



Pacific  
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# PACIFIC NUTRITION BINGO





i.e. Sweet potato – and ask the players which food group it belongs to. When the players have answered correctly, the game can proceed – i.e. players with the food called out on their cards should put a marker on top of the picture of the food, and so on.

Be sure to check each time you play *Pacific Nutrition Bingo* that you have not lost any of the tickets. Here is a checklist of all the food items used in this version of the game.

## Protective foods

Pineapple  
Tomato  
Mango  
Pumpkin  
Fresh seaweed  
Ripe banana  
Chinese cabbage  
Bok Choy  
Green beans  
Guava  
Watermelon  
Pawpaw  
Cucumber  
Eggplant  
Pandan fruit  
Okra  
Watercress  
Bele  
Taro leaves  
Carrot

## Body building foods

Dried beans  
Beef  
Lamb  
Chicken  
Pork  
Nuts  
Cheese  
Seafood  
Tofu  
Tinned tuna  
Fresh fish  
Milk  
Yoghurt  
Egg  
Potatoes  
Butter  
Sugar cane  
Noodles

## Energy foods

Taro  
Cassava  
Breadfruit  
Yam  
Sweet potato  
Coconut  
Green banana  
Rice  
Bread  
Crackers  
Oil  
Potatoes  
Butter  
Sugar cane  
Noodles

## Beverages

Coconut water  
Water  
Water with lime  
Pineapple skin juice  
Lemon leaf tea  
Watermelon otai

## RULES

Read these guidelines carefully before starting to play the game. *Pacific Nutrition Bingo* is an exciting game that can be played by people of all ages. It can be played by large groups or by only a few people.

Both children and adults like to play *Pacific Nutrition Bingo*. People who cannot read English can easily play, using the pictures as a guide. The English words on the tickets can be translated into local languages.

The *Pacific Nutrition Bingo* game set can be re-used many times to teach good nutrition.

## Aim of the game

The aim of this game is to promote healthy foods and eating habits, and for players to learn:

- the concept of the 3 FOOD GROUPS: PROTECTIVE, BODY-BUILDING, ENERGY;
- that foods containing similar nutrients, with similar functions in the body, are classed together in a FOOD GROUP;
- the functions that foods have in the body.

**You will need** the following things to play the game:

1. A set of Pacific Nutrition Bingo cards. (Note: There are 30 cards in a set; each card is different.)
2. A set of 'tickets' with the names of the food groups and foods on them. (Before starting to play, cut out each of the tickets on the dotted lines.)
3. A jar or small basket in which to place the tickets.
4. Markers, such as small shells or stones (at least 16 for each player).

**To win**, a player must have four markers in a STRAIGHT LINE ACROSS the card. This means that the winner has a line that contains a PROTECTIVE FOOD, a BODY-BUILDING FOOD, an ENERGY FOOD, and also a DRINK.

A player cannot win by having the shells or stones in a straight line going down the card, because all of the foods would be from one group. (Note: It is also possible to have a straight line of foods from each of the 3 food groups plus a drink, DIAGONALLY across the card.)

Prizes, such as a nutrition poster, booklet or healthy food – e.g. local fruits and vegetables – can be given to the game winners.

### How to play the game: Instructions for group leaders or teachers

1. Hand out a Pacific Nutrition Bingo card and some markers to each player. Explain the rules of the game to the players.
2. Shake up the jar or basket of tickets and take one out. Read out the name of the food group and the name of the food on the ticket to the players – e.g. ENERGY, Sweet Potato.
3. The players should look to see if they have the food called out on their cards. If they do, they should put a marker on top of the picture of the food. If they do not have the correct picture on their cards, then they should do nothing and wait for the next ticket to be called.
4. Display the ticket face-up and pick out another ticket. After reading out each ticket, place it with the other tickets from the same food group. Carry on in this way until one of the players has four markers in a straight line across his or her card.
5. The first player to have four markers in a straight line should call out 'BINGO'.
6. The game should stop to allow the player who called out 'BINGO' to read out the names of the food groups and foods and drink he/she has covered, which make up the straight line across the bingo card.
7. Check the tickets in front of you to make sure these have been called out to the group. If they match, the player who called out 'BINGO' is the winner and the game is over. If they are not correct, then the game goes on until someone wins.

8. After someone wins, the game can be played again. All players should remove the shells or stones from their cards and start again at the beginning of each new game. Players may wish to take turns being the game leader.

### EXTRA NOTES

#### Another way to play the game

After someone has won by having a line across the card and calling 'BINGO', the game can continue in the same way described above, until a player covers ALL the foods on his/her card.

### Changing foods

If there are any foods on the cards that are not found in your country, it is possible to change them. Choose another food from the same food group that is common in your country, and draw and label this food yourself. Stick the drawing of the new food on top of the food picture you wish to replace on the bingo cards. Be sure to check you have covered all the cards on which this food appears – e.g. pineapple appears on 6 cards. If you want to change this to another local fruit such as sourpaw, make 6 small drawings of sourpaw and paste on top of the 6 pineapple pictures. You must also label a ticket with the new food and its food group and remove the ticket for the food you have covered – e.g. take out the 'PROTECTIVE, Pineapple' label and make out a new one for 'PROTECTIVE, Sourpaw'. There are some blank ticket labels for you to use.

### Translation

The game can be easily translated into a local language. The translated food and food group names can be written out or typed, and then pasted on top of the English words on the cards. New tickets can be made or the translation can be written on the back of the English ones.

### Evaluation

This game is intended as a teaching tool as well as for fun. It is useful to include other exercises to ensure the class or group has learned about which foods belong in which of the 3 food groups. Here are some ideas for exercises:

- The leader should ask the group to turn their *Pacific Nutrition Bingo* cards over so they cannot see the pictures. Call out the names of some of the **locally-grown foods** used in the game. Encourage the players to name the group to which the food belongs. Call out the names of some of the **imported foods** or foods we buy from the store, which are used in the game. Ask the players to name the group to which the food belongs.
- When playing the game, instead of calling out the food group and the food name – e.g. ENERGY, Sweet potato – the leader should **only** call out the **food name** –

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<b>Protective Foods</b> Pineapple	<b>Energy Foods</b> Taro	<b>Body Building Foods</b> Dried beans
<b>Protective Foods</b> Tomato	<b>Energy Foods</b> Cassava	<b>Body Building Foods</b> Beef
<b>Protective Foods</b> Mango	<b>Energy Foods</b> Breadfruit	<b>Body Building Foods</b> Lamb
<b>Protective Foods</b> Pumpkin	<b>Energy Foods</b> Yam	<b>Body Building Foods</b> Chicken
<b>Protective Foods</b> Fresh seaweed	<b>Energy Foods</b> Sweet potato	<b>Body Building Foods</b> Pork
<b>Protective Foods</b> Ripe banana	<b>Energy Foods</b> Coconut	<b>Body Building Foods</b> Nuts
<b>Protective Foods</b> Chinese cabbage	<b>Energy Foods</b> Green banana	<b>Body Building Foods</b> Cheese
<b>Protective Foods</b> Bok choy	<b>Energy Foods</b> Rice	<b>Body Building Foods</b> Seafood
<b>Protective Foods</b> Green beans	<b>Energy Foods</b> Bread	<b>Body Building Foods</b> Tofu
<b>Protective Foods</b> Guava	<b>Energy Foods</b> Crackers	<b>Body Building Foods</b> Tinned tuna
<b>Protective Foods</b> Watermelon	<b>Energy Foods</b> Oil	<b>Body Building Foods</b> Fresh fish

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<b>Protective Foods</b> Pawpaw	<b>Energy Foods</b> Potatoes	<b>Body Building Foods</b> Milk
<b>Protective Foods</b> Cucumber	<b>Energy Foods</b> Butter	<b>Body Building Foods</b> Yoghurt
<b>Protective Foods</b> Eggplant	<b>Energy Foods</b> Sugar cane	<b>Body Building Foods</b> Egg
<b>Protective Foods</b> Pandanus fruit	<b>Energy Foods</b> Noodles	
<b>Protective Foods</b> Okra		
<b>Protective Foods</b> Watercress	<b>Beverages</b> Coconut water	
<b>Protective Foods</b> Bele	<b>Beverages</b> Water	
<b>Protective Foods</b> Taro leaves	<b>Beverages</b> Water with lime	
<b>Protective Foods</b> Carrot	<b>Beverages</b> Pineapple skin juice	
	<b>Beverages</b> Lemon leaf tea	
	<b>Beverages</b> Watermelon otai	



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## Protective Foods

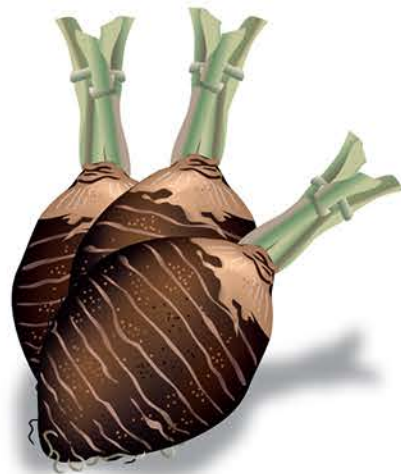
## Energy Foods

## Body Building Foods

## Beverages



Pineapple



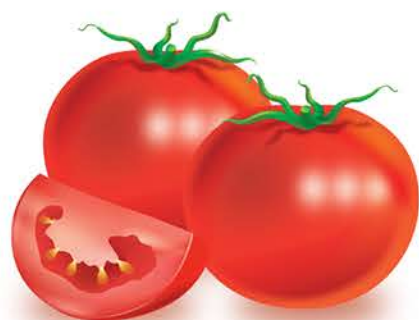
Taro



Fresh fish



Coconut water



Tomato



Cassava



Milk



Water



Mango



Breadfruit



Yoghurt



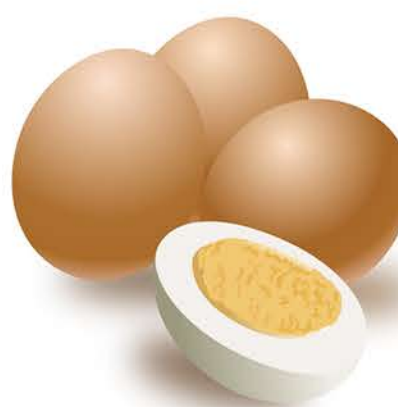
Water with lime



Pumpkin



Yam



Egg



Pineapple skin juice



# PACIFIC NUTRITION BINGO



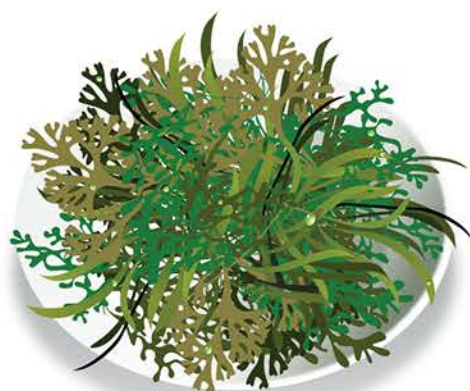
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## Protective Foods

