

Kaartspel printversie

Print- en vouwinstructie:

De eerste en de tweede pagina zijn de voor- en achterzijde van één set kaartjes. Print de volgende 26 pagina's daarom dubbelzijdig, in kleur. Kies bij de printopties, bij dubbelzijdig, voor "binden over de lange zijde". Op die manier komt de juiste voorkant bij de juiste achterkant van ieder kaartje. Vervolgens dienen alle kaartjes uitgeknipt te worden. De instructiekaart heeft de lengte van vijf kaarten. Vouw die in een zig-zagvorm op, zodat hij hetzelfde formaat heeft als de andere kaarten.

**(WARM)
LUNCHGERECHT**

**(WARME)
MAALTIJD**

MAALTIJDSALADE

SMOOTHIE

SPREAD/DIP

**(WARME)
DRANKEN**

Bijvoorbeeld: thee, sap, limonade

**BELEGD
BROODJE**

*Bijvoorbeeld: sandwich, wrap,
panini, stokbrood*

**SALADE
(BIJGERECHT)**

SOEP

WARM

KOUD

**VOLKOREN
COUSCOUS**

ZILVERVLIESRIJST

AARDAPPEL

QUINOA

WALNOOT

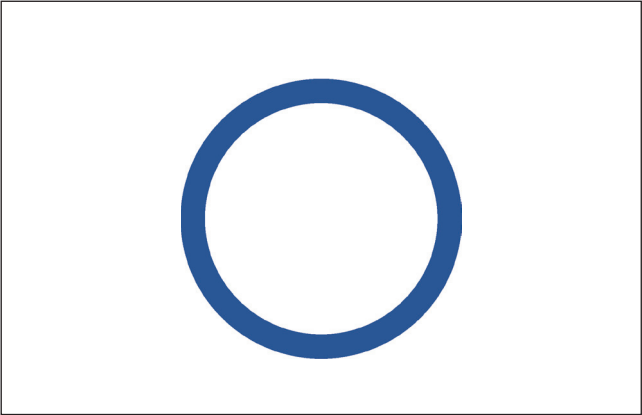
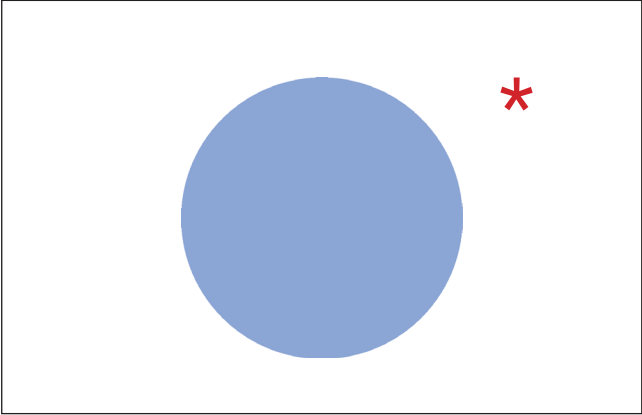
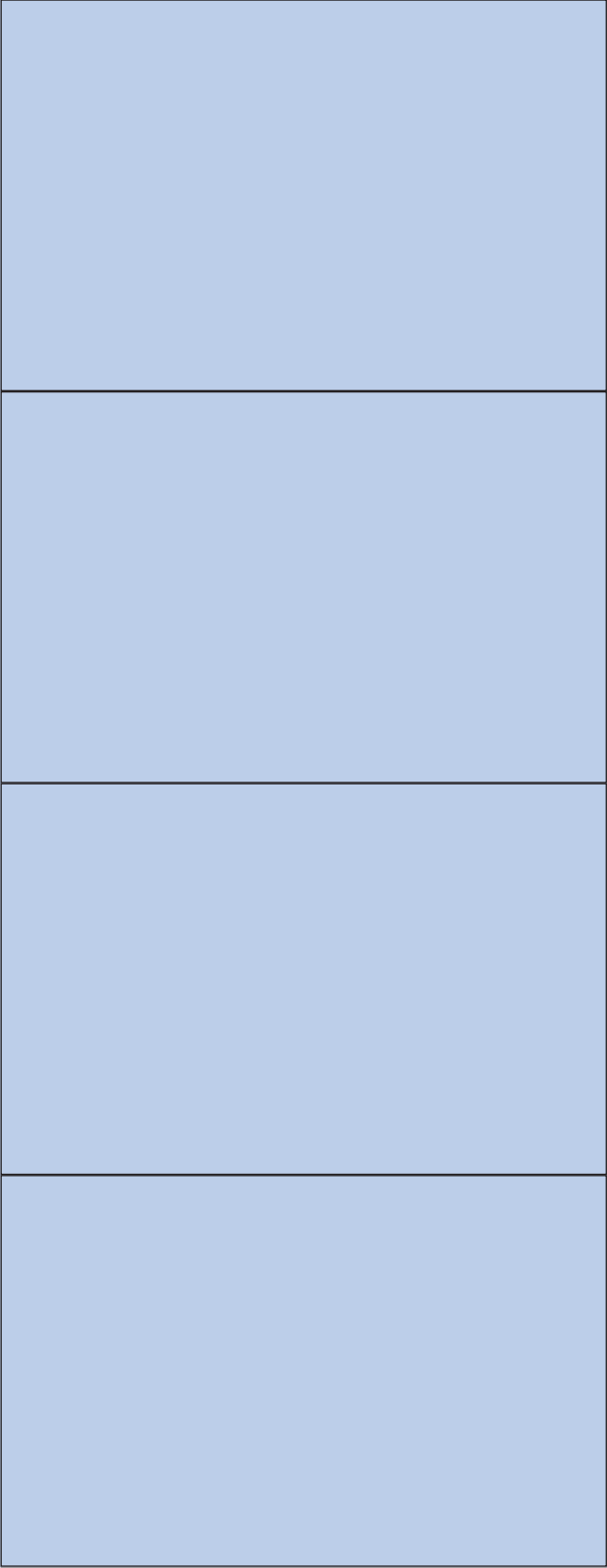
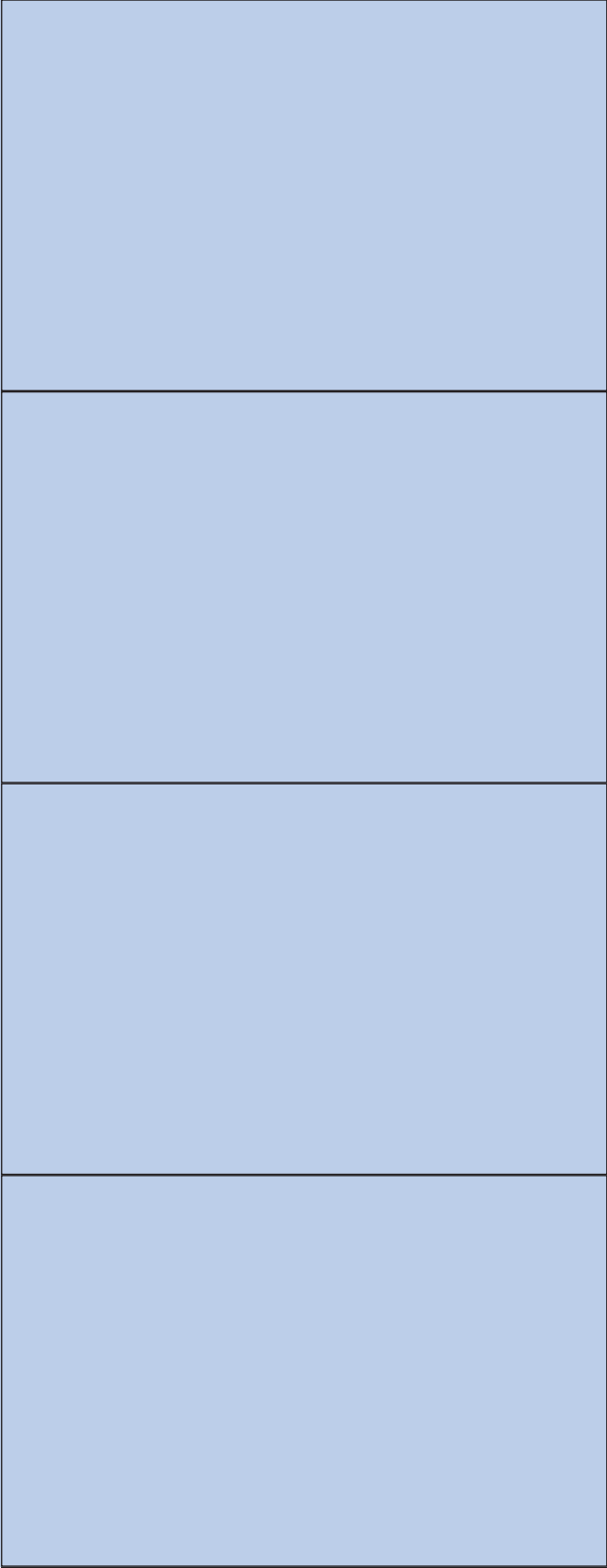
ITALIAANSE BOL*

