



TOURNAMENT GUIDE

THE AIM OF THE GAME

In celebration of World Food day on 16th October 2020 and in support of 'Food for Life Get Togethers' we are challenging families to take on our Veg 'Chomp-ionship' tournament. Yes, that's right... we said chomp-ionship!

For you and your families to be crowned Veg Chomp-ions, all you need to do is have a go at the five selected puzzles which can be downloaded from our website and tally up your points using our easy system outlined below. Keep an eye out for additional **bonus** points which can be collected by trying one of our four yummy recipes provided by the Super Yummy Kitchen team. Check out their YouTube channel for extra recipes and tips!

Each player must earn a minimum of **40 points** to be crowned a Veg Chomp-ion. Points should be collected to become a chomp-ion, rather than a competition to beat your family!

CHECKLIST

- Puzzle downloads
- Recipe downloads
- Ingredients
- Colouring pencils
- Points system
- Lots of fun!

GAME TIME

2-3 HOURS

Including time to play the games, cook and eat

GRAB YOUR DOWNLOADS: EATTHEMTODEFEATTHEM.COM

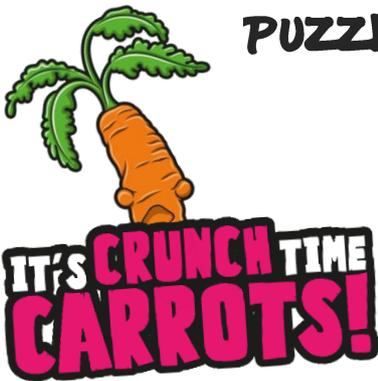
**EAT THEM
TO DEFEAT THEM**

PUZZLES & POINTS

PUZZLE 1: VEG SURVEILLANCE!

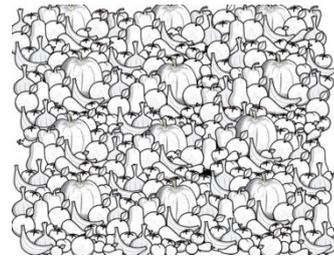


Points: For every sneaky difference you spot between the two pictures of giant vegetables, receive 1 point (Total = 10 points).

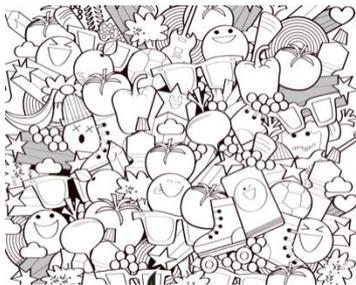


PUZZLE 2: CARROT LAUNCHER!

Points: Receive 1 point for every cheeky carrot you find hidden in the picture full of tasty fruit and veg (Total = 5 points)



PUZZLE 3: PENS AT THE READY!

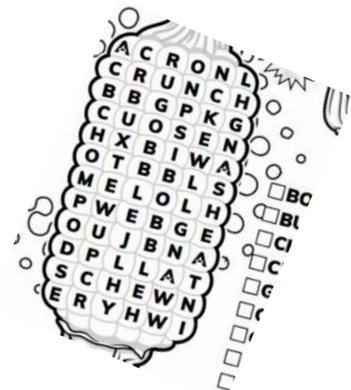


Points: Spot the pepper monster hiding in the picture to receive 12 points (Total = 12 points)

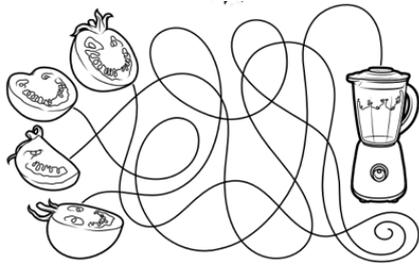


PUZZLE 4: SO CORNY!

Points: Receive 1 point for each word you find hiding in the delicious cob (Total = 9 points)



PUZZLE 5: TOTALLY BLITZED!



Points: Can you work out which tomato is on its way to be blitzed? Don't be fooled...the less lines you have to follow, the more points you will receive...

1 line followed = 4 points

2 lines followed = 3 points

3 lines followed = 2 point

4 lines followed = 1 point



BIG BONUS POINTS!!

Pick one of the crazy recipes for your tea. Will it be Pea-Popping Risott-ohhh, Mean'n'green Mac'n'cheese, Googly-eyed Tomatoes or Corn Frizzlers. Working as a team to prepare one of these recipes and then gobble it down. There's an important role for all your family in the kitchen. Download the recipes from our website with all the ingredients, cooking instructions, ideas to get the kids in the kitchen and tips to keep it fun and safe, and a link to videos for each recipe.

10 points for cooking (with grown up supervision)

10 points for trying the food you have made

10 points for eating it all up and defeating the veg!



GRAB YOUR DOWNLOADS: [EATTHEMTODEFEATTHEM.COM](https://www.eatthemtodefeatthem.com)

Remember to share your chompion-ship fun on social media using the hashtags [#EatThemToDefeatThem](https://twitter.com/EatThemToDefeatThem) and [#VegChompions](https://twitter.com/VegChompions). But most of all, have fun!