



Game 1 - Name of my pasta recipe:																				
Plate section	My choice	Calories	Carbohydrates	Protein	Fat	Omega 3 fatty acids	Saturated fatty acids	Added sugars	Iron	Calcium	Vitamin C	Vitamin D	Fiber	Processed food	Umami point	Herbs and spices point	CO2 equivalent	Gluten free point	Plant- based protein point	Veggie point
Fruit and vegetables																				
Protein																				
Carbs																				
Extra																				
Extra																				
Extra																				
Total																				







## Game 2 - Name of my pasta recipe:

Plate section	My choice	Calories	Carbohydrates	Protein	Fat	3 fatty	Saturated fatty acids	Added sugars	Iron	Calcium	Vitamin C	Vitamin D	Fiber	Processed food	Umami point	Herbs and spices point	CO2 equivalent	free	Plant- based protein point	Veggie point
Fruit and vegetables																				
Protein																				
Carbs																				
Extra																				
Extra																				
Extra																				
Total																				