TORTILLA WRAP*

**VOLKOREN
PASTA**

**VOLKOREN
BOTERHAM**

BRIE*



SPINAZIE

AMANDEL

COURGETTE

KIPFILET

RODE BIET

TOMAAAT

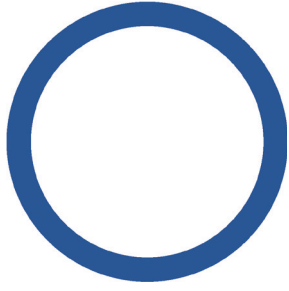
AUBERGINE

GEKOOKT EI

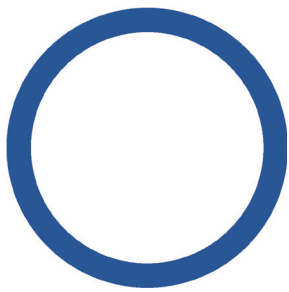
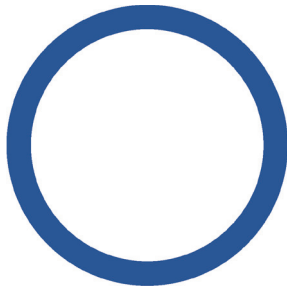
PAPRIKA

ROZIJNEN

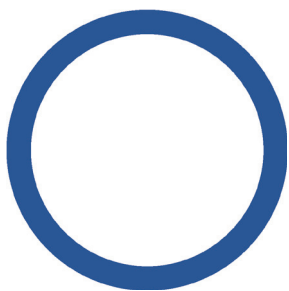
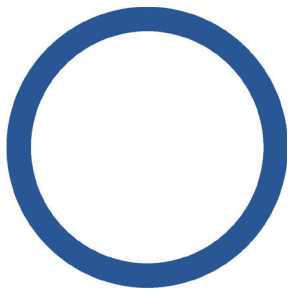
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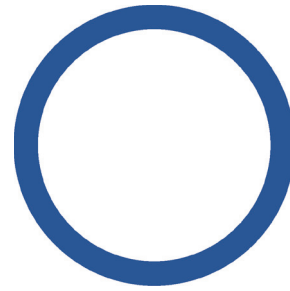
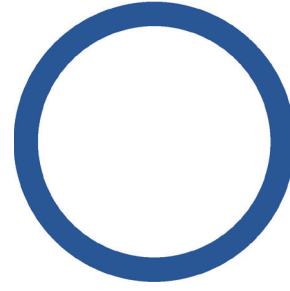
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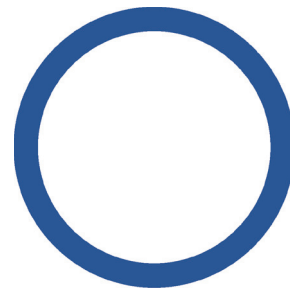
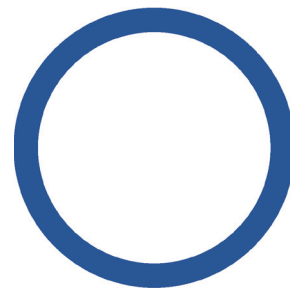
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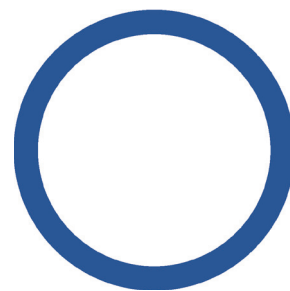
JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