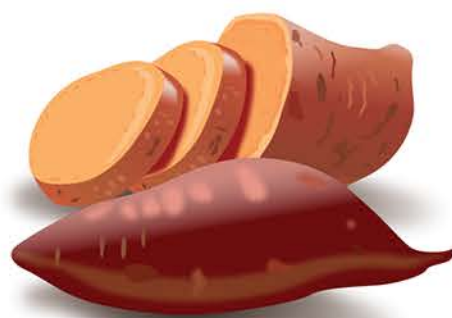
## Energy Foods

## Body Building Foods

## Beverages



Fresh seaweed



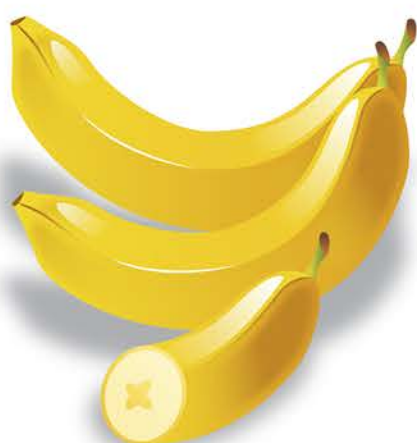
Sweet potato



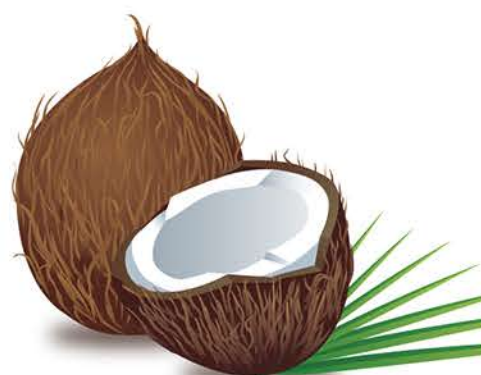
Dried beans



Lemon leaf tea



Ripe banana



Coconut



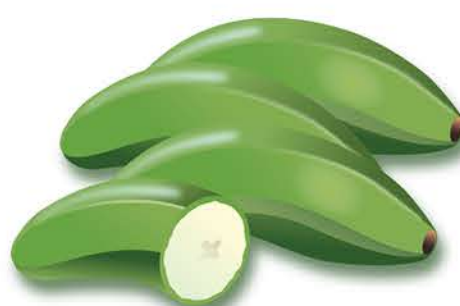
Beef



Watermelon otai



Chinese cabbage



Green banana



Lamb



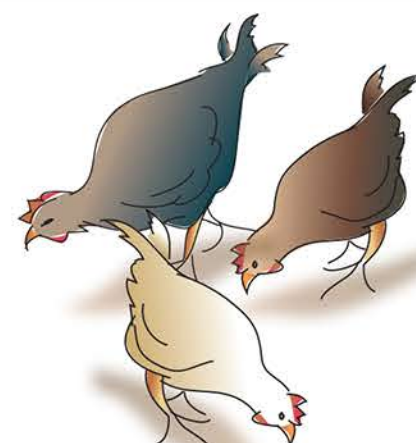
Coconut water



Bok choy



Rice



Chicken



Water



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## Protective Foods

## Energy Foods

## Body Building Foods

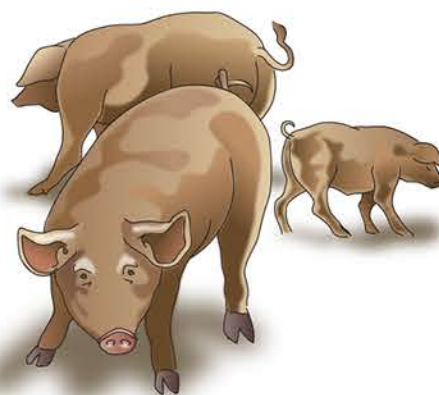
## Beverages



Green beans



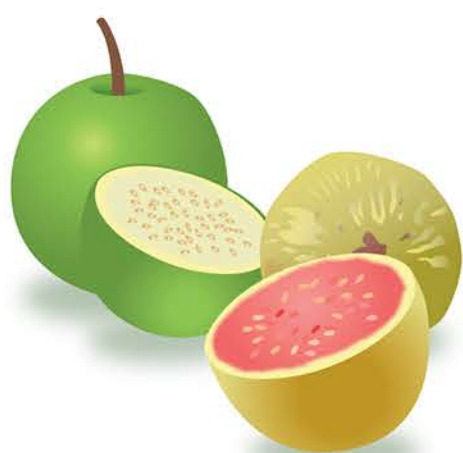
Bread



Pork



Water with lime



Guava



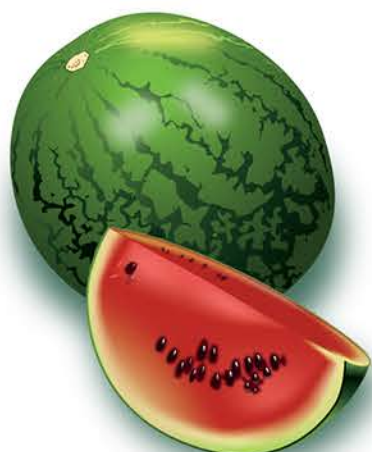
Crackers



Nuts



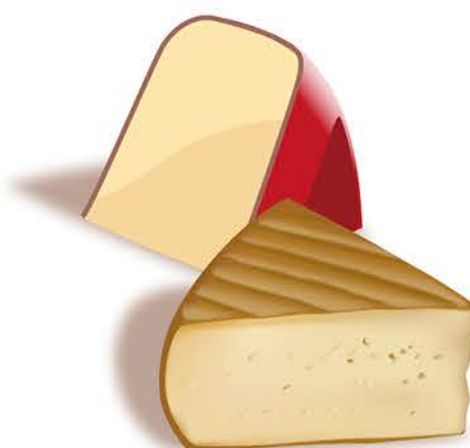
Pineapple skin juice



Watermelon



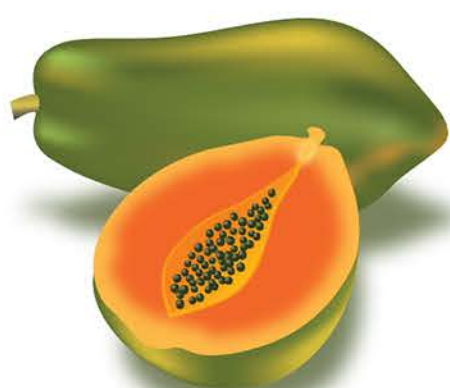
Oil



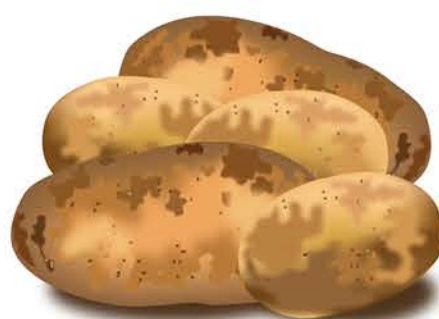
Cheese



Lemon leaf tea



Pawpaw



Potatoes



Seafood



Watermelon otai



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## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Watercress



Butter



Tofu



Coconut water



Bele



Sugar cane



Tinned tuna



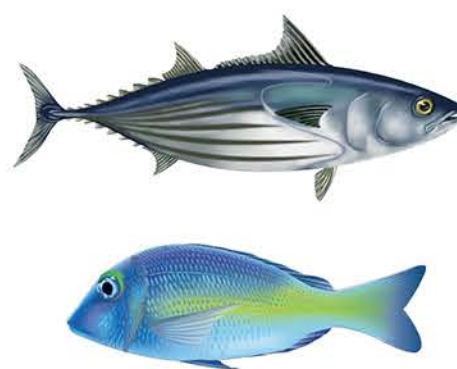
Water



Taro leaves



Noodles



Fresh fish



Water with lime



Carrot



Taro



Milk



Pineapple skin juice



# PACIFIC NUTRITION BINGO



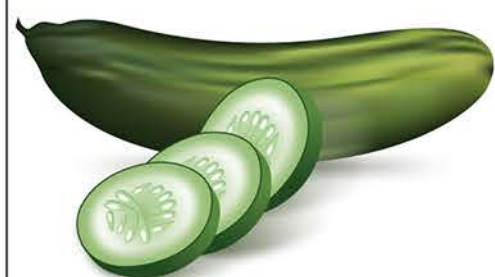
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## Protective Foods

