

INTRODUCTION TO THE EATWISE CARD GAME

The EATWISE project, through its focus on sustainable intercultural food practices, explores how culinary traditions from around the world can contribute to mutual understanding, social cohesion, and environmental stewardship. The project encourages young people, especially migrants, to see the value in their traditional practices and to share them with others, fostering positive cultural exchange.

The card game developed within the EATWISE project translates its core values into an interactive and engaging learning tool for young people. Through gameplay, participants explore sustainable food practices, traditional dishes, ingredients, and food-related customs from different cultures, with a particular emphasis on migrant communities. The game encourages players to share knowledge, reflect on environmental impacts, and appreciate the cultural meanings behind everyday food practices. By promoting dialogue, cooperation, and curiosity, the card game fosters mutual understanding and social cohesion while highlighting how diverse culinary traditions can contribute to more sustainable and inclusive food systems.

The partnership working on creating this card game consists of following organizations:

Associazione Popoli Insieme ODV (Italy)

Edu Playground (Bulgaria)

Agoraveiro (Portugal)

Mano Europa (Lithuania)

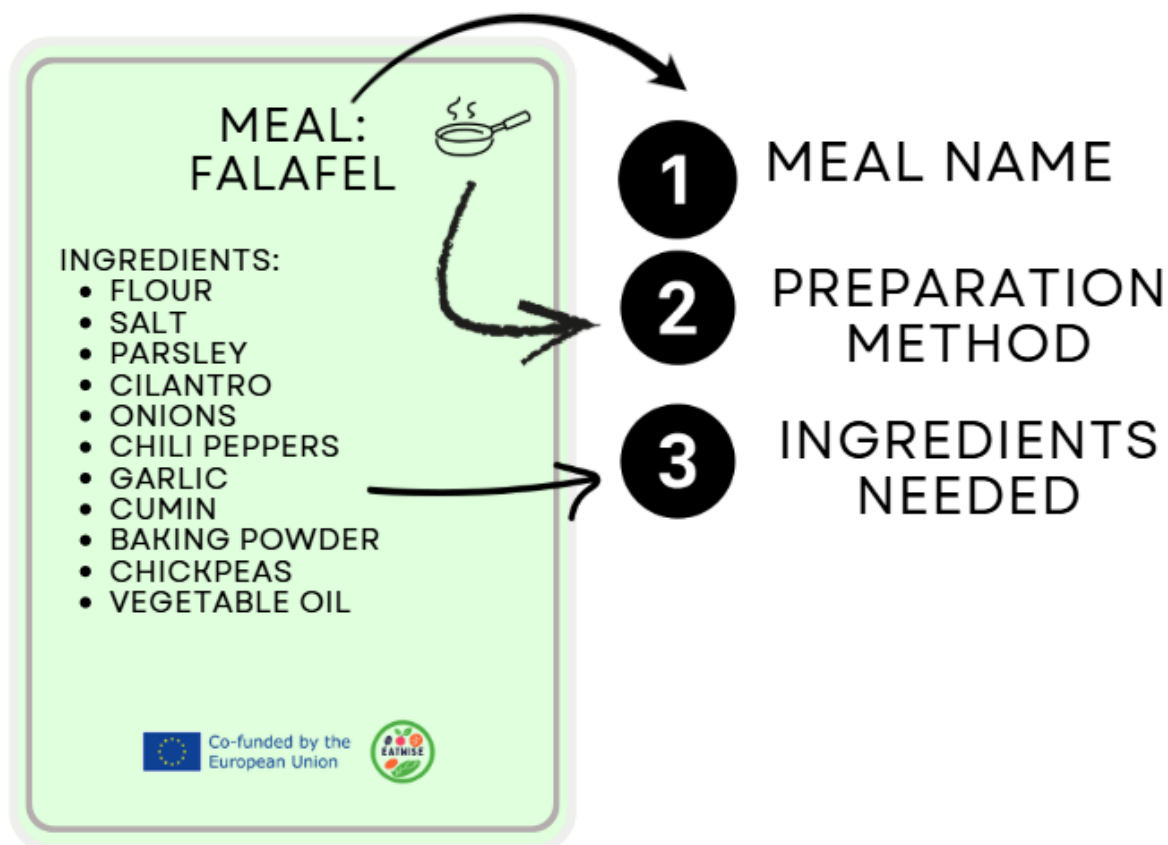
Asociatia "Centrul pentru Dezvoltarea Instrumentelor Structurale"(Romania)

Belen Kaymakamligi (Türkiye)

COMPONENTS OF THE CARD GAME:

The EATWISE card game contains four card types/decks in total as follows:

- **Ingredient cards** - e.g., chickpeas, tomatoes, paprika, etc.
- **Preparation cards** - e.g., stew, fry, bake.
- **Meal cards** - This card contains the meal name, ingredients needed and the preparation method [preparation icon - see visual below].



- **Challenge cards** - Bad events or bonuses - aim to balance the game with some challenges for the player drawing the Challenge card.

