
 Watermelon	Yam	Lamb	Coconut water
 Pawpaw	 Sweet potato	 Chicken	Water

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PACIFIC NUTRITION BINGO

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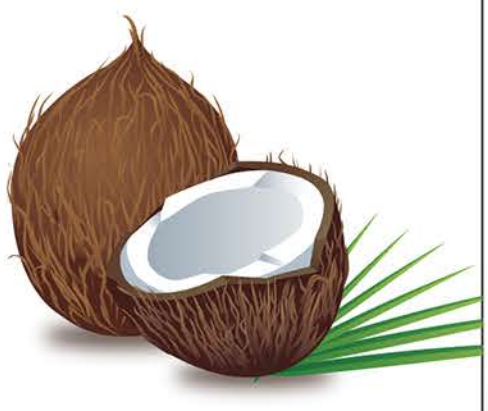
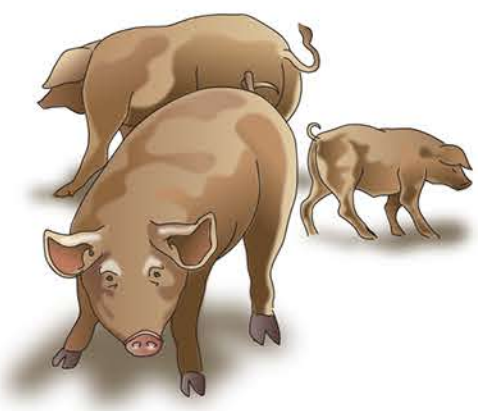
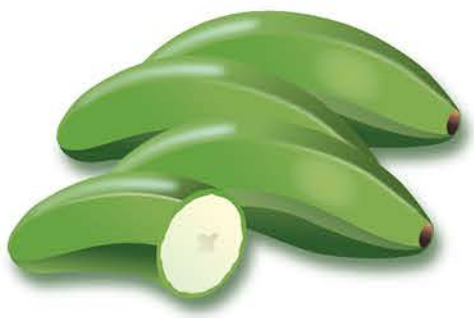
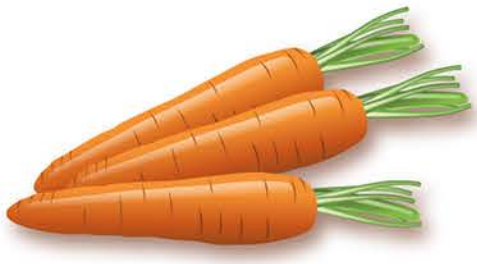
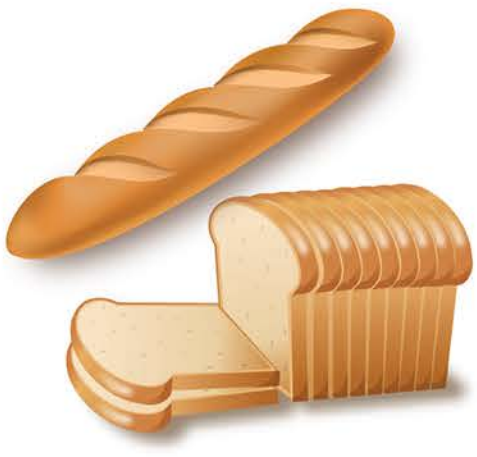
Protective Foods	Energy Foods	Body Building Foods	Beverages
Watercress	 Coconut	 Pork	Water with lime
Bele	 Green banana	Nuts	Pineapple skin juice
Taro leaves	Rice	Cheese	Lemon leaf tea
 Carrot	 Bread	Seafood	Watermelon otai