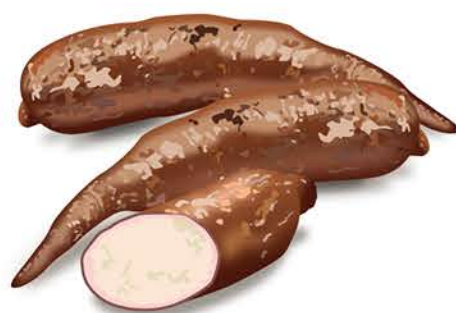
## Energy Foods

## Body Building Foods

## Beverages



Cucumber



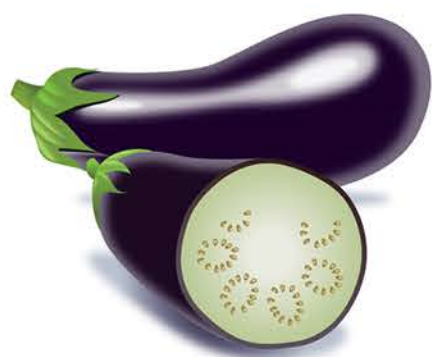
Cassava



Yoghurt



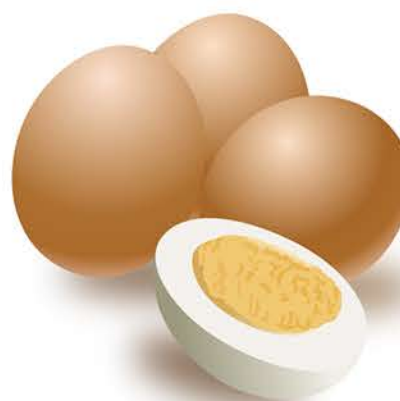
Lemon leaf tea



Eggplant



Breadfruit



Egg



Watermelon otaï



Pandanus fruit



Yam



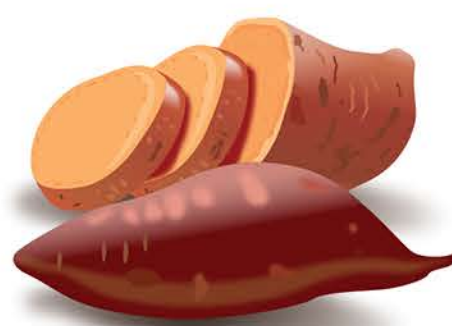
Dried beans



Coconut water



Okra



Sweet potato



Beef



Water



# PACIFIC NUTRITION BINGO



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## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Pineapple



Coconut



Lamb



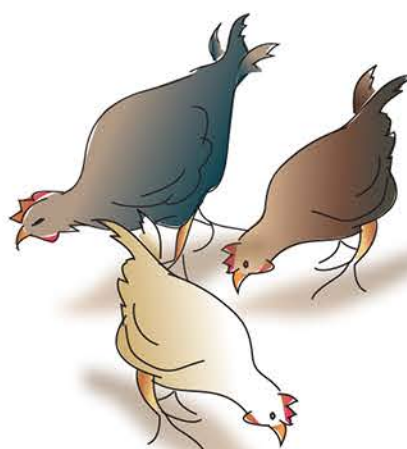
Water with lime



Tomato



Green banana



Chicken



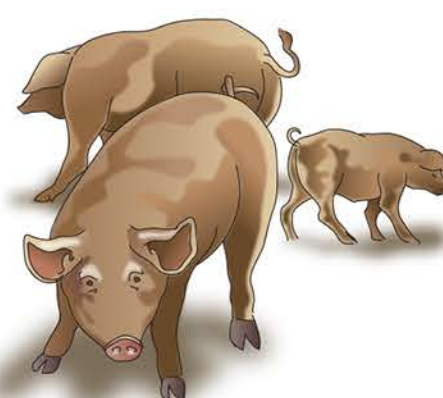
Pineapple skin juice



Mango



Rice



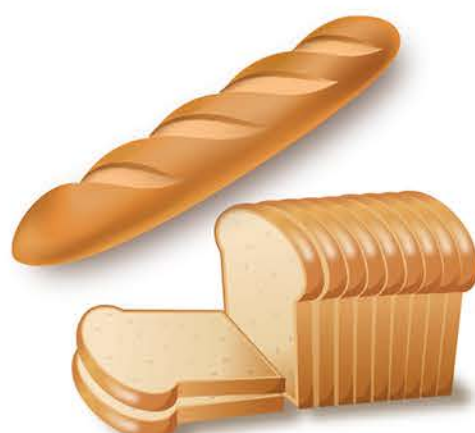
Pork



Lemon leaf tea



Pumpkin



Bread



Nuts



Watermelon otai



# PACIFIC NUTRITION BINGO



Pacific  
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## Protective Foods

## Energy Foods

## Body Building Foods

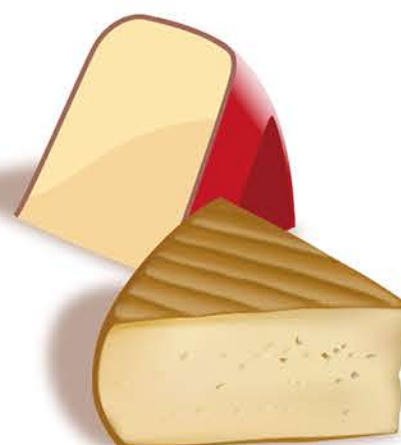
## Beverages



Fresh seaweed



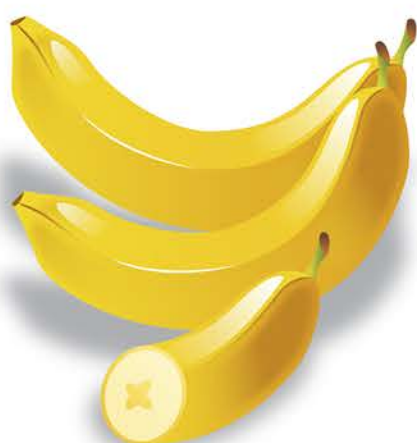
Crackers



Cheese



Coconut water



Ripe banana



Oil



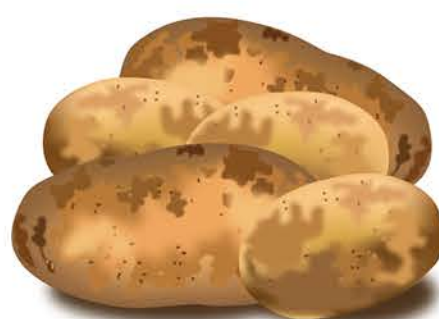
Seafood



Water



Chinese cabbage



Potatoes



Tofu



Water with lime



Bok choy



Butter



Tinned tuna



Pineapple skin juice



# PACIFIC NUTRITION BINGO



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## Protective Foods

## Energy Foods

## Body Building Foods

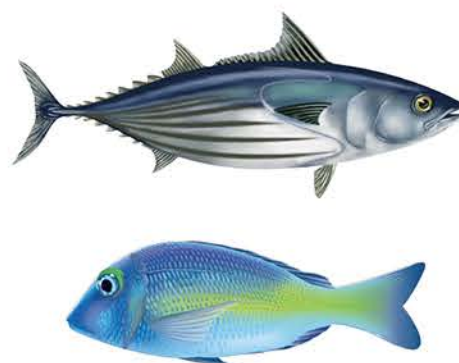
## Beverages



Green beans



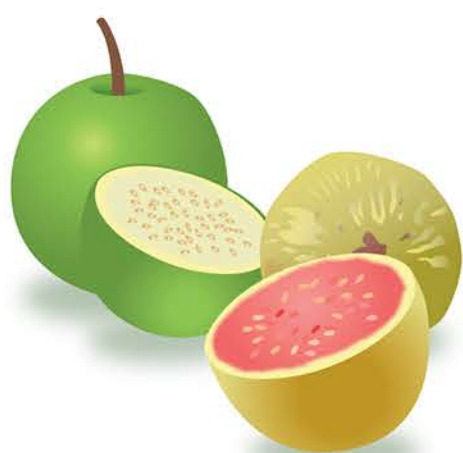
Sugar cane



Fresh fish



Lemon leaf tea



Guava



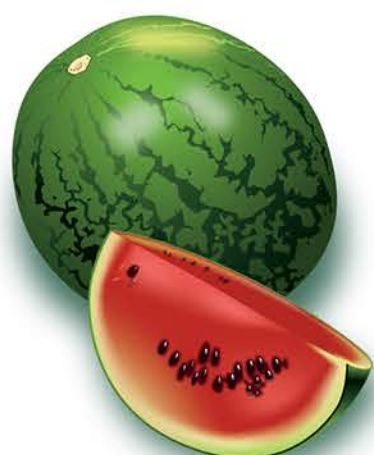
Noodles



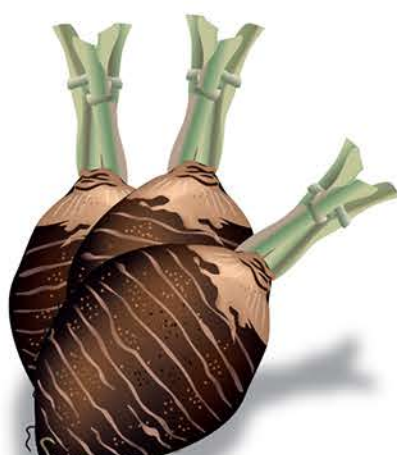
Milk



Watermelon otaï



Watermelon



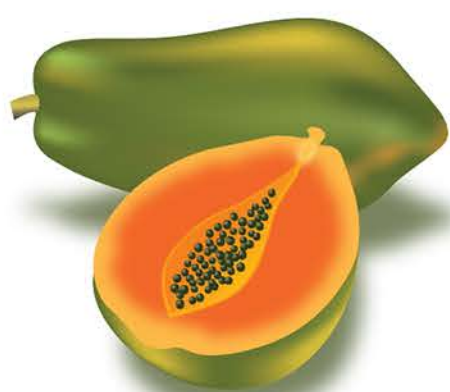
Taro



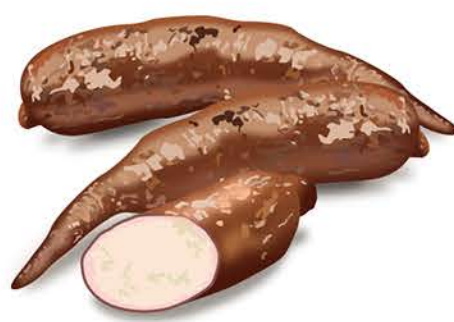
Yoghurt



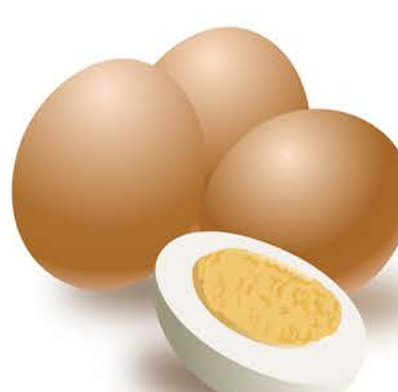
Coconut water



Pawpaw



Cassava



Egg



Water



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## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Watercress



