



VitaFriends EXPLORERS CLUB



Contains 36 cards

Suitable
from age 3+

INSTRUCTIONS

Make sure your flashcards are well shuffled and hold them up one by one to your child. Each time, ask your child to sort the food into 1 of 3 categories:

RED

Foods that need to be AVOIDED, as they are too high in protein.

AMBER

Foods that need to be measured as they contain some protein.

GREEN

Foods that contain very little protein and can be eaten without measuring (in normal quantities).

The correct categories are on the back so that your child can learn and improve each time they play!



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VitaFlo International Ltd.
Suite 1.11, South Harrington Building,
182 Sefton Street, Brunswick Business Park,
Liverpool, L3 4BQ, UK

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