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PACIFIC NUTRITION BINGO

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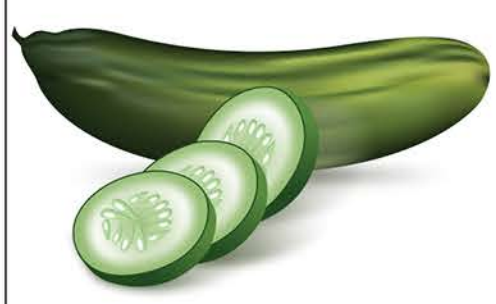
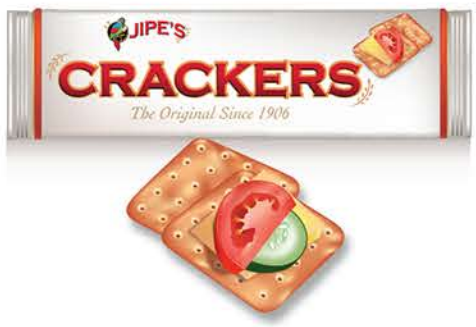
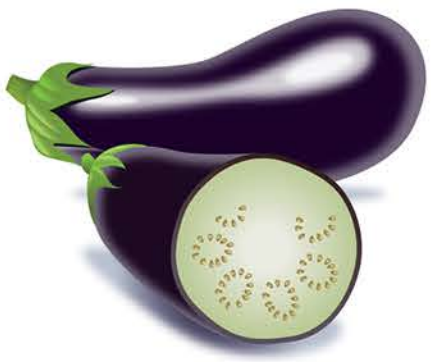
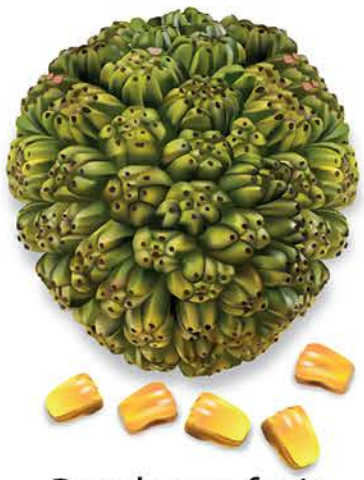
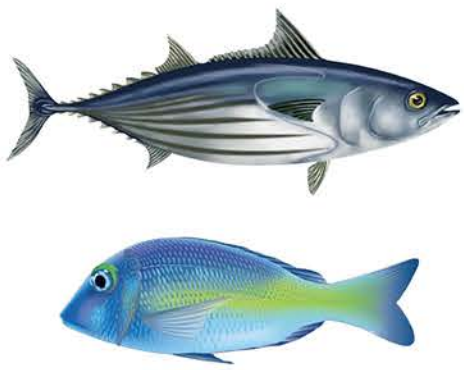
Protective Foods	Energy Foods	Body Building Foods	Beverages
 Cucumber	 Crackers	Tofu	Coconut water
 Eggplant	Oil	Tinned tuna	Water
 Pandanus fruit	Potatoes	 Fresh fish	Water with lime
Okra	Butter	Milk	Pineapple skin juice

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PACIFIC NUTRITION BINGO

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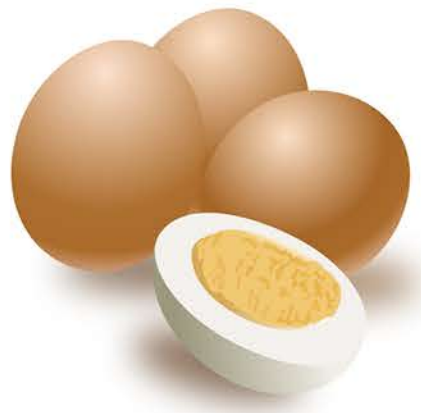
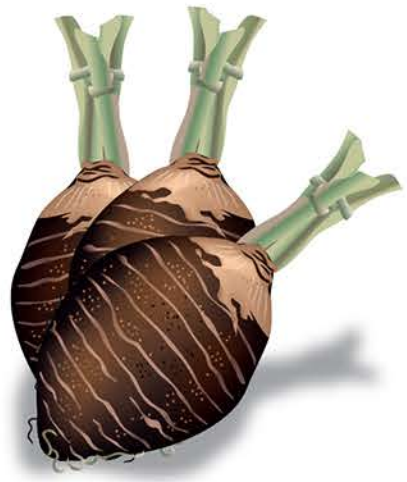
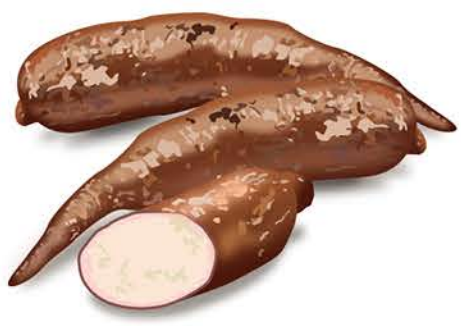
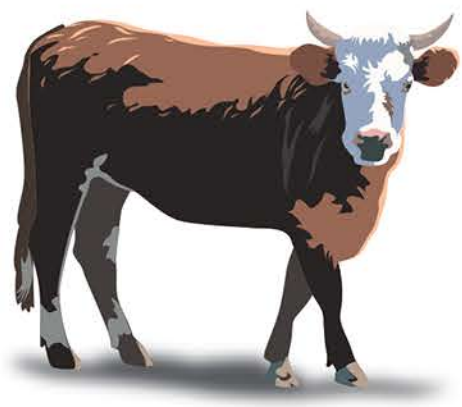
Protective Foods	Energy Foods	Body Building Foods	Beverages
Pineapple	Sugar cane	Yoghurt	Lemon leaf tea
Tomato	Noodles	 Egg	Watermelon otai
Mango	 Taro	Dried beans	Coconut water
Pumpkin	 Cassava	 Beef	Water