**LIGHT
ROOMKAAS**

TORTILLACHIPS*

CHAMPIGNONS

PECANNOOT

HUMMUS*

AVOCADO

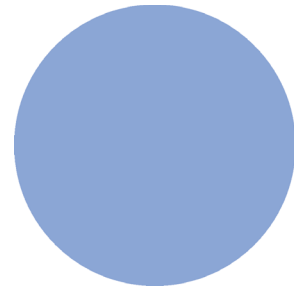
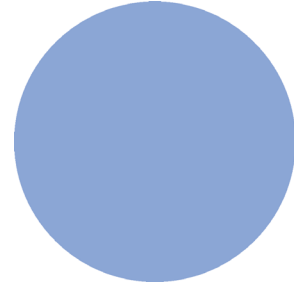
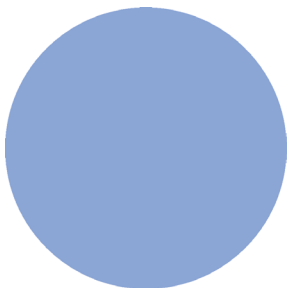
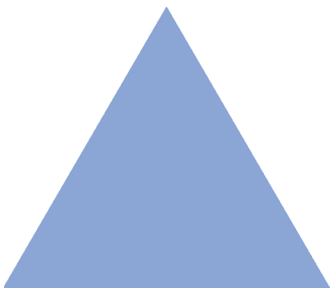
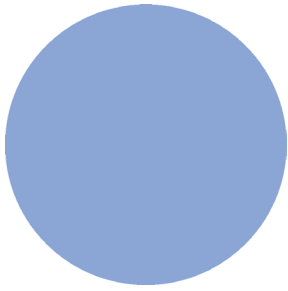
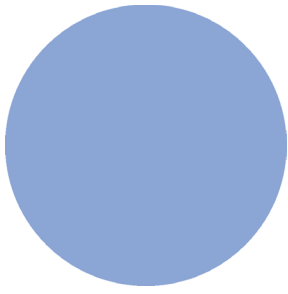
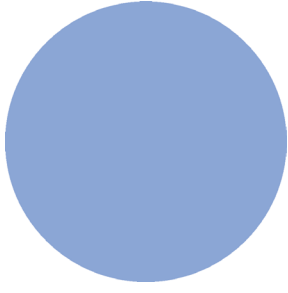
SATÉSAUS*

LINZEN

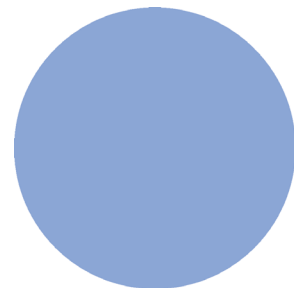
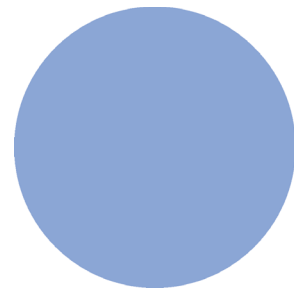
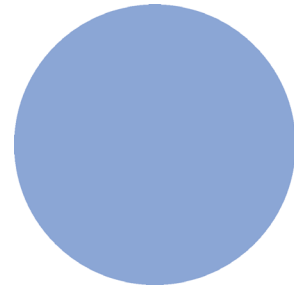
ALFALFA

MAYO*

JFMAMJJASOND



JFMAMJJASOND



**COTTAGE
CHEESE**

PAKSOI

WORTEL

GEMBERSIROOP*

TIJM

MAIS

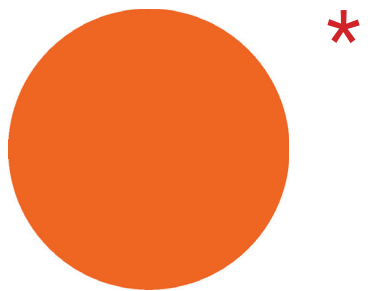
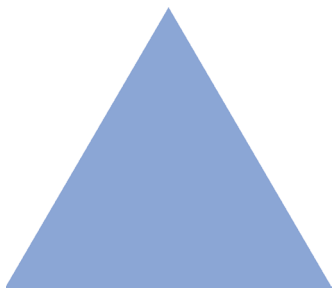
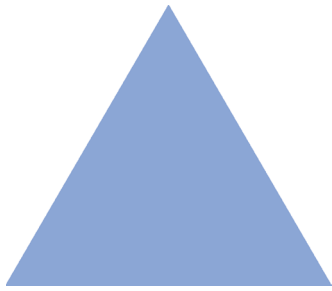
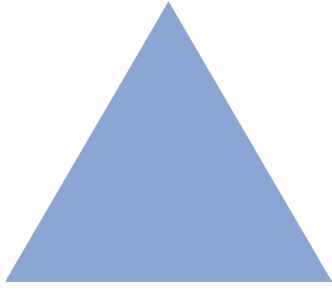
SESAMZAAD

**ZONNEBLOEM
PITTEN**

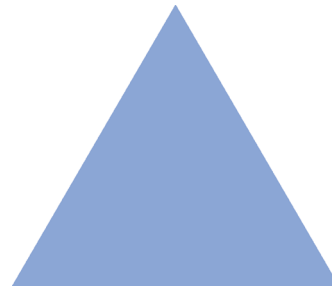
GORGONZOLA*

TONIJN

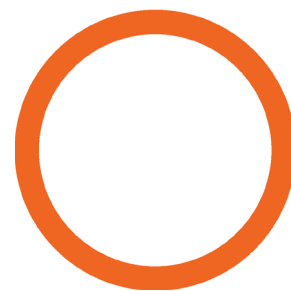
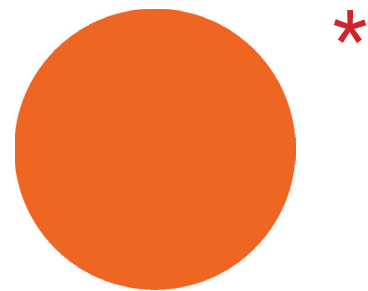
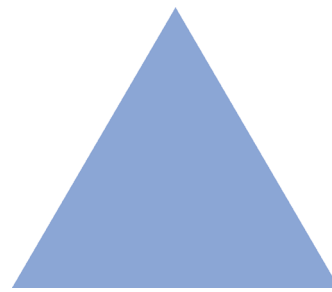
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ANIJS

