

# MEAL TIME!

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## elePOTATOr pitch (elevator pitch)

- ❑ A turn-based trading card game, *Meal Time!* pits players against each other to crown the best vegetarian!
- ❑ Cook recipes by collecting and playing ingredients while trying to meet their daily nutritional needs!
- ❑ Head-to-head competition gets fierce when players target each other with special action cards!
- ❑ End all of your sentences with exclamation points!

## MUSTARDget audience (target audience)

- Anyone who:
  - ▣ Wants to become vegetarian but doesn't think they can make a balanced diet.
  - ▣ Wants to know what to cook for vegetarians they know.
  - ▣ Wants to learn about vegetarian meals.
    - Or just any sort of meal.

## KNEADS analysis (needs analysis)

- Some people don't know if they can get the nutrients they need with a vegetarian diet.
  - ▣ Those who do may not know what these meals are.
  - ▣ Friends and family may not know.
- Some vegetarians might not know how to balance the nutrients they get.

## Learning objeCHIVES (learning objectives)

- What constitutes a balanced, vegetarian meal?
  - ▣ For a day?
- What recipes can be made vegetarian friendly?
- Teach people what to pay attention to.

## TAROnalysis (task analysis)

- Objectives
  - ▣ Identify basic dietary needs.
    - What is most important?
  - ▣ Show players what foods fulfill these needs.
  - ▣ Promote good eating habits.
  - ▣ Teach players about the nutrients that foods have.

## task anOLIVEsis (task analysis)

- Steps to Take
  - ▣ Show players nutrition values of food.
  - ▣ Have players use these foods to make recipes.
  - ▣ Have them
  - ▣ Show players there can be variety within the same recipe.

## user inteRICE (user interface)

- REAL LIFE!!!
  - ▣ Calculator suggested.

## AruleGALAS (rules)

- Place cards in front of recipes to fill them.
- You can play action cards on yourself or an opponent.
- Once a player has all of their requirements met for the meals, they can declare MEAL TIME!
- At meal time, players total their values for the six values, as well as seeing how many different “good sources of” they have.
- Whoever is closer to 100% for each value earns 1 point. Whoever has the most good sources earns a point. Most points wins!

## how TOFU play (how to play)

- Place three meal cards into the center of the table.
  - ▣ These are the meals you are creating.
- Each player draws 7 cards.
- Whoever has eaten most recently goes first.
- Players can perform up to 3 actions. Actions include:
  - ▣ Place an ingredient on a recipe.
  - ▣ Play an action card.
  - ▣ Discard a card.

## how to PARSLEY (how to play)

- Players cannot remove cards once placed.
  - ▣ Unless you play an action card that lets you.
- Players can only place foods on their own side.
  - ▣ Unless you play an action card that lets you.
- At the end of the turn, draw to a hand of 7 cards.
- MEAL TIME! can only be called at the beginning of a turn.
  - ▣ You do not have to wait for the other player to fulfill their requirements before calling meal time.

## THYME to play (time to play)

- Volunteers?

## Evaluation and Assessment

- Pre- and post- tests!
  - ▣ Evaluate learning about vegetarian meals.
  - ▣ Ask what they think is a nutritious meal.
  - ▣ Ask if anything about the ingredient cards surprised them.
  - ▣ See if they enjoyed the game.
- Follow up!
  - ▣ Ask if their diet has changed since playing.
  - ▣ Test to see if they retained knowledge.