Breadfruit



Dried beans



Water with lime



Bele



Yam



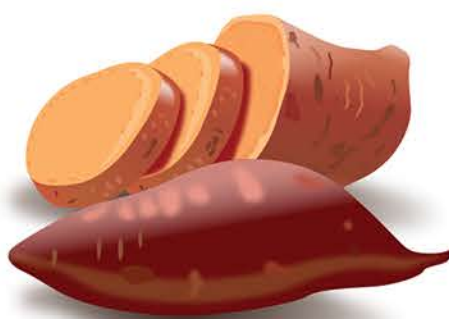
Beef



Pineapple skin juice



Taro leaves



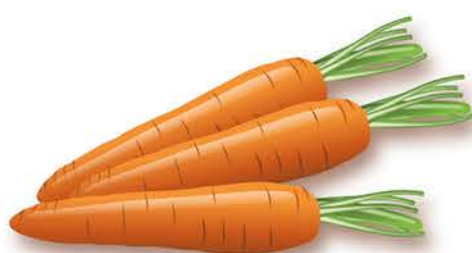
Sweet potato



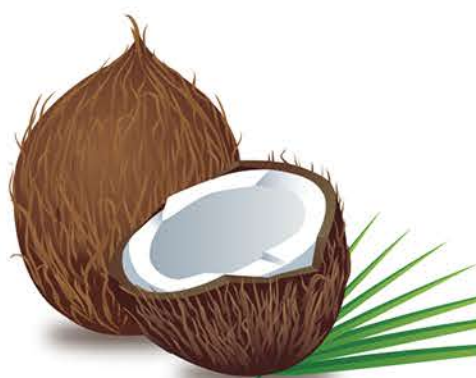
Lamb



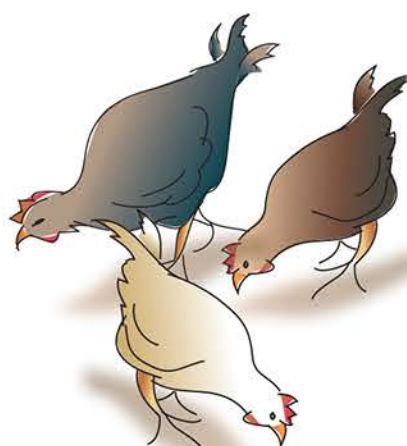
Lemon leaf tea



Carrot



Coconut



Chicken



Watermelon otai



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## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Cucumber



Green banana



Pork



Coconut water



Eggplant



Rice



Nuts



Water



Pandanus fruit



Bread



Cheese



Water with lime



Okra



Crackers



Seafood



Pineapple skin juice



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## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Pineapple



Oil



Tofu



Lemon leaf tea



Tomato



Potatoes



Tinned tuna



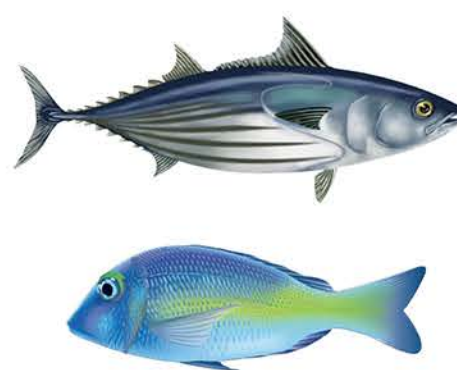
Watermelon otai



Mango



Butter



Fresh fish



Coconut water



Pumpkin



Sugar cane



Milk



Water



# PACIFIC NUTRITION BINGO



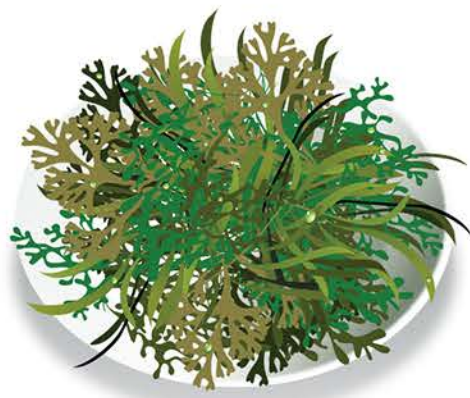
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## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Fresh seaweed



Noodles



Yoghurt



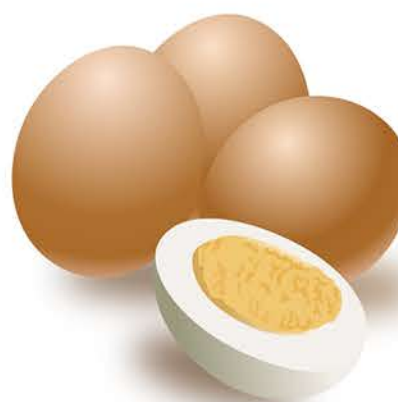
Water with lime



Ripe banana



Taro



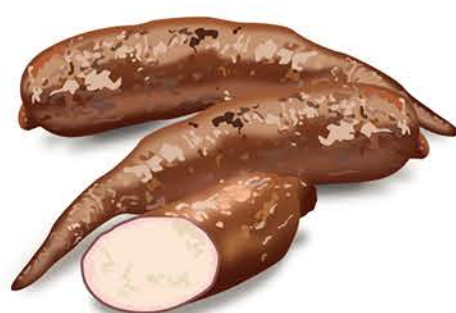
Egg



Pineapple skin juice



Chinese cabbage



Cassava



Dried beans



Lemon leaf tea



Bok choy



Breadfruit



Beef



Watermelon otaï



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## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Green beans