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PACIFIC NUTRITION BINGO

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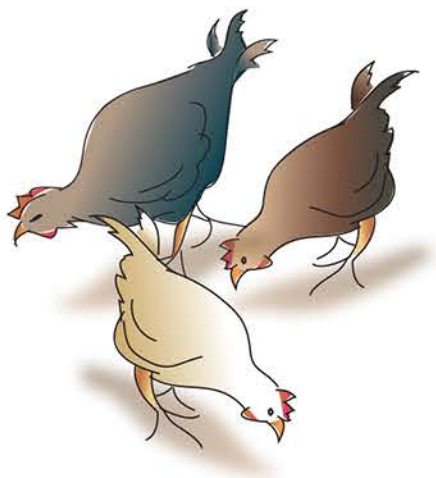
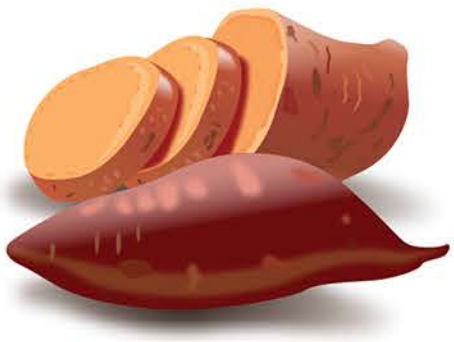
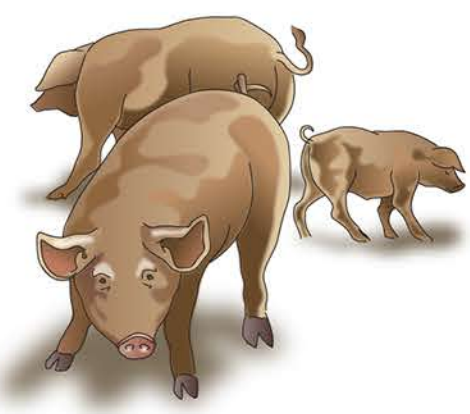
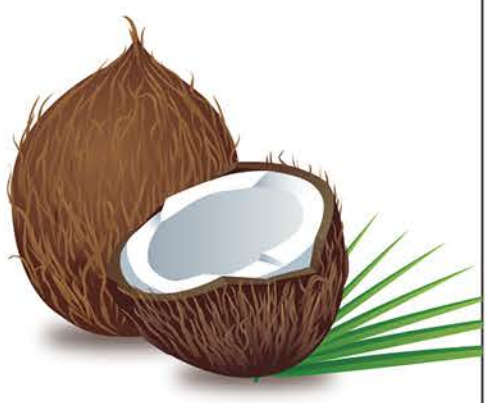
Protective Foods	Energy Foods	Body Building Foods	Beverages
Fresh seaweed	Breadfruit	Lamb	Water
Ripe banana	Yam	 Chicken	Water with lime
Chinese cabbage	 Sweet potato	 Pork	Pineapple skin juice
Bok choy	 Coconut	Nuts	Lemon leaf tea