SETUP OF THE CARD GAME

Target Group age: 12+ years old

Group size: 3–5 players

Estimated duration: approximately 20-45 minutes

- Each player starts with **4 Ingredient Cards + 1 Preparation Card + 1 Meal Card..**
- Place the remaining decks (Ingredients Card, Challenges card, Preparation cards, Meal card) in the middle.
- The game has 9 rounds in total, on each 3rd round players during that round can take a Challenge card once (meaning 1 challenge card per player on round 3,6,9-final round).

PLAYING INSTRUCTIONS

The game starts by assigning the above-mentioned cards to each player and placing the remaining decks in the middle. The first round is started by the youngest player and continues clockwise. Each player draws one card from the Ingredient deck.

During the round, players may trade with other players.

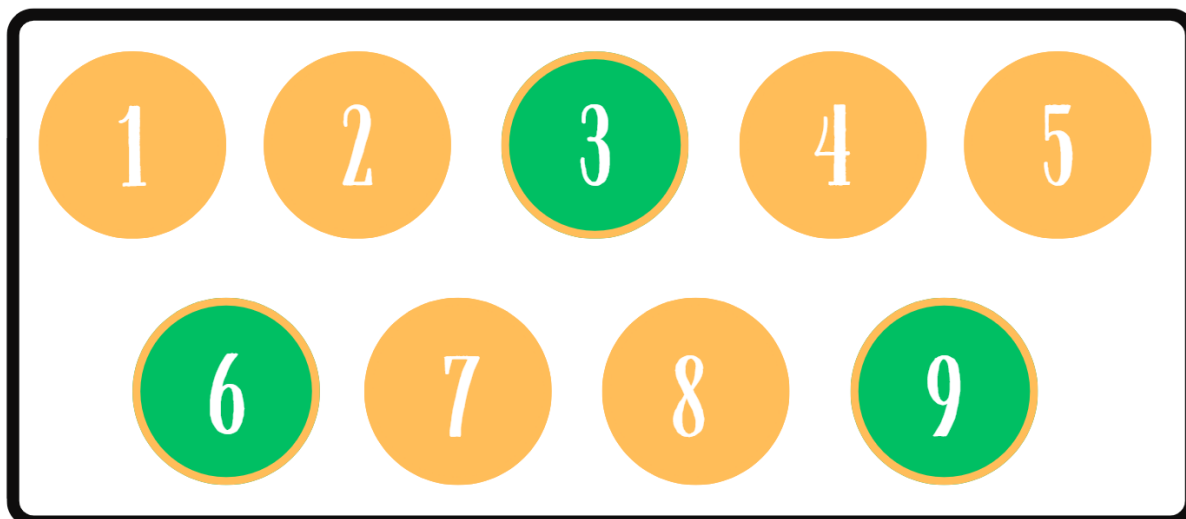
- Rules for trading cards:

- Before trading, the initiating player must announce the card type they wish to trade (e.g. *"I'm trading a Preparation card"*). You may offer to trade cards with other players to get ingredients, exchange preparation methods or meal cards you need.
- You are not allowed to say what preparation card type you are trading, while for Ingredients and Meal cards you are allowed to communicate what it is.
- Trades are negotiated openly and must be agreed by both sides.
- Players may only trade one card per round.
- Trades must be card-for-card of the same type (Ingredient ↔ Ingredient or Preparation ↔ Preparation).

- Number of rounds and Challenges:

The game proceeds through 9 rounds. Round finishes once all players take one card from the Ingredient deck and another (second) round starts with the same flow.

At the start of rounds 3, 6, and 9, the starting player draws a Challenge card, which affects gameplay. Other players may decide for themselves if they want to draw a Challenge card or not in the round 3,6,9. Drawing of Challenge cards is mandatory for players starting these rounds.



Orange color circle - represents the rounds where you can trade and draw a card from Ingredient deck

Green color circle - represents the rounds where it is **mandatory** to draw Challenge cards (for players starting that round) and **optional** drawing of a Challenge card by other players in that round.

- **Replace your preparation card (Optional):**

Any player can once during the game request to change their Preparation card with a new one from the Preparation cards deck and decide which one to keep and which one to discard to the bottom of the Preparation cards deck.

COMPLETING THE GAME

You can announce your Meal during your turn if you have:

- 7 or more Ingredient cards that match the Meal card's listed ingredients (duplicate ingredients cards do not count)
AND
- 1 Preparation card that matches the cooking method on the Meal card.

If a player announces a completed Meal (having all Ingredients cards as stated on the Meal card and the correct Preparation card method as stated on the Meal card) before round 9, they present it immediately.

If no one has completed their full Meal by the end of round 9:

1. All players reveal their cards.
2. Each player assembles the closest possible Meal using their cards.
3. The winner is the player with:
 - The highest number of matching Ingredient cards matching the Meal card they have, **AND**
 - The correct Preparation Card method matching the one on their Meal card.