MUNT

TAUGÉ

FETA*

WITLOF

GELE UI

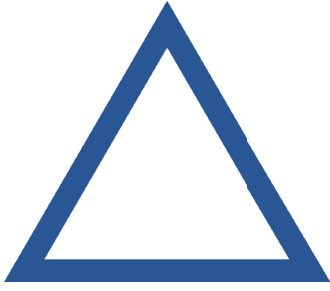
RADIJS

VENKEL

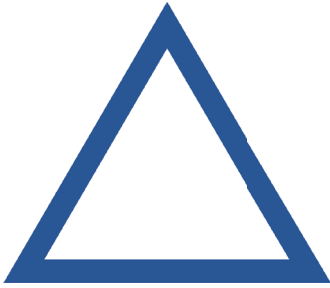
**MAGERE OF
HALFVOLLE
YOGHURT**

CASHEWNOOT

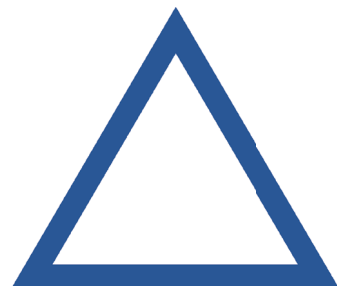
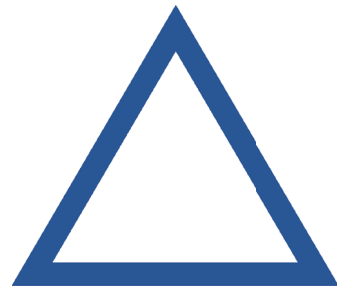
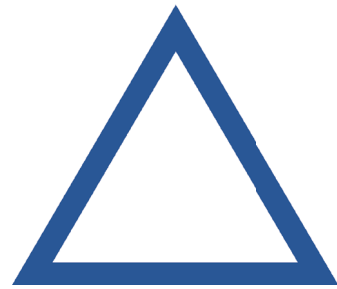
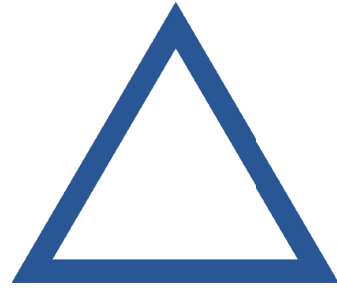
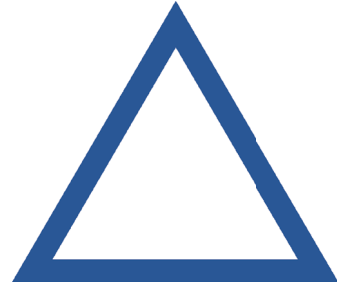
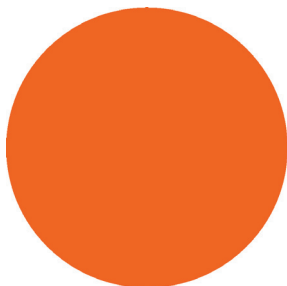
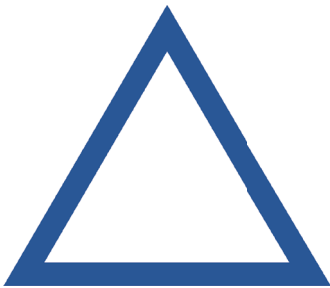
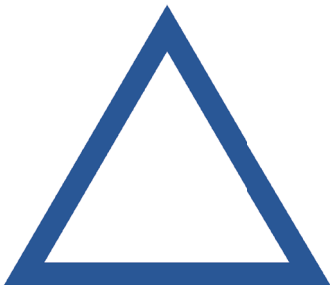
JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



ROZEMARIJN

APPELSTROOP*

PESTO*

SALAMI*

KOMIJN

RUCOLA

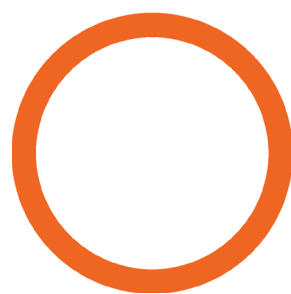
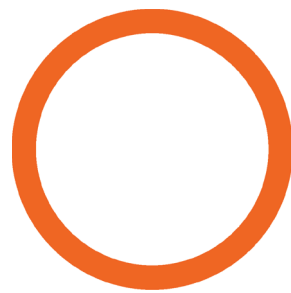
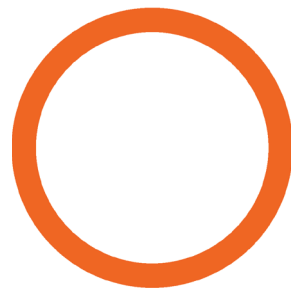
KOMIJNKAAS*