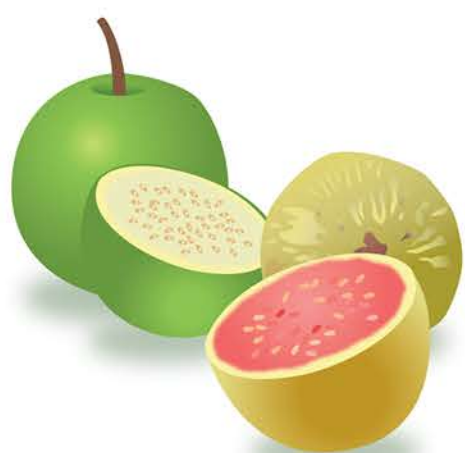
Yam



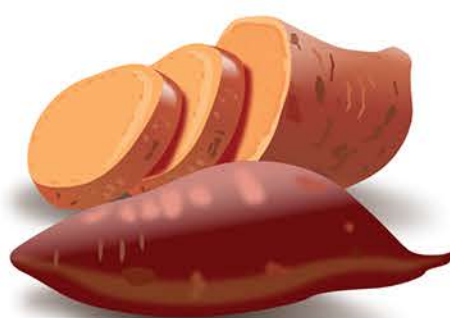
Lamb



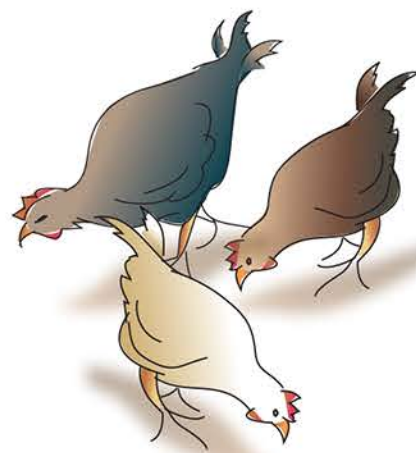
Coconut water



Guava



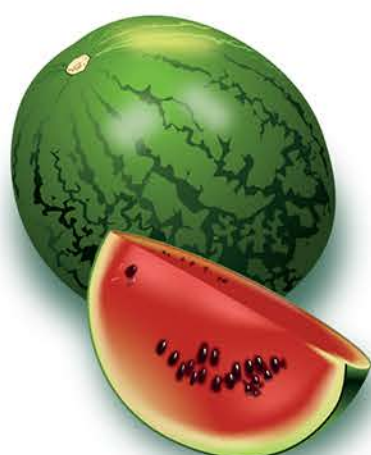
Sweet potato



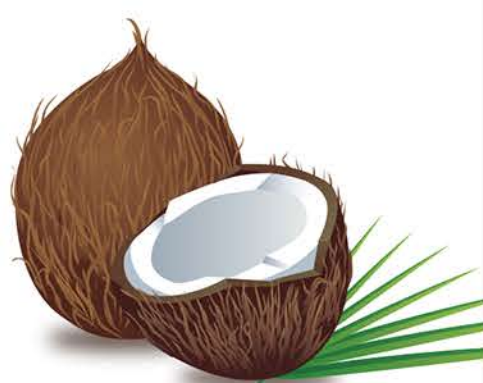
Chicken



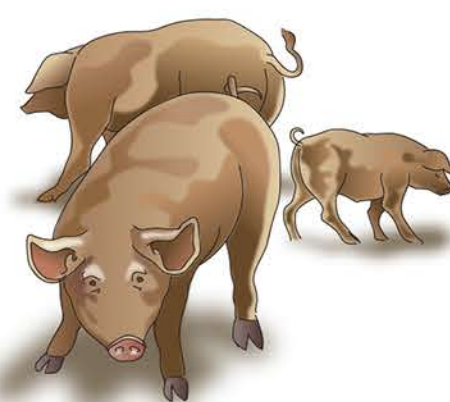
Water



Watermelon



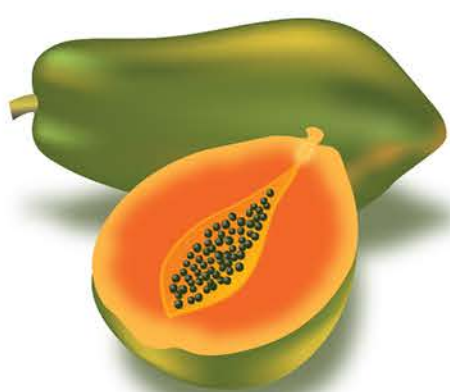
Coconut



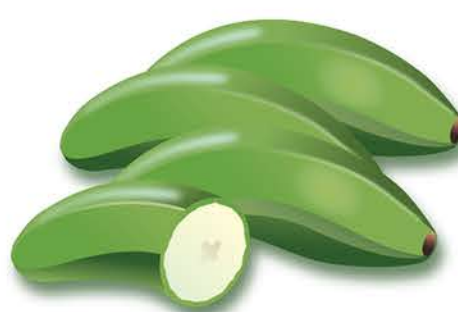
Pork



Water with lime



Pawpaw



Green banana



Nuts



Pineapple skin juice



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

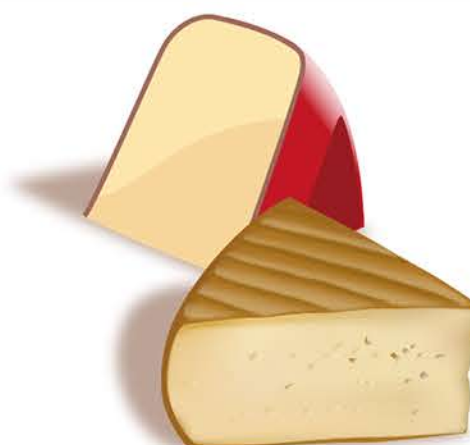
## Beverages



Watercress



Rice



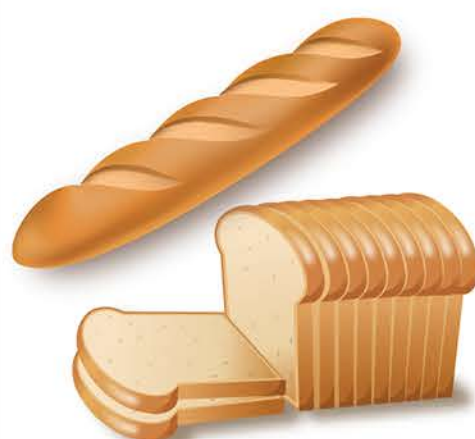
Cheese



Lemon leaf tea



Bele



Bread



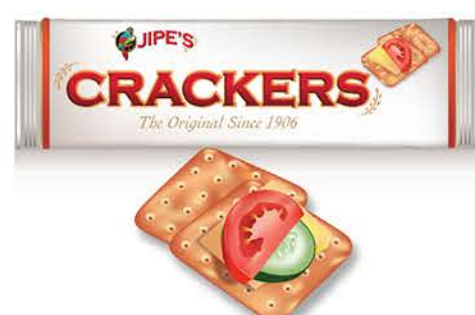
Seafood



Watermelon ota



Taro leaves



Crackers



Tofu



Coconut water



Carrot



Oil



Tinned tuna



Water



# PACIFIC NUTRITION BINGO



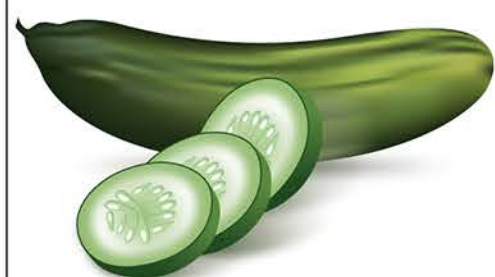
Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

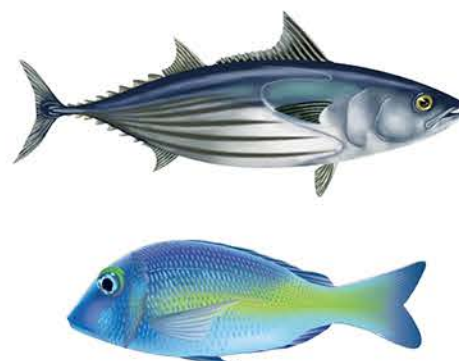
## Beverages



Cucumber



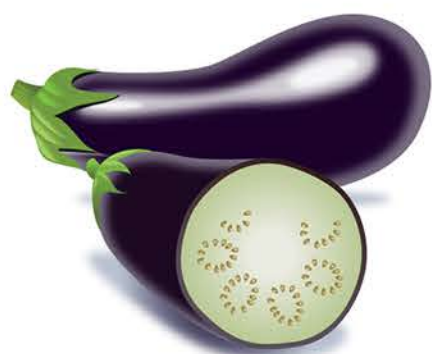
Potatoes



Fresh fish



Water with lime



Eggplant



Butter



Milk



Pineapple skin juice



Pandanus fruit



Sugar cane



Yoghurt



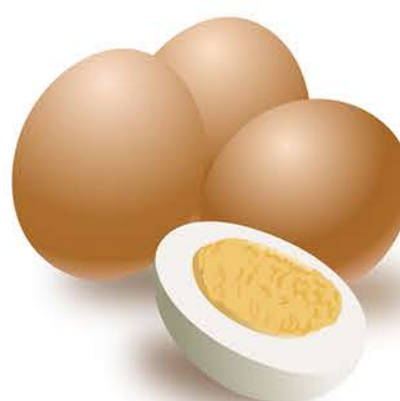
Lemon leaf tea



Okra



Noodles



Egg



Watermelon otai



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Pineapple



Taro



Dried beans



Coconut water



Tomato



Cassava



Beef



Water



Mango



Breadfruit



Lamb



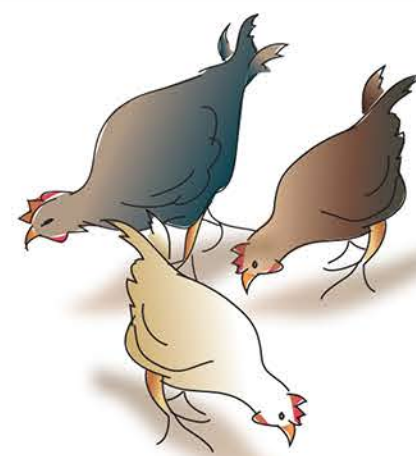
Water with lime



Pumpkin



Yam



Chicken



Pineapple skin juice



# PACIFIC NUTRITION BINGO



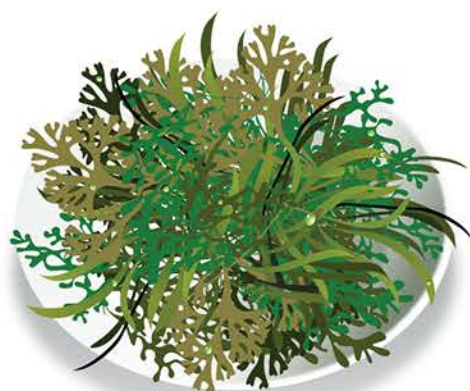
Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

