**Game rules**

This board game is for 2 to 4 players with a colored piece each.

The snake shaped board has 30 boxes numbered from 1 to 30 with different pictures. Depending on the box you land on, your piece will advance, move back or get a penalty.

In turn, the players roll the dice which will indicate the number of boxes to be advanced.

The box n. 30 can only be entered with an exact roll. If a player rolls and gets a number higher than the number of the remaining boxes to the goals, the player will advance to the box 30 and then go back until completing the number rolled.

The player who reaches the goal first wins the game.

*SPECIAL BOXES*:

* *Flag*: you guess the flag of the country or you stop for 1 turn.
* *Junk food (penalty):* you go back 3 boxes
* *Sport activities*: you do the activity 5 times
* *Empty boxes*: you are asked a question; if you get it right you get to roll the dice again, if you answer wrong you stop for 2 turns.

**Questions for the board game**

1. HOW MUCH WATER SHOULD YOU DRINK AT LEAST A DAY ?

1l.  2l.  3l.

1. HOW MANY HOURS SHOULD YOU SLEEP AT LEAST A NIGHT ?

6HRS  8HRS  10HRS

1. WHICH VITAMIN HELPS BLOOD CLOTTING ?

K B12 A

1. WHICH FOOD CONTAINS VITAMIN B2 ?

LIVER MILK ORANGE

1. HOW MANY PORTIONS OF FRUIT AND VEGETABLES SHOULD YOU EAT/HAVE EVERY DAY ?

1  3  5

1. HOW MANY KILOMETRES SHOULD YOU WALK A DAY TO KEEP FIT ?

8  6 3

1. VITAMINE 12 IS FOUNDED IN LEGUMES.

T/F

1. BLUE FISH CONTAINS OMEGA 3.

T/F

1. WHICH VITAMIN KEEPS YOUR BONES STRONGER  ?

A B C

1. WHICH FOOD CONTAINS VITAMINE C ?

FRUIT MEAT DIARY PRODUCTS