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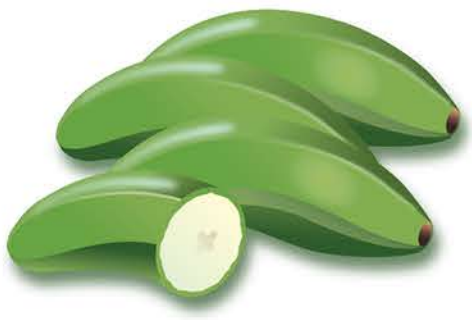
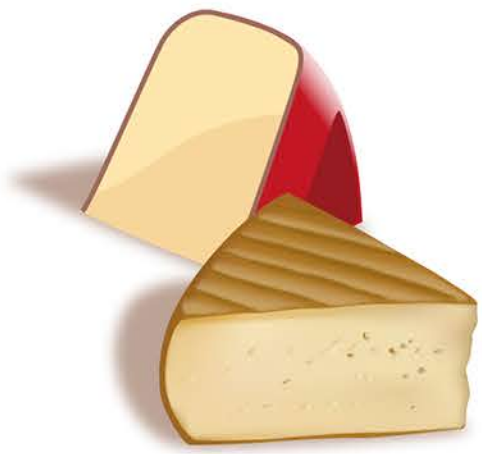
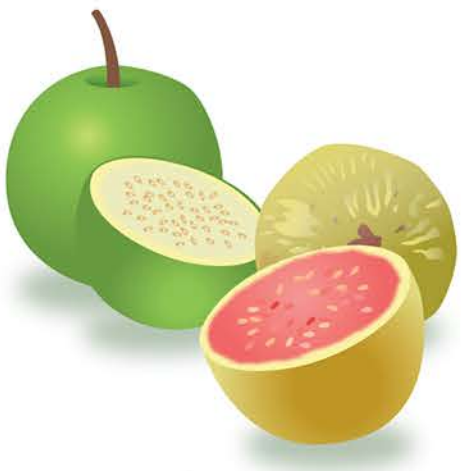
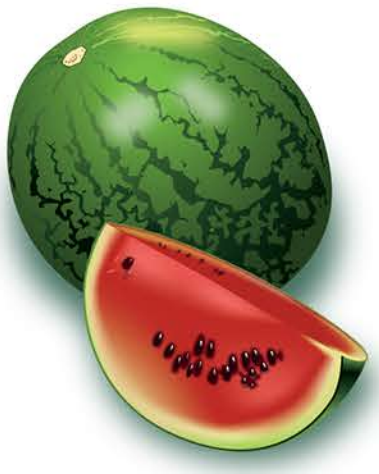
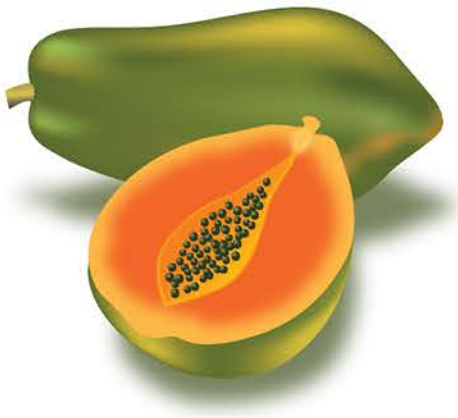
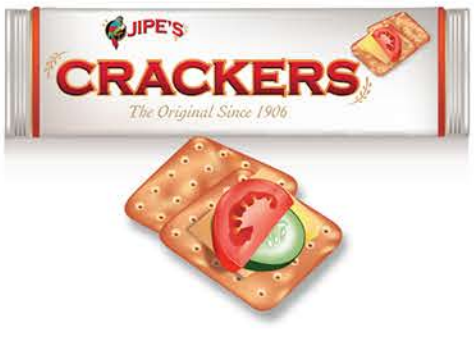
Protective Foods	Energy Foods	Body Building Foods	Beverages
Green beans	 Green banana	 Cheese	Watermelon otai
 Guava	Rice	Seafood	Coconut water
 Watermelon	Bread	Tofu	Water
 Pawpaw	 Crackers	Tinned tuna	Water with lime

