

# Top Trumps

Time to design a game...



# What makes food good for us?

Rate each food you chose on the following criteria:

- **Health** – very healthy (★★★★★) to not very healthy (★)
- **Seasonal** – most of the year (★★★★★) to a few weeks (★)
- **Environmental** – grown in the UK/locally/low food miles (★★★★★) or imported from a long way away (★)
- You also need to chose a **superpower** rating for each food – you will need to be able to explain this

# Examples



## Incredible Edible Leek

Seasonal: ★★★★★  
Environmental: ★★★★★  
Health: ★★★★★  
Super Power: 10/10  
(Prebiotic)



**5 stars for Health**, as low fat and sugar, good fibre, vitamins and minerals

**5 stars for Environment and Seasonal**, as available all year from UK growers

**10/10 for Super Power**, as prebiotic so boosts power of all other foods



## Wholemeal Bread

Seasonal: ★★★★★  
Environmental: ★★★★★  
Health: ★★★★★  
Super Power: 8/10



**4 stars for Health**, as low fat and sugar, good fibre, but can have added salt

**5 stars for Environmental**, as all ingredients can be grown in UK

**5 stars for Seasonal**, as available all year round

**8/10 for Super Power**, as it makes sandwiches possible

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Environmental:  
Health:  
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