PROSCIUTTO*

BIESLOOK

MAKREEL

JFMAMJJASOND



KOKOS*

OUDE KAAS*

**ZONGEDROOGDE
TOMAAT***

GEITENKAAS

**SPECULAAS
KRUIDEN**

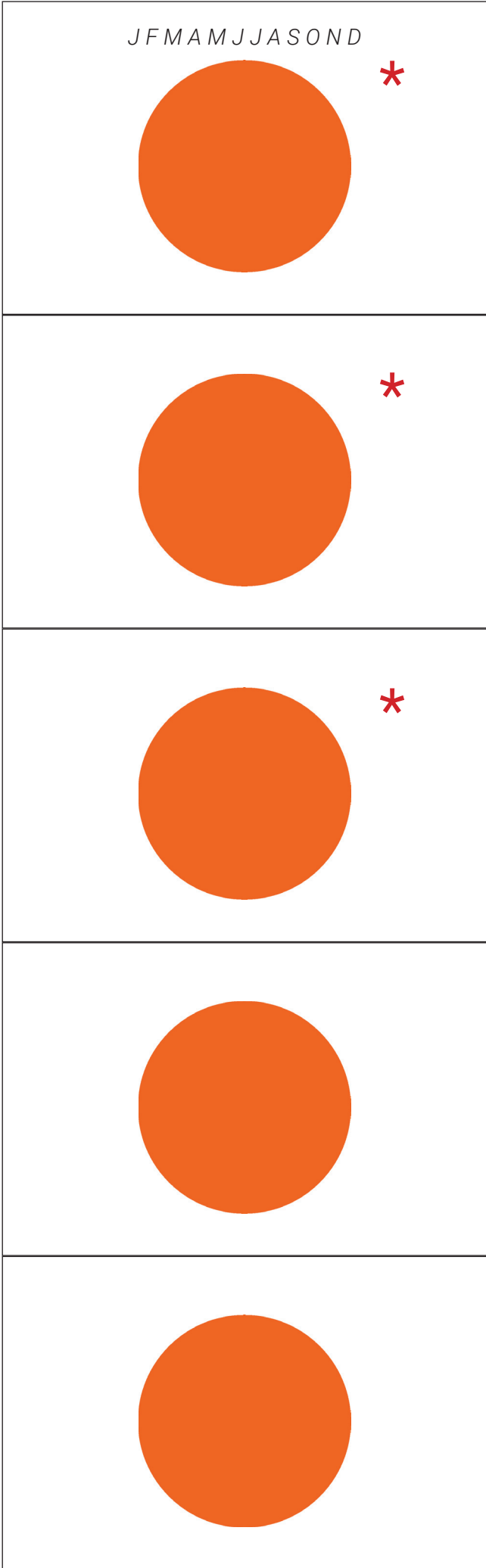
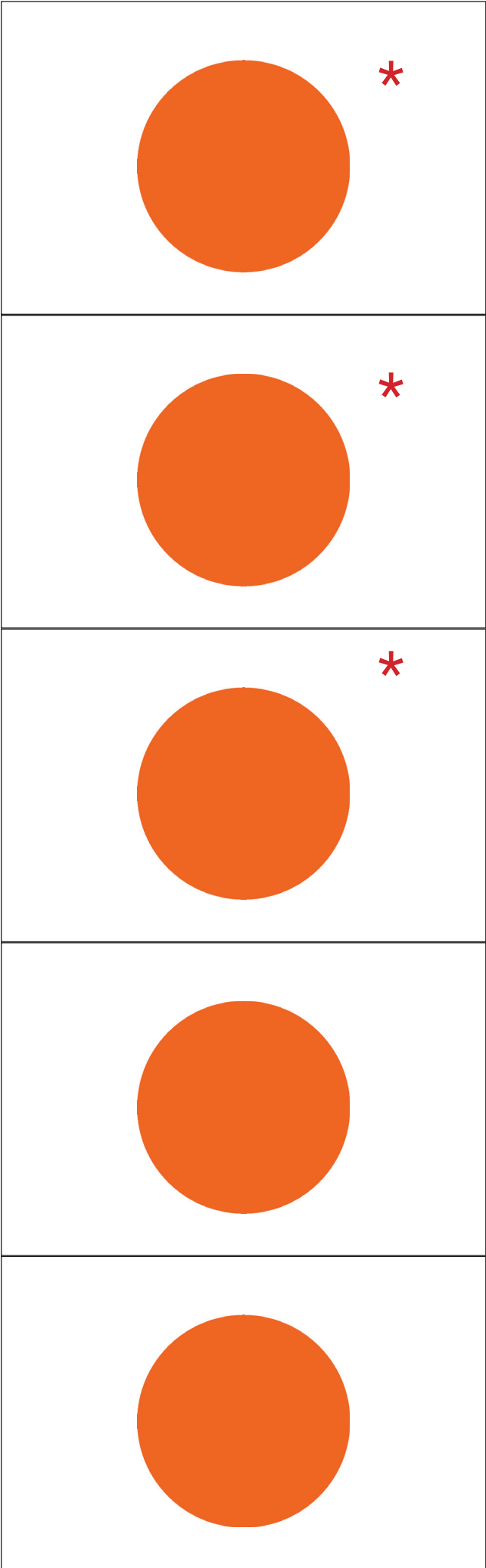
OLIJVEN*

