



Food

The Three Categories

SpinWheel Game

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Dedicated to Shrii Shrii Anandamurti, an unparalleled teacher and a timeless inspiration

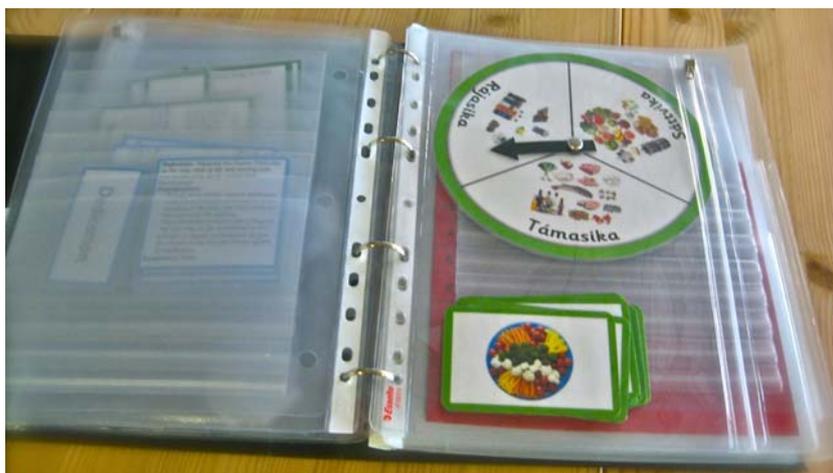
Educated are those who have learned much, remembered much, and made use of their knowledge in practical life.

Shrii Prabhat Ranjan Sarkar
Chapter 3 “Social Justice”
Human Society Part 1

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INSTRUCTIONS



Assembling the SpinWheel Game

To assemble the spinwheel game:

1. Print the subsequent pages of this file on card stock.
2. (Optional) Laminate the printed pages for durability.
3. Cut out the game board, arrow (spinner), picture cards, and reference cards.
4. Use a brad to attach the arrow to the game board with a metal washer between the two.

NOTE Make sure that the attachment is loose enough to allow the arrow to spin freely.

Playing the SpinWheel Game

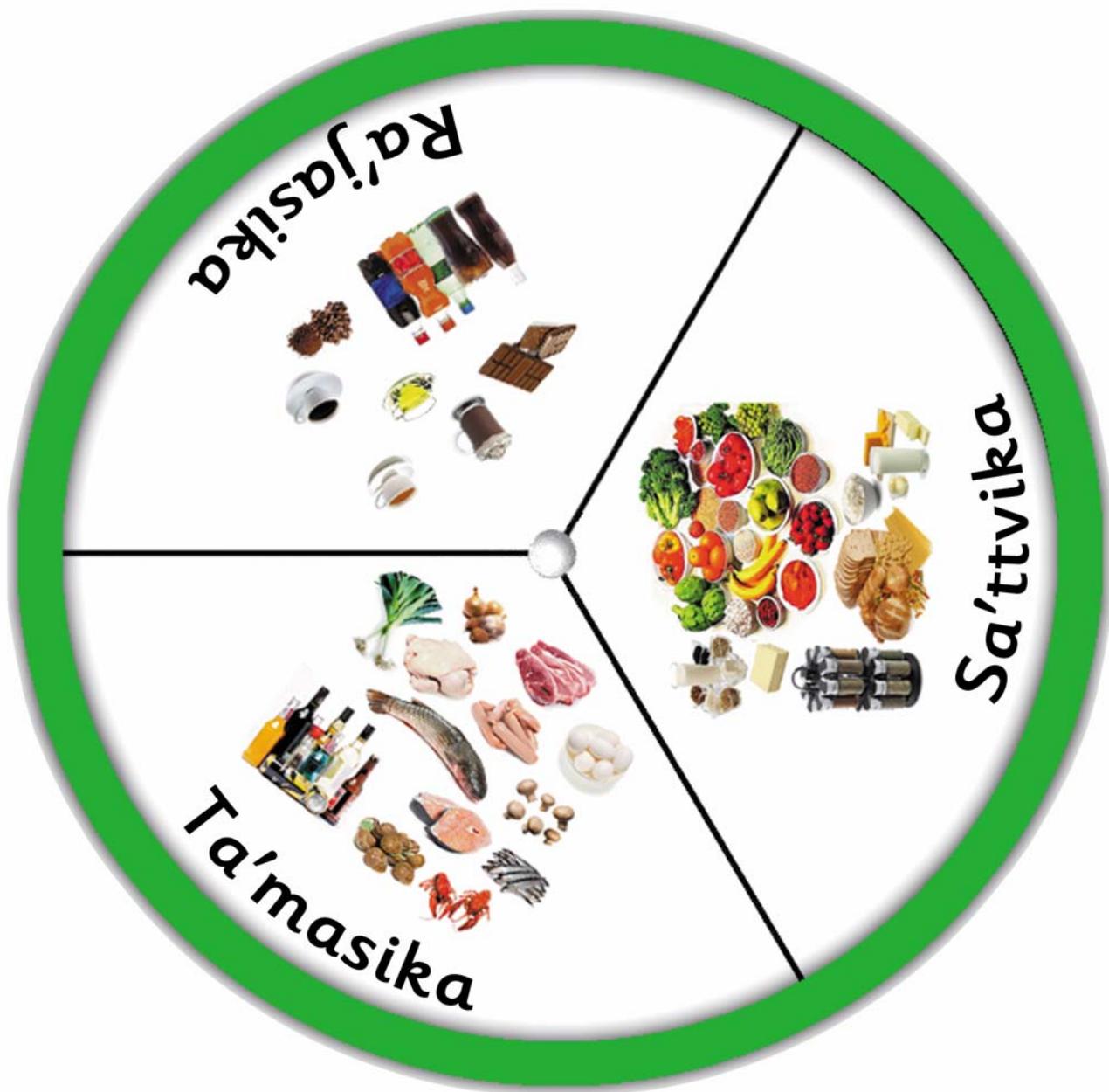
Following is just one of many ways that the game may be played.

1. This game is for 2-4 players.
2. Each player takes her/his turn spinning the arrow. Depending on where the arrow lands, the player must take one picture card of a food item from the designated category.
3. If no picture card of the designated category remains, the player will take a picture card from another category but will receive no point for that card.
4. The game completes when the picture cards are exhausted (and all of the players have had their final turn spinning the arrow).
5. At the end of the game, the point score for each player is tabulated. The players with the most points win.

NOTE To resolve any dispute regarding the correct food category, use the three reference cards.

THE SPINWHEEL GAME

Game Board



Arrow (Spinner)



Picture Cards



Picture Cards (Continued)



Picture Cards (Continued)



Reference Cards

Sa'ttvika

(Sentient Food)

rice
apple
tofu
milk
celery
bread and jam
tahini
bean sprouts
salt and pepper

Ra'jasika

(Mutative Food)

caffeinated soft drink
coffee beans
chocolate
black tea
cocoa drink
coffee
chocolate ice cream

Ta'masika

(Static Food)

bacon and eggs
onions
shrimp
salami
tuna
mushrooms
beer
burger