

Game Guide for Parents Lunch Crunch 2

Health and Gameplay

The goal of *Lunch Crunch 2* is to help kids and families learn to choose healthy side items at five different kinds of restaurants: American, Chicken, Chinese, Italian, and Mexican. There are **four categories** of food in this game:

1. Fruit
2. Non-Fruit
3. Vegetable
4. Non-Vegetable



The player must **load two fruits, two vegetables, or one fruit and one vegetable onto each plate** as it goes through the lunch line. If a plate goes by that is already loaded with one or two unhealthy side dishes, feed them to the slovenly fly, Monsieur Grosse. All non-fruits and non-vegetables on the game board can be fed to Monsieur Grosse for extra points.

Lunch Crunch 2 becomes more challenging as the player progresses through each level. Food tiles are color-coded in the first five levels, green for fruit/vegetable and pink for non-fruit/non-vegetable. These hints disappear in level six. In addition, new food tiles are added to each restaurant round.



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Lunch Crunch 2

Food Categories

Fruits

Fruits are defined as **seed-bearing products** of plants. In this game, fruit can be whole, chopped, sliced, diced, plain, mixed, or in a salad.

Non-Fruits

There are three types of foods that our experts at Baylor College of Medicine have labeled as non-fruits. This includes foods that:

1. Don't contain **enough** fruit to count as one serving of fruit
2. Contain enough fruit to count as a serving but are offset by **too much sugar or fat**
3. Only **taste like** fruit

Vegetables

Vegetables are defined as **edible roots, stems, or leaves**. They are naturally low in fat and calories, have no cholesterol, and are a source of important nutrients including potassium, fiber, folic acid, and vitamins A, E, and C. In this game, vegetables can be whole, chopped, raw, cooked, mixed, and seasoned.

Non-Vegetables

There are three types of foods that our experts at Baylor College of Medicine have labeled as non-vegetables. This includes foods that:

1. Don't contain **enough** vegetables to count as one serving of vegetables
2. Contain enough vegetables to count as a serving but are offset by **too much salt or fat**
3. Only **taste like** vegetables

Common Questions

The 5-A-Day plan was developed by the Centers for Disease Control (CDC) and aims to get kids to eat at least five fruits and vegetables a day as part of a healthy eating lifestyle. Our goal in *Lunch Crunch 2* is to help kids learn what counts as a fruit or vegetable in different restaurants as part of this initiative.

As a parent, you may be saying to yourself “Isn't it better that they eat a vegetable egg roll instead of French fries? Isn't eating apple crisps better than no fruit at all?” Our goal is not to tell you or your kids what they should and should not eat. Our goal is to teach families that wish to add more servings of fruit and vegetables to their diet how to select the best choice when presented with numerous fruit and vegetable options.

Below is a table of some of the “trickier” items and an explanation as to why they fall into a particular category.



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Food Icon	Category	Reasoning
Applesauce	Fruit	Made with real apples and 100% apple juice
Apple Crisp, Fried Banana Egg Roll	Non-Fruit	Fried, too much oil and fat
Apple Jelly, Grape Jelly, Mango and Green Tea Ice Cream, Mango Pudding	Non-Fruit	Only tastes like fruit, usually has a lot of sugar
Apple Pie, Cherry Pie, Key Lime Pie, Lemon Pie, Strawberry Cheesecake, Strawberry Shake, Strawberry Sherbet	Non-Fruit	Contains fruit but has too much sugar and fat
Carrot Cake	Non-Vegetable	Not enough vegetables
Cheesy Potato Bites, Cheesy Tater Tots, Chili Cheese Fries, Curly Fries, Fried Potato Wedges, French Fries, Hash Browns	Non-Vegetable	Contains potatoes but frying and cheese adds too much fat, also usually high in sodium
Coleslaw, Potato Salad	Non-Vegetable	Too much fat and oil from mayonnaise
Corn Chips, Corn Tortillas	Non-Vegetable	Fried, too much fat
Cornbread	Non-Vegetable	Not enough vegetables
Egg Drop Soup	Non-Vegetable	Not enough vegetables
Fried Vegetable Egg Roll, Fried Vegetable Wonton, Fried Zucchini, Onion Rings	Non-Vegetable	Contains vegetables but frying adds too much fat, also usually high in sodium
Guacamole	Non-Vegetable	Too high in fat
Jalapeno Poppers, Stuffed Poblano Pepper, Pizza Rolls, Stuffed Fried Mushrooms	Non-Vegetable	May contain some vegetables but too high in fat from being fried and stuffed
Ketchup	Non-Vegetable	Contains little to no tomatoes, usually contains sugary corn syrup
Macaroni and Cheese	Non-Vegetable	Contains no vegetables, high in fat from butter, cheese, and whole milk
Mashed Potatoes	Non-Vegetable	Too much fat from butter and whole milk, may be high in sodium
Pasta Salad	Non-Vegetable	Not enough vegetables, may contain oil
Refried Beans	Non-Vegetable	Too high in fat from lard
Seasoned Rice, Spanish Rice	Non-Vegetable	Not enough vegetables
Spinach Artichoke Dip, Spinach Dip and Chips	Non-Vegetable	Not enough vegetables, high in fat
Baby Carrots with Low-fat Dip, Broccoli with Low-fat Dip, Red and Green Peppers with Low-fat Dip	Vegetable	Adding low-fat dip to vegetables allows you to add new flavors without too many calories
Baked Beans, BBQ Baked Beans, Black Beans, Charro Beans, Lima Beans, Pinto Beans	Vegetable	A vegetable that's a great source of protein
Baked Potato, Garlic Red Potatoes, Oven Baked Potato	Vegetable	A good source of vitamins when served without butter, salt, cheese, and sour cream
Curried Eggplant, Seasoned Corn, Seasoned Cucumbers, Seasoned Mixed Vegetables, Spicy Green Beans	Vegetable	Seasoning vegetables enhances flavor without adding calories
Extra Lettuce and Tomato	Vegetable	Adding this to a burger or taco is a great way to add a serving of vegetables to a meal
Grilled Vegetables, Grilled Zucchini and Squash	Vegetable	Grilling is a healthy cooking technique
Pico De Gallo, Salsa	Vegetable	Usually made with 100% vegetables such as tomato, onion, and jalapeno
Steamed Asparagus, Steamed Broccoli, Steamed Vegetables	Vegetable	Steaming is a healthy cooking technique
Stir Fried Mixed Vegetables, Stir Fried Spinach	Vegetable	Stir frying is a healthy cooking technique



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Parent Resources

For more information about the 5-A-Day plan, visit the CDC's 5-A-Day website:
<http://www.fruitsandveggiesmorematters.org/>.