PARMEZAAN*

BACON

PIJNBOOMPITTEN

ZALM



NOOTMUSKAAT

CACAO*

SOJASAUS*

BALSAMICO

KANEEL

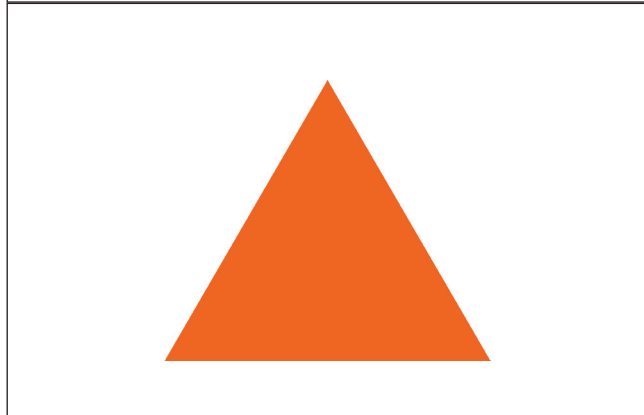
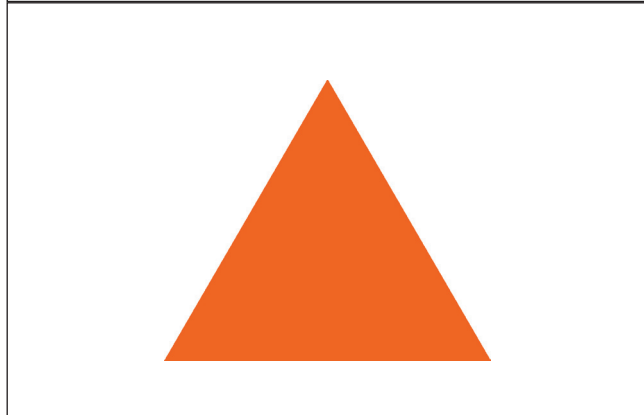
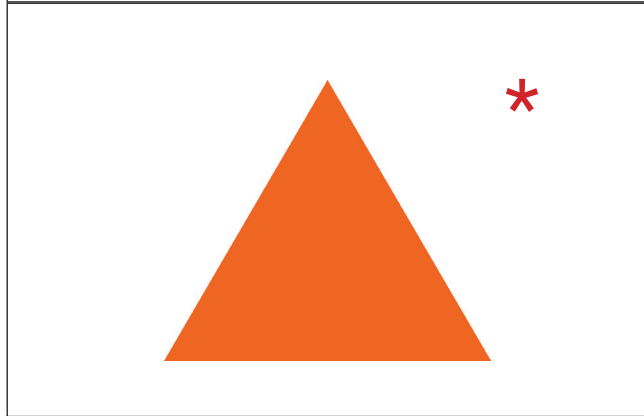
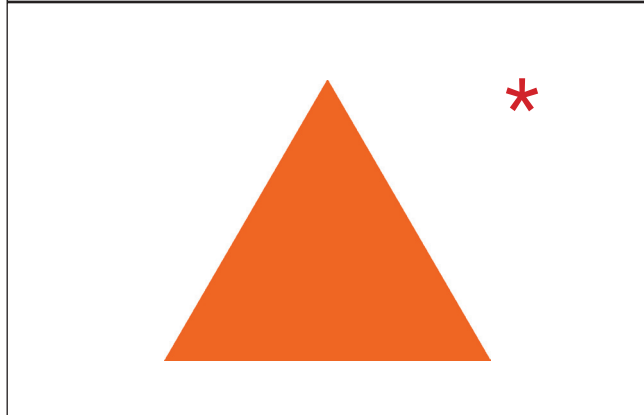
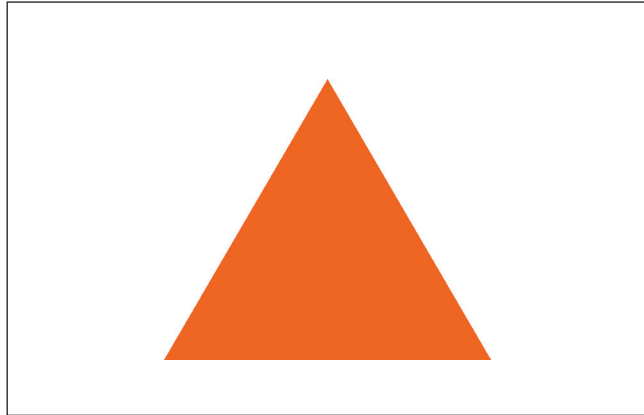
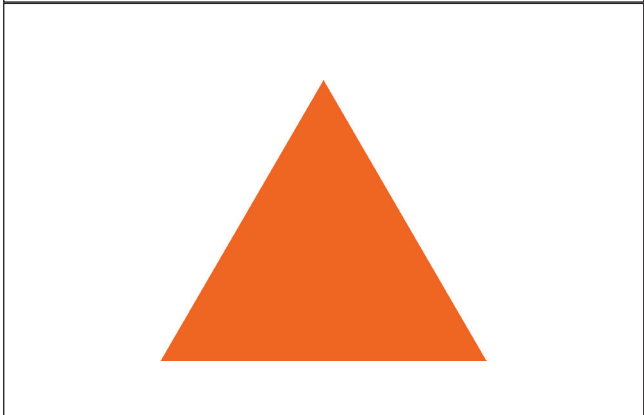
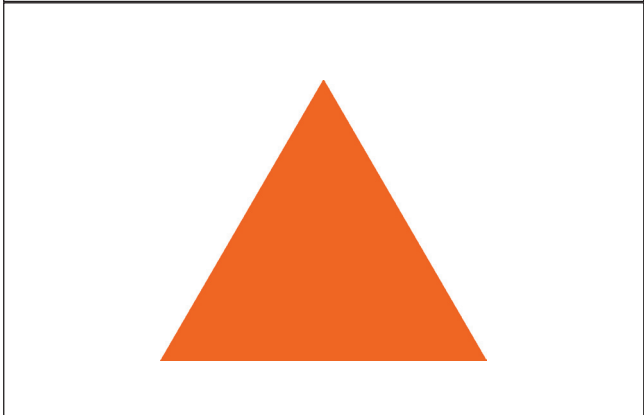
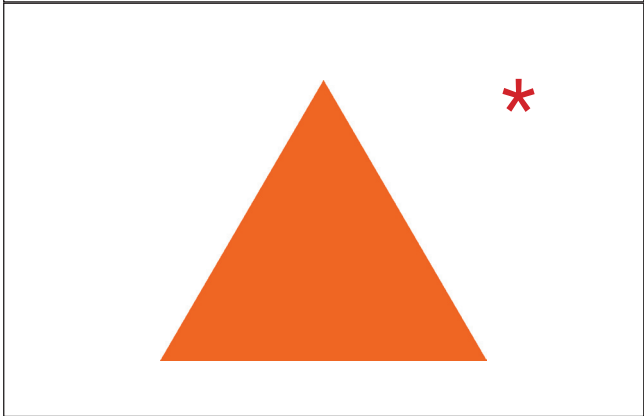
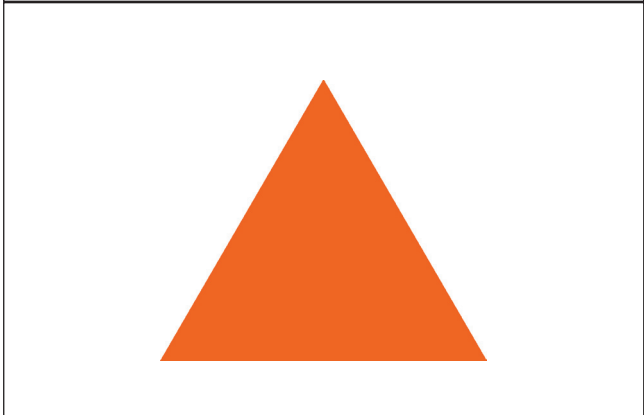
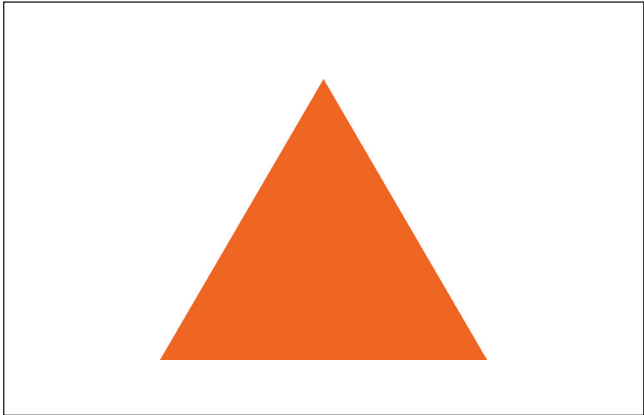
TUINKERS