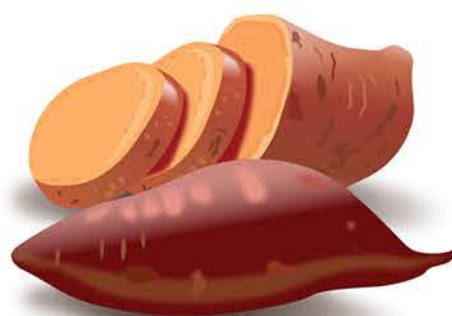
## Energy Foods

## Body Building Foods

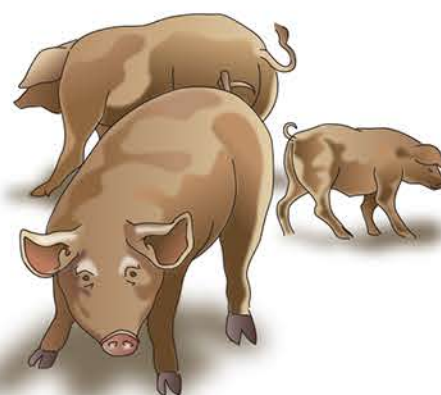
## Beverages



Fresh seaweed



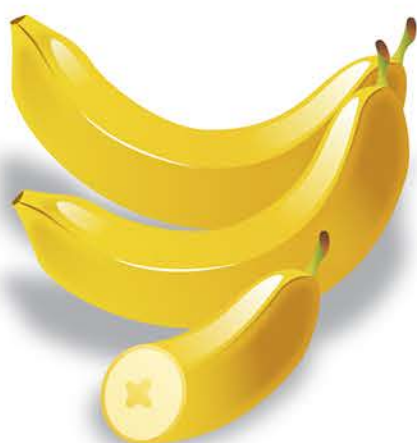
Sweet potato



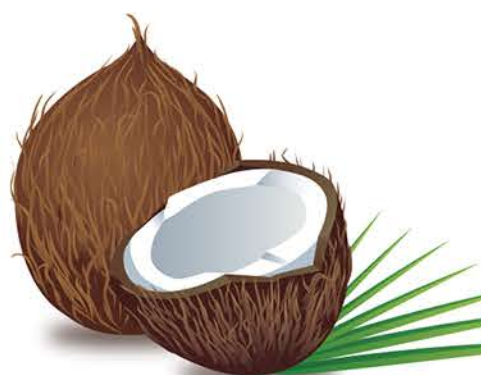
Pork



Lemon leaf tea



Ripe banana



Coconut



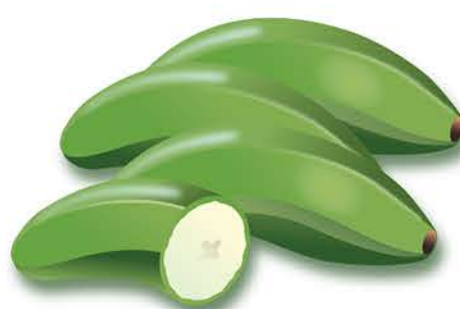
Nuts



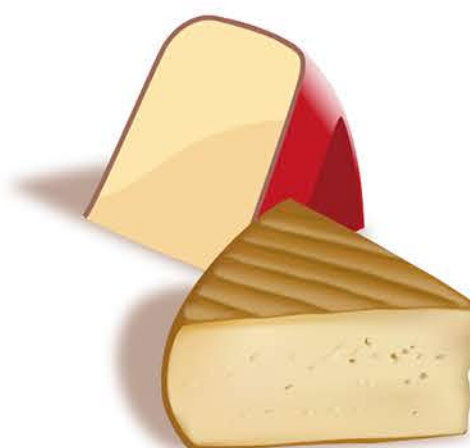
Watermelon otaï



Chinese cabbage



Green banana



Cheese



Coconut water



Bok choy



Rice



Seafood



Water



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

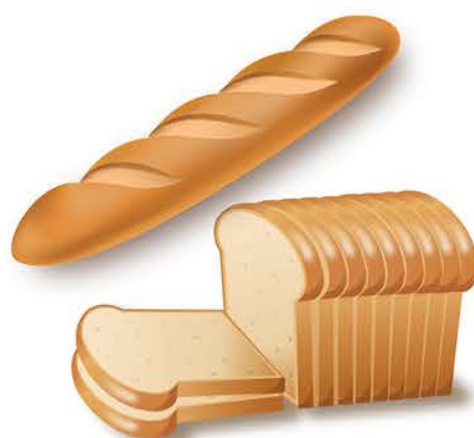
## Energy Foods

## Body Building Foods

## Beverages



Green beans



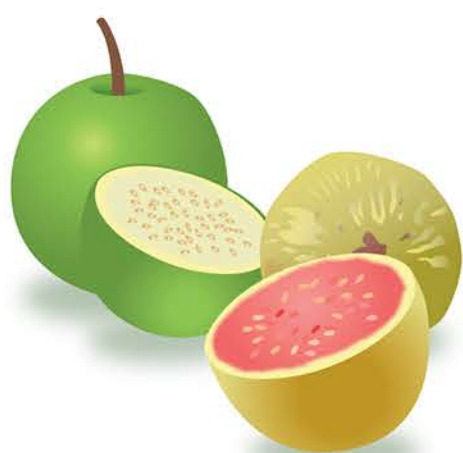
Bread



Tofu



Water with lime



Guava



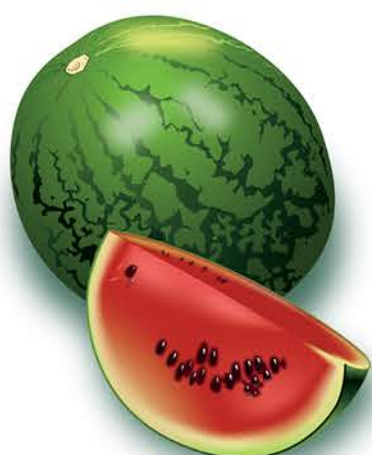
Crackers



Tinned tuna



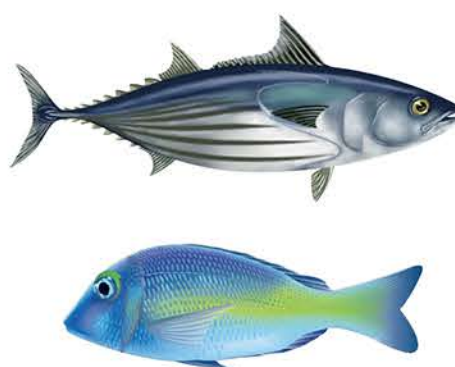
Pineapple skin juice



Watermelon



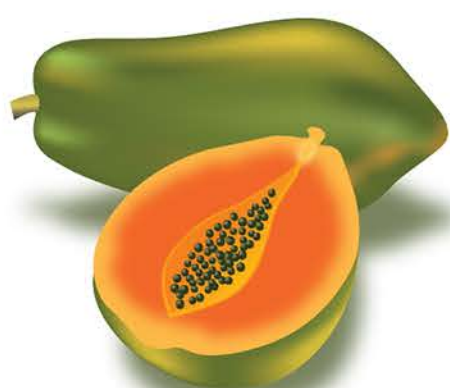
Oil



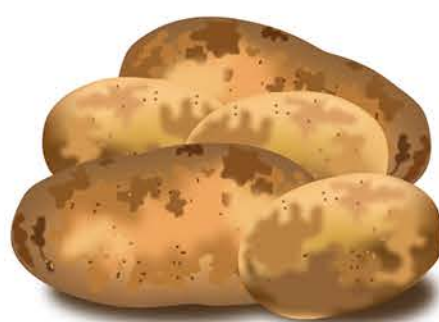
Fresh fish



Lemon leaf tea



Pawpaw



Potatoes



Milk



Watermelon otaí



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Watercress



Butter



Yoghurt



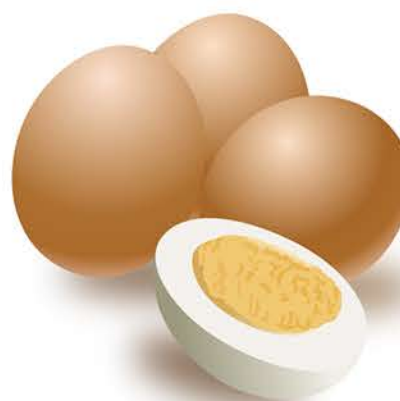
Coconut water



Bele



Sugar cane



Egg



Water



Taro leaves



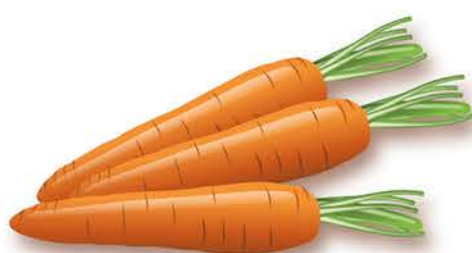
Noodles



Dried beans



Water with lime



Carrot



Taro



Beef



Pineapple skin juice



# PACIFIC NUTRITION BINGO



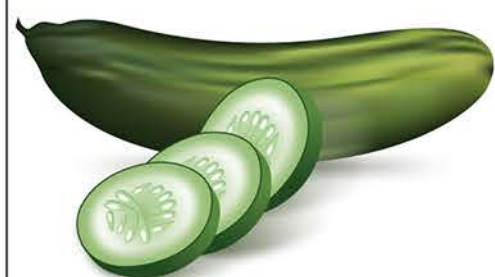
Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

