

## HOW TO PLAY



- At each turn, top up your **PANTRY** from the **STORE** (maintain 8 cards at all times) and attempt to win a **WATER** card as follows:
  - Invite another player to draw a card from the **WELL**, read out the **WATER FACT** to the group and ask you the multiple-choice question on the back.
  - If you answer correctly, you keep the card and add the 'drink' to your **WATER** tally.
  - If you answer incorrectly, the correct answer is read out to the group and the card is placed at the bottom of the **WELL**.
- You then declare any **CHANCE** cards you have and choose an option – noting any **WATER**, **FRUIT** or **VEGETABLE** serves and added sugar – then add the **Yi** and/or **YO** amounts to your **SCORE SHEET**.
- You may then serve **Yi** and/or **YO** from your **PANTRY** onto the table – noting any **WATER**, **FRUIT** or **VEGETABLE** serves and added sugar – then add the **Yi** and/or **YO** amounts to your **SCORE SHEET**.
- Play continues in a clockwise direction as players:
  - work on fulfilling their minimum dietary requirements;
  - keep their **Yi** score within their **EER** range; and
  - do sufficient **YO** (combined with **BMR**) to balance their overall energy flow.
- The first player to satisfy the minimum dietary and energy requirements can announce 'closing time at the **STORE**'.  
The other players then have one last turn to replenish their **PANTRY**, win a **WATER** card, trade cards and finalise their **YiYO** scores for the best possible outcome.
- After the last round, players review their **WATER**, **FRUIT** and **VEGETABLE** tallies and compare final **YiYO** scores.
- The player who satisfies their dietary requirements and achieves the least difference between **Yi** and **YO** is the winner!

## SETTING THE TABLE

- Shuffle the **Yi**, **YO** and **CHANCE** cards together thoroughly. Lay the shuffled stack face down on the table. This deck is called the **STORE**.
- Place the **WATER** cards, question side down, beside the **STORE**. This deck is called the **WELL**.
- Deal 8 cards to each player from the **STORE**. This is your **PANTRY**.



**PANTRY**

- Use the **ENERGY CHART** on the lid of the game box to fill out your **PLAYER PROFILE** and calculate your **YO ESTIMATE**.
- Fill in your minimum and maximum **Yi** values i.e. your **EER** plus or minus 1000kJ (240 Cal).
- Turn over to the **SCORE SHEET** and write your **BMR** in the **YO** column.

## TABLE MANNERS

- You can serve any **Yi** you wish for meals or snacks.
- You can serve **YO** whenever you wish, although it is better to wait till later in the game.
- **YO** maximum 2 hours /minimum 30 minutes.
- During your turn, you can 'pass' on serving any **Yi** or **YO**.
- You can trade **CHANCE, WATER, Yi** and **YO** cards with any player at any time.
- **YiYO** cannot be withdrawn or traded once it has been served onto the table.
- **CHANCE** cards **must** be played or traded as soon as you pick them up.
- If you are not satisfied with the **YiYO** in your **PANTRY**, on your next turn, you may do a **one time** 'clean out' and deal a fresh hand (8 cards) from the **STORE**. You must discard your entire **PANTRY** and place the cards at the bottom of the **STORE**.
- Your final **Yi** score must fall within your personal Minimum/Maximum **Yi** range. i.e. **EER** plus or minus 1000kj (240 Cal).
- You cannot win unless you have satisfied the minimum dietary requirements of 2 serves of **FRUIT**, 5 serves of **VEGETABLES** and 6 glasses of **WATER**.
- Cards left in the **PANTRY** at the end of the game do not affect the final **YiYO** score.



## CLINICAL NOTES

The **EER** and **BMR** values for children and adolescents are based on average heights and weights calculated from the 2000 CDC Growth Charts (Centers for Disease Control and Prevention, USA).

The adult **EER** and **BMR** values are based on standardised\* height to weight ratios of 176cm:76kg for men and 162cm:62kg for women. The ratios are for game play only.

*\*Based on average heights in Australia for men and women maintaining a Body Mass Index (BMI) of 24.5 and 23.6 respectively. The healthy adult BMI range is 18.5 - 24.9. Source: Australian Bureau of Statistics.*

**BMR** values have been calculated using the Schofield Equation based on standardised weights derived from applying the Hamwi Method to average heights for Australian men and women\*.

**EER** values have been calculated using a physical activity level (PAL) of 1.4 (i.e. BMR x 1.4). This PAL classification assumes the person is in good health but physically inactive in both work and leisure.