100% PINDAKAAS

TAPENADE*

BASILICUM

KOFFIE



LENTE UI

RODE UI

KAPPERTJES*

CHILLI

KNOFLOOK

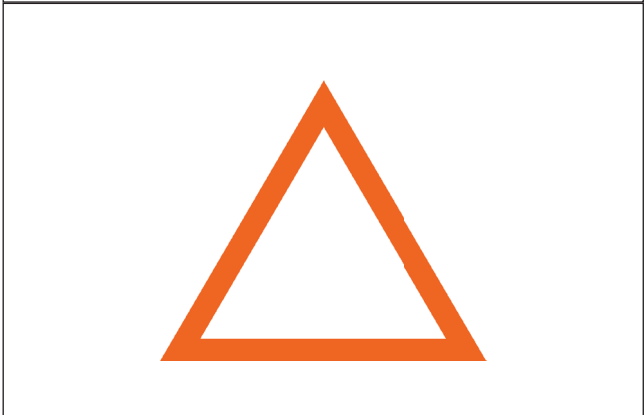
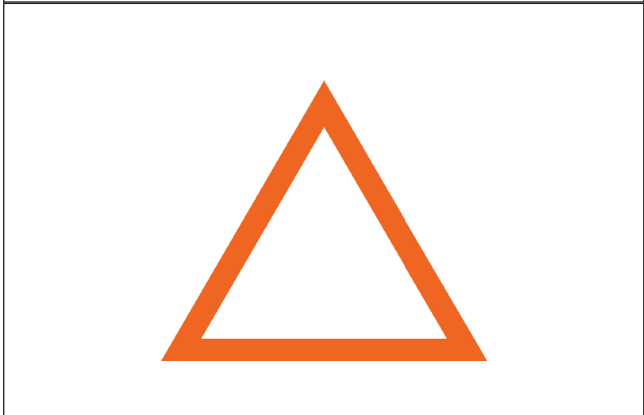
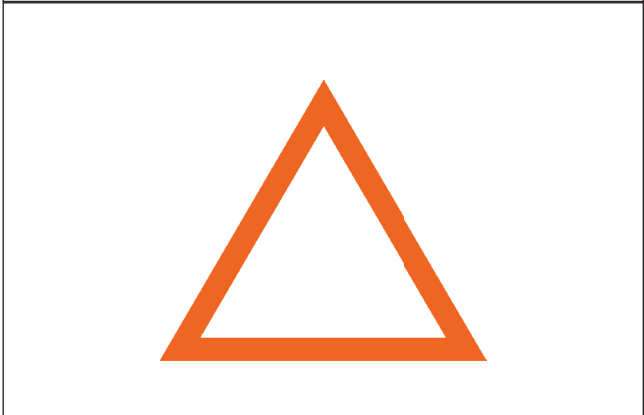
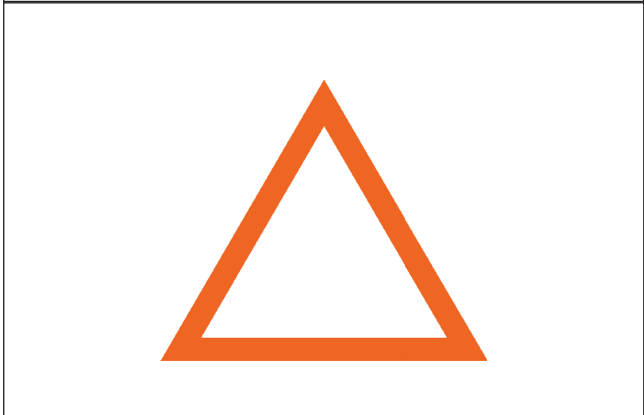
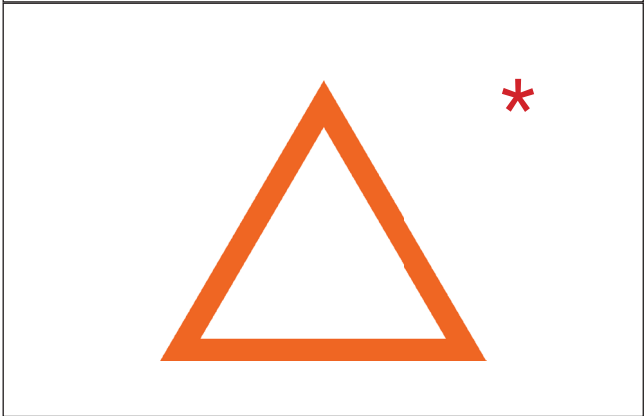
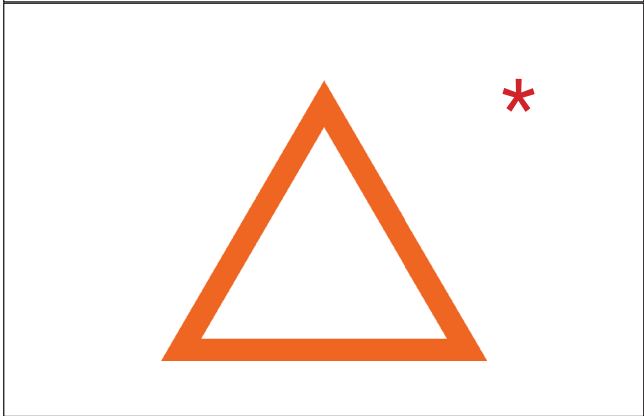
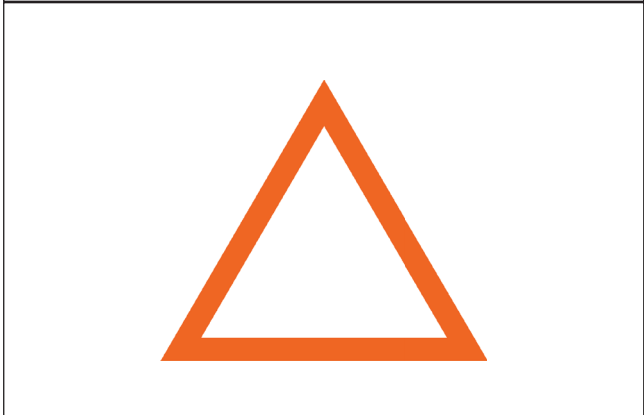
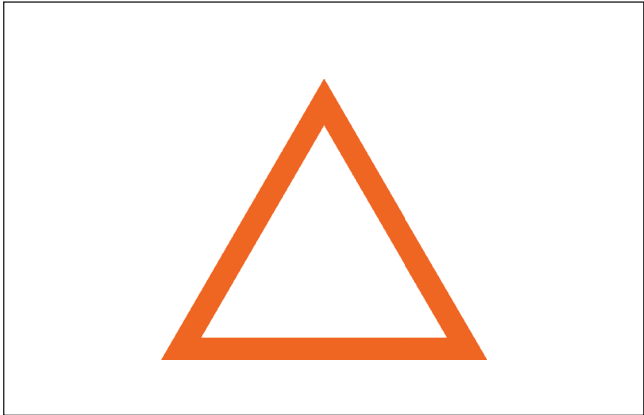
PETERSELIE