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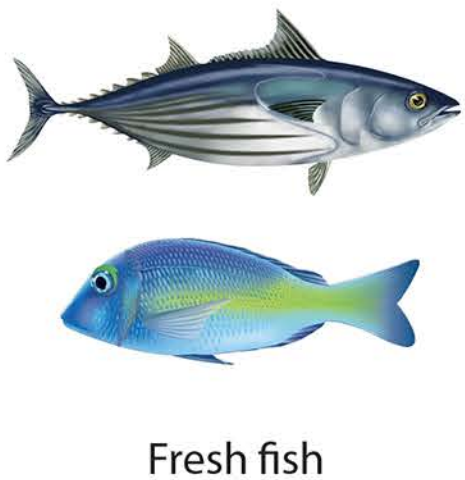
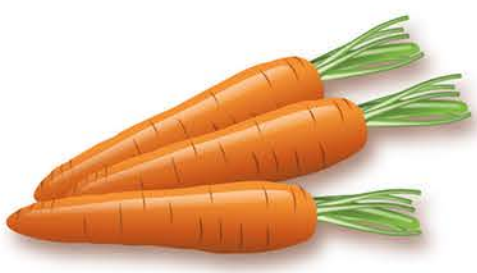
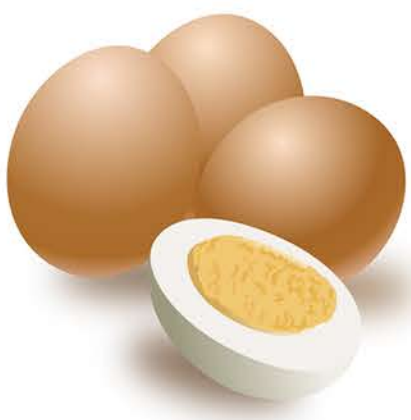
Protective Foods	Energy Foods	Body Building Foods	Beverages
Watercress	Oil	 Fresh fish	Pineapple skin juice
Bele	Potatoes	Milk	Lemon leaf tea
Taro leaves	Butter	Yoghurt	Watermelon otai
 Carrot	Sugar cane	 Egg	Coconut water

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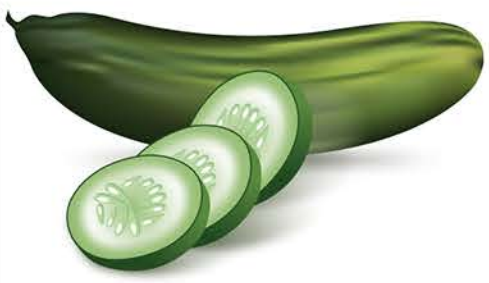
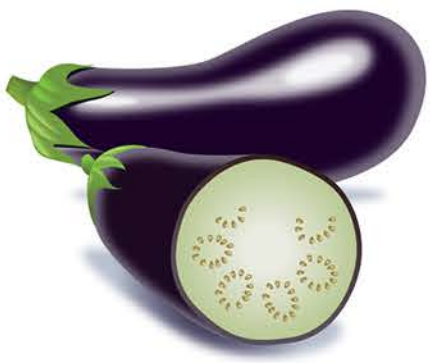
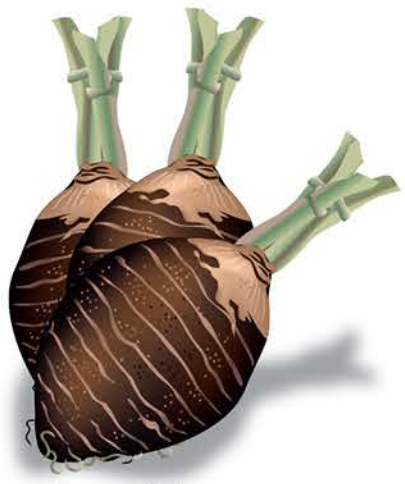
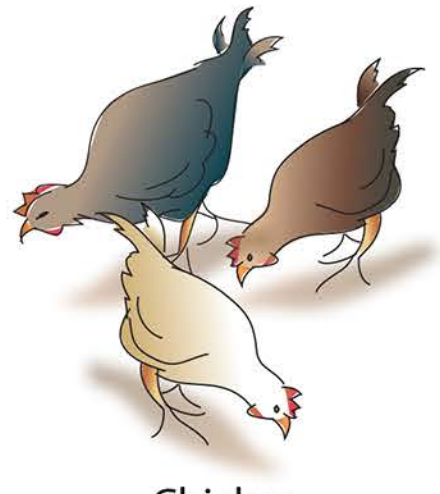
Protective Foods	Energy Foods	Body Building Foods	Beverages
 Cucumber	Noodles	Dried beans	Water
 Eggplant	 Taro	Beef	Water with lime
Pandanus fruit	Cassava	Lamb	Pineapple skin juice
Okra	Breadfruit	 Chicken	Lemon leaf tea

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