



Menus

The playing cards in this set include 32 different menu suggestions developed as part of a ZHAW research project.

Dishes on the cards

Each menu was evaluated for its contribution to a balanced diet and its environmental friendliness. The five-point scale shows how the menu scores, the more stars, the more balanced or environmentally-friendly.

Balance: How balanced a dish is evaluated to be is based on the nutritional balance points (EBP) method according to Müller and Berger (2018). The amount of selected nutrients in the menu is compared with the usual recommendations and points are awarded per nutrient. The model takes into account four disqualifying elements, which are presumed to lead to negative health consequences if consumed excessively – calories, salt, sugar and fat. Furthermore, four qualifying elements are also taken into account that have a more positive effect on health – unsaturated fatty acids, carbohydrates, proteins and fruits/vegetables. After determining the respective scores, the final score (EBP value) for a menu is calculated by subtracting the point sum of all disqualifying nutrients from the point sum of all qualifying nutrients. The more qualifying and the fewer disqualifying nutrients that are present in the menu, the higher the EBP value and the more balanced the menu.

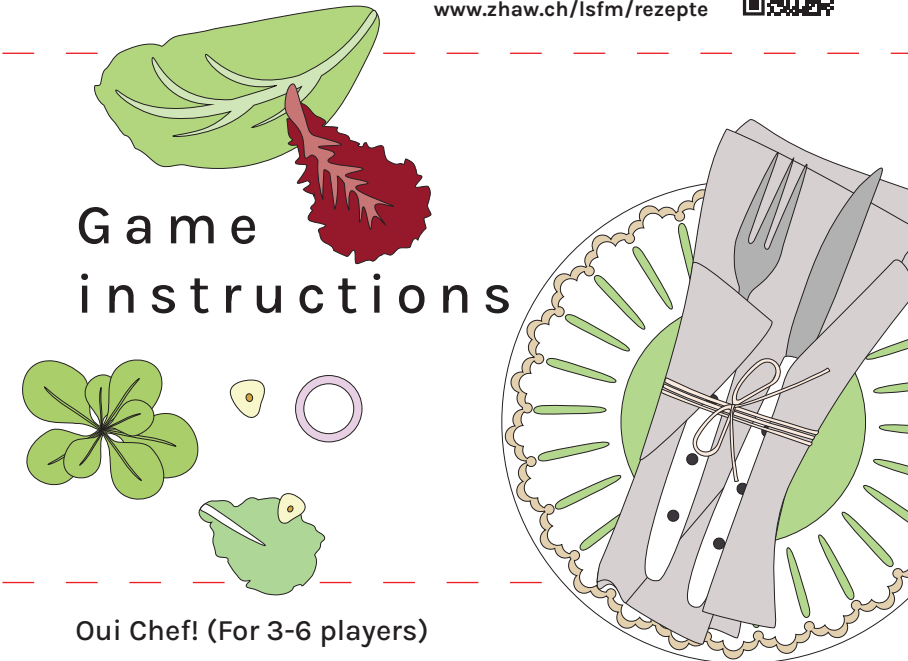
Environmental friendliness: Environmental friendliness is assessed based on the 2013 ecological scarcity method according to Frischknecht et al. (2013). This method takes into account a wide range of environmental impacts (not only climate change, but also material and non-material emissions and waste) and summarises them in a key figure. Since menus with a very high environmental impact were excluded from the set, the environmental friendliness rating of those in the set is usually in a range between 3 and 5.

Recipes: The QR codes on the cards link directly to the recipes. All the menus are also available for download on the ZHAW website.

Overview of all menus:
www.zhaw.ch/lsgm/rezpete



Game instructions



Oui Chef! (For 3-6 players)

// 1. Shuffle cards; each player receives one card. // 2. Each player takes a turn to be the chef. // 3. The chef chooses a menu category from their card (environmental friendliness, balance or cooking time) and calls it out loud (e.g. "environmental friendliness 4 stars"). // 4. The other players look at their card. If they have the same number of stars in the same category, they call back loudly «Oui Chef! » and give the chef the card in their hand. The chef then places all the cards collected on his pile. // 5. The remaining cards are returned to the bottom of the deck. // 6. Each player is dealt a new card from the stack. // 7. It is the next player's turn. // 8. The winner is the player who has the most cards in their pile.

Isch mir Wurscht (for 2-4 players)

// 1. Shuffle cards; each player receives 5 cards. // 2. Place the remaining cards face down in the centre of the table (draw pile), with one card face up next to it (face-up pile). // 3. In turn, each player can place a card on the face-up pile if it matches either the type (vegetarian, vegan, meat, fish) or the cooking time of the top card on the face-up pile. // 4. If this is not possible, the player must draw a card from the draw pile and, if possible, play it directly. // 5. Now, it is the next player's turn. // 6. If anyone has the "Gefüllter Cervelat" card in their hand, they are allowed to swap their cards with any other player. // 7. The winner is the player who first manages to play all of their cards.

Food Dating (for 2 players in love)

// 1. Shuffle cards and lay the deck face down on the table (draw pile). // 2. Draw one card at a time from the pile. // 3. For each card drawn, both players must say whether they like the menu or not ("yes, no, neutral"). // 4. Place all cards that have received a "yes" from both players the "yes" pile. // 5. When there are no cards left in the draw pile, the game is over. // 6. For each card in the "yes" pile, a date is agreed for when the dish on the card will be cooked!

Imprint

Koch oder Spiel
A set of cards for an energy- and climate-conscious diet

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Underlying data
Research project FP-123
Energy and climate-conscious nutrition in urban catering establishments

Concept, graphic design, illustration
Die Pause GmbH, www.pause.gmbh