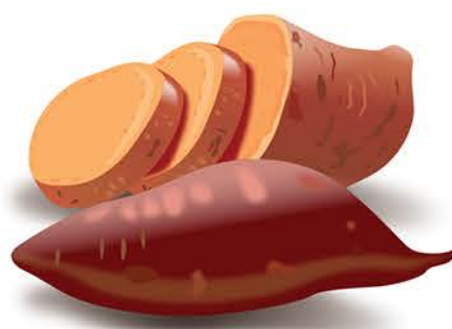
## Energy Foods

## Body Building Foods

## Beverages



Cucumber



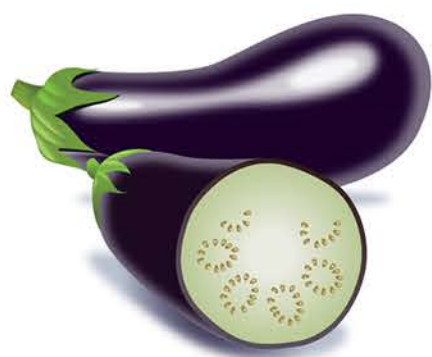
Sweet potato



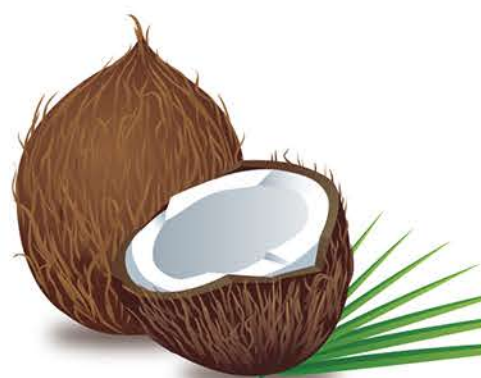
Lamb



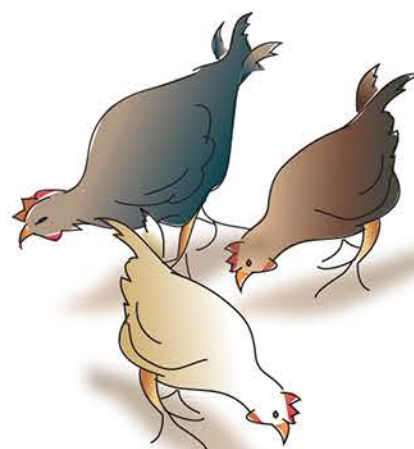
Lemon leaf tea



Eggplant



Coconut



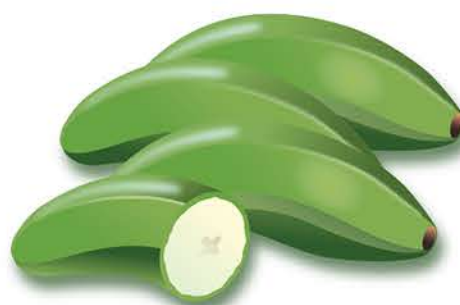
Chicken



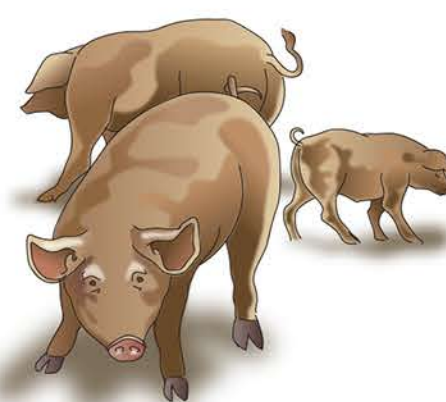
Watermelon otaï



Pandanus fruit



Green banana



Pork



Coconut water



Okra



Rice



Nuts



Water



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Pineapple



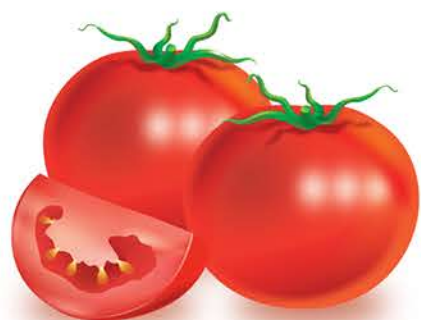
Bread



Cheese



Water with lime



Tomato



Crackers



Seafood



Pineapple skin juice



Mango



Oil



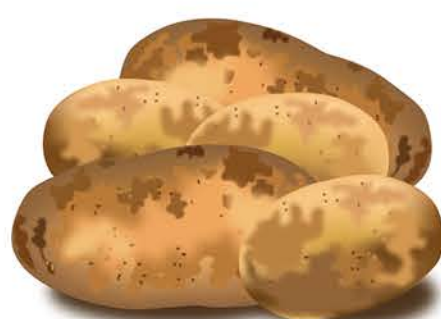
Tofu



Lemon leaf tea



Pumpkin



Potatoes



Tinned tuna



Watermelon otai



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

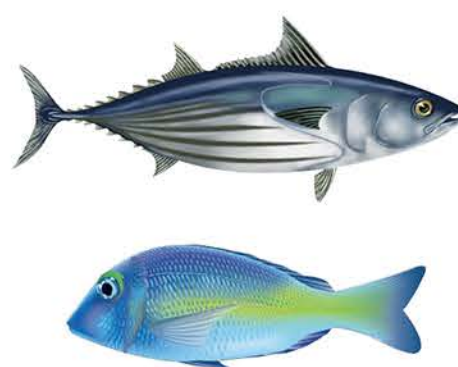
## Beverages



Fresh seaweed



Butter



Fresh fish



Coconut water



Ripe banana



Sugar cane



Milk



Water



Chinese cabbage



Noodles



Yoghurt



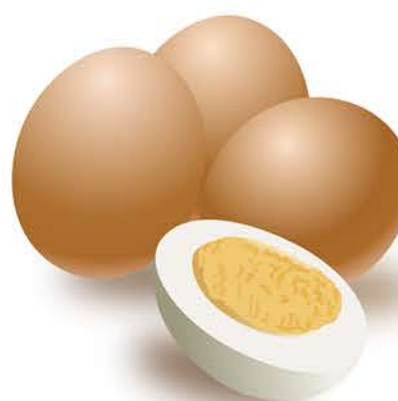
Water with lime



Bok choy



Taro



Egg



Pineapple skin juice



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Green beans



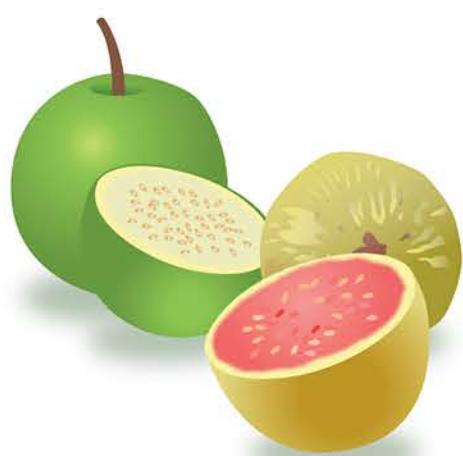
Cassava



Dried beans



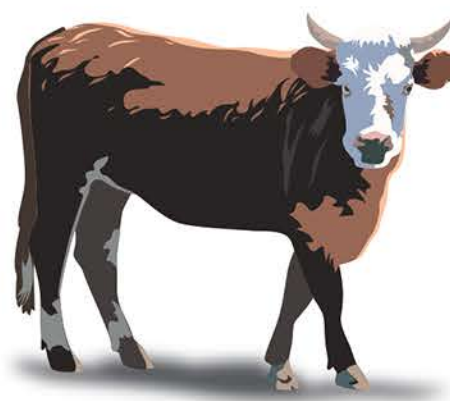
Lemon leaf tea



Guava



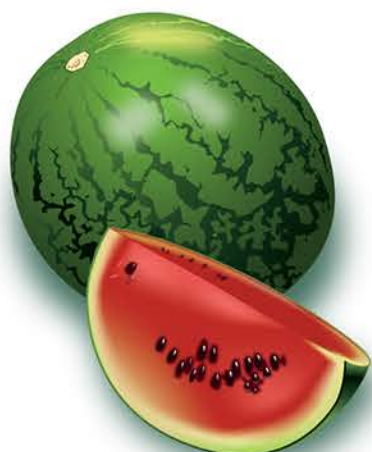
Breadfruit



Beef



Watermelon otai



Watermelon



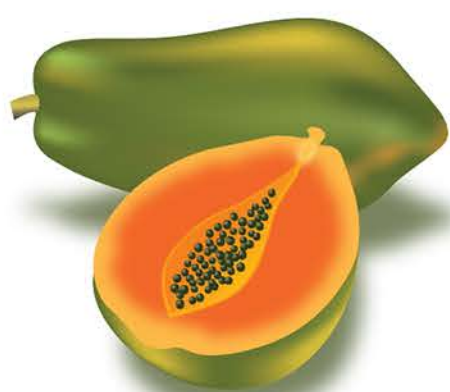
Yam



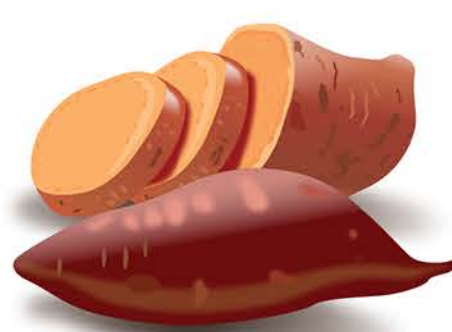
Lamb



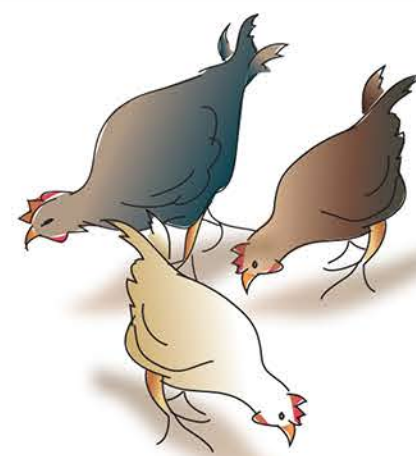
Coconut water



Pawpaw



Sweet potato



Chicken



Water



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

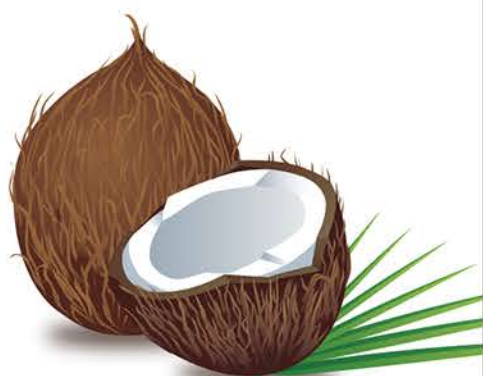
## Energy Foods

## Body Building Foods

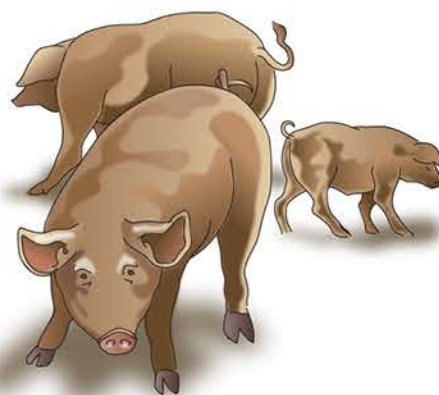
## Beverages



Watercress



Coconut



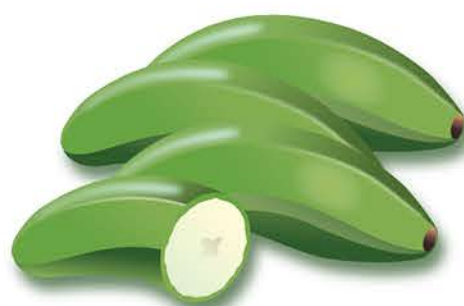
Pork



Water with lime



Bele



Green banana



Nuts



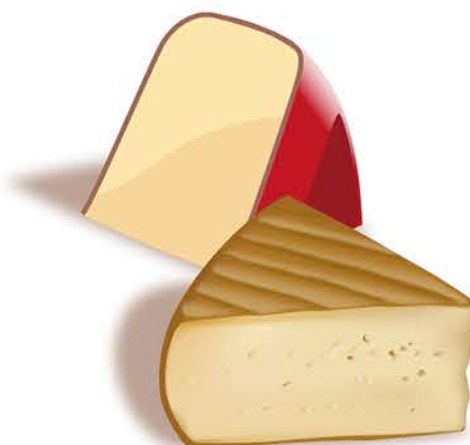
Pineapple skin juice



Taro leaves



Rice