**ZWARTE
PEPER**

MOSTERD*

GEMBER

KORIANDER



MELOEN

VIJG

**GROENE
DRUIVEN**

PRUIM

BRAMEN

PEER

BANAAN

PERZIK

BLAUWE BES

**RODE
DRUIVEN**

JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



JFMAM**JJ**ASOND



JFMAMJJASOND



JFMAMJJAS**ON**D



JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



ANANAS

KIWI

NECTARINE

SINAASAPPEL

RODE APPEL

WATERMELOEN

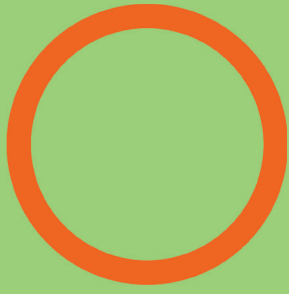
GRANAATAPPEL

GROENE APPEL

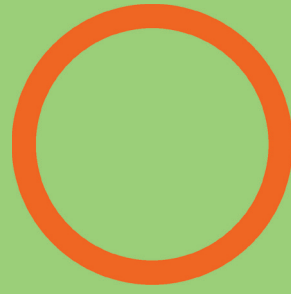
CITROEN

LIMOEN

JFMAMJJASOND



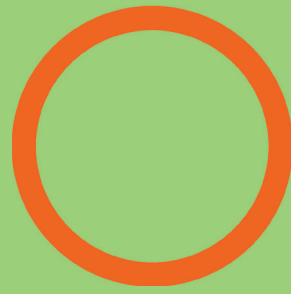
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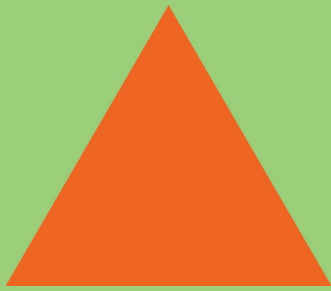
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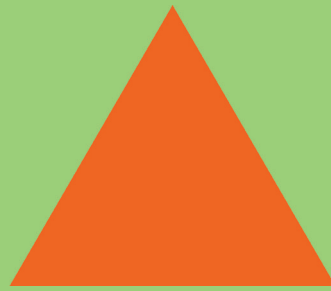
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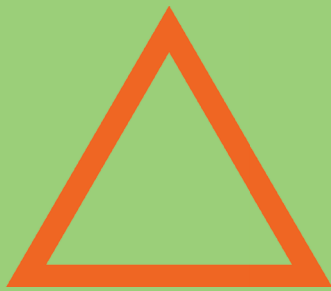
JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



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FRUITDAGING

INSTRUCTIES



Het spel wordt als volgt gespeeld:

1. Maak de keuze voor een warm of een koud gerecht. Kies het soort gerecht uit de lichtblauwe kaarten.

J
F
M
A
M
J
J
A
S
O
N
D

Label A:
Goede keuze

Label B:
Goede keuze

Label C:
Tweede keuze

Label D/E:
Vermijden



2. Kies een groene kaart. Let op de seizoensaanduiding. Plaats deze met het symbool naar boven op tafel.



3. Voeg twee witte kaarten toe om een combinatie van 3 symbolen te maken. In deze combinatie moeten beide opties van elke variabele worden weergegeven: blauw en oranje, cirkel en driehoek, open en gevuld.

Het wordt afgeraden om twee exact dezelfde symbolen te hebben, omdat dit de veelzijdigheid van de smaakcombinatie zal beperken.



De ingrediënten met een * passen niet in de Schijf van Vijf. Ze kunnen af en toe gebruikt worden, liefst zo min mogelijk. Aanbevolen wordt om nooit meer dan één product met een * in een gerecht te gebruiken.

AARDBEI

KAKI

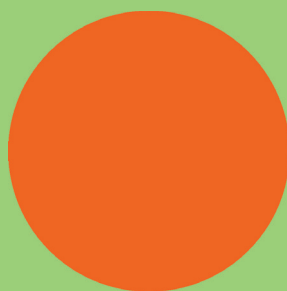
MANGO

FRAMBOOS

JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



JFMAMJJASOND



4. Draai de symboolkaarten om. Deze drie ingrediënten vormen de smaakbasis van het gerecht.

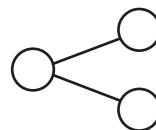


5. Indien nodig kunnen de oranje kaarten gebruikt worden om het gerecht verder vorm te geven. Deze kaarten geven opties voor toevoegingen zoals brood, pasta, rijst of aardappelen.



6. Voeg extra ingrediënten toe om het gerecht af te maken. De andere symboolkaarten kunnen gebruikt worden als inspiratiebron.

#FRUITDAGING



7. Deel de creatie op de online community of via social media met gebruik van de tag #Fruitdaging.

Voor toelichting op de seizoenen of de opmerkingen van de Schijf van Vijf, raadpleeg de websites van MilieuCentraal en Het Voedingscentrum.

INHOUD:

- 124 kaarten, waarvan:
 - 106 Kaarten met symbolen:
 - 24 fruit (groen) en 82 andere (wit)
 - 8 Gerechtenkaarten (lichtblauw)
 - 9 Aanvullende kaarten (oranje)
 - 1 Warm/koud keuzekaart (donkerblauw)
 - 1 Instructiekaart

Aangeboden door:



nationaal actieplan
groenten en fruit