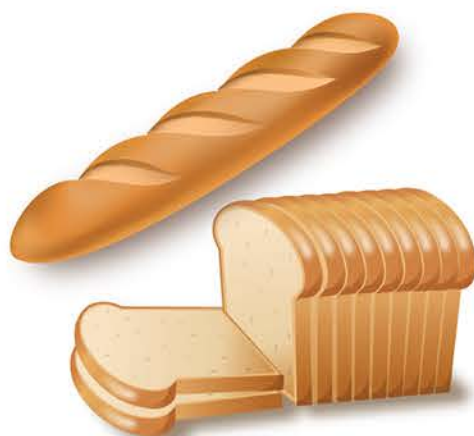
Cheese



Lemon leaf tea



Carrot



Bread



Seafood



Watermelon otaï



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Cucumber



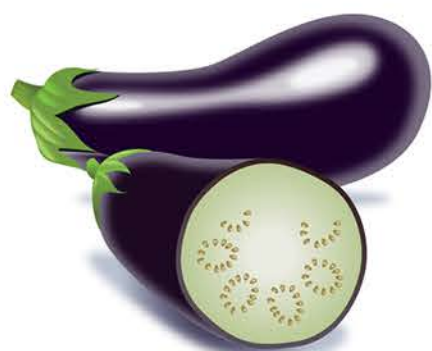
Crackers



Tofu



Coconut water



Eggplant



Oil



Tinned tuna



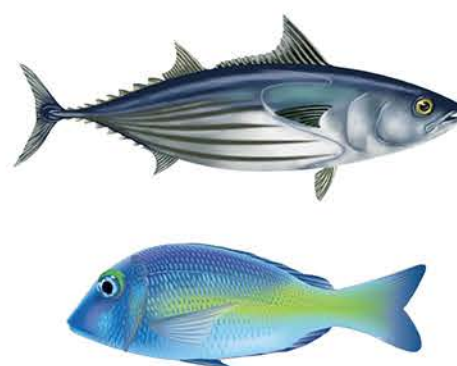
Water



Pandanus fruit



Potatoes



Fresh fish



Water with lime



Okra



Butter



Milk



Pineapple skin juice



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Pineapple



Sugar cane



Yoghurt



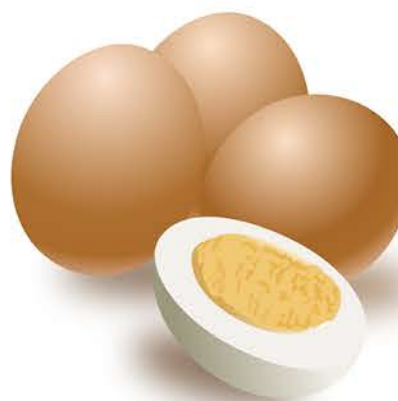
Lemon leaf tea



Tomato



Noodles



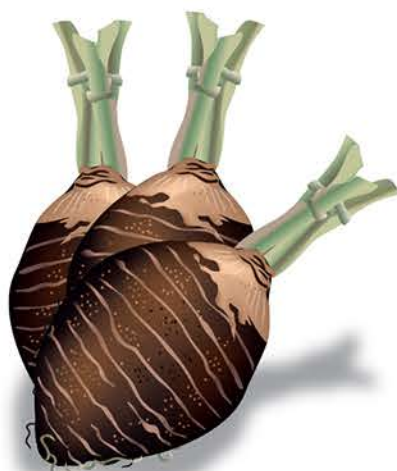
Egg



Watermelon otaï



Mango



Taro



Dried beans



Coconut water



Pumpkin



Cassava



Beef



Water



# PACIFIC NUTRITION BINGO



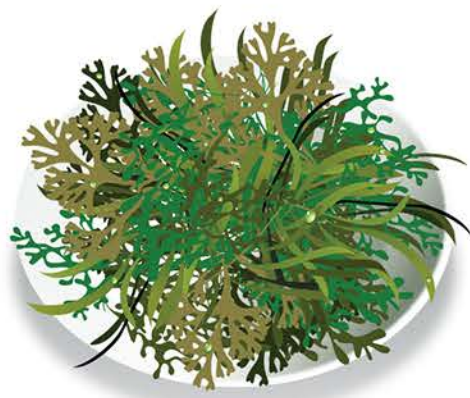
Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Fresh seaweed



Breadfruit



Lamb



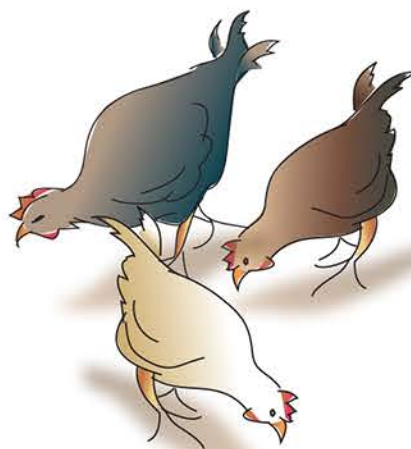
Water



Ripe banana



Yam



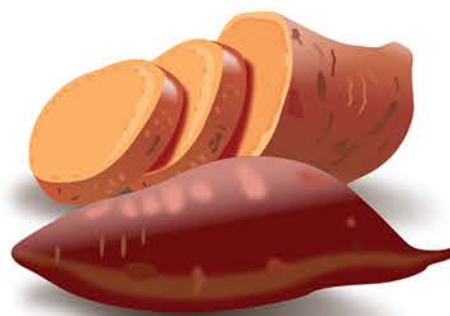
Chicken



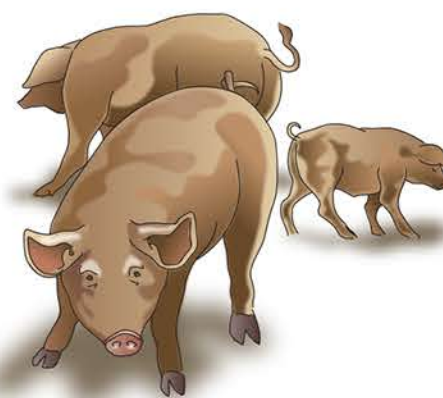
Water with lime



Chinese cabbage



Sweet potato



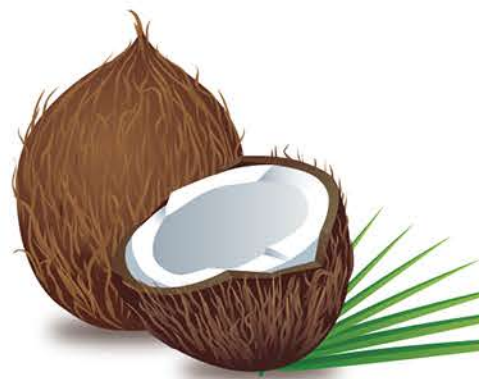
Pork



Pineapple skin juice



Bok choy



Coconut



Nuts



Lemon leaf tea



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

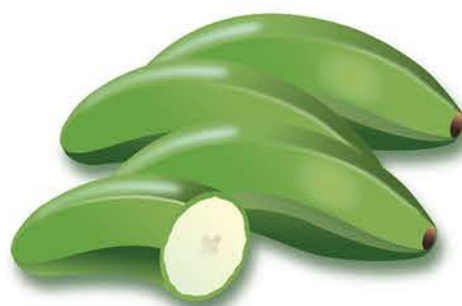
## Energy Foods

## Body Building Foods

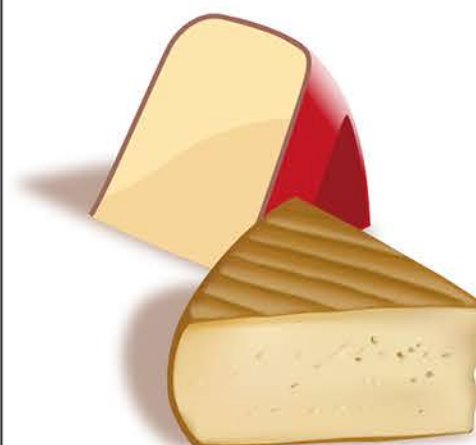
## Beverages



Green beans



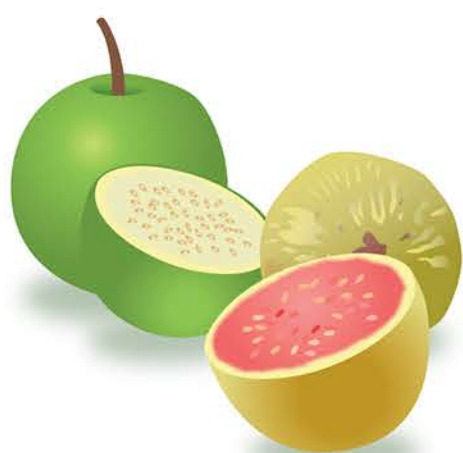
Green banana



Cheese



Watermelon otai



Guava



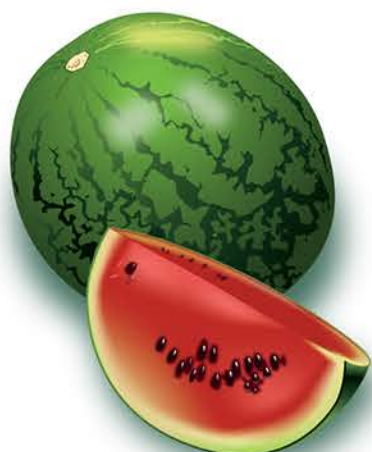
Rice



Seafood



Coconut water



Watermelon



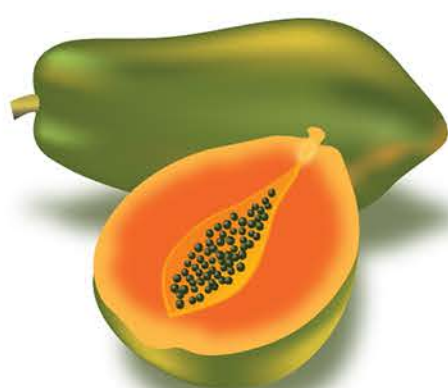
Bread



Tofu



Water



Pawpaw



Crackers



Tinned tuna



Water with lime



# PACIFIC NUTRITION BINGO



Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

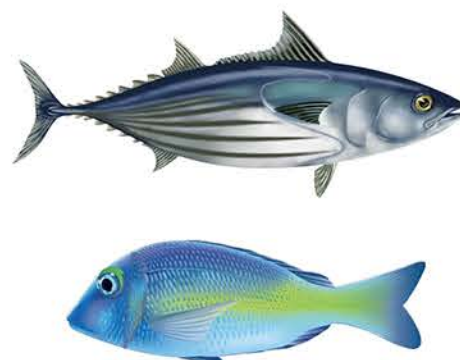
## Beverages



Watercress



Oil



Fresh fish



Pineapple skin juice



Bele



Potatoes



Milk



Lemon leaf tea



Taro leaves



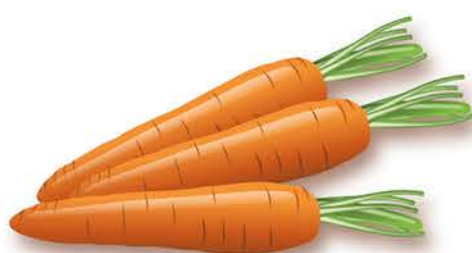
Butter



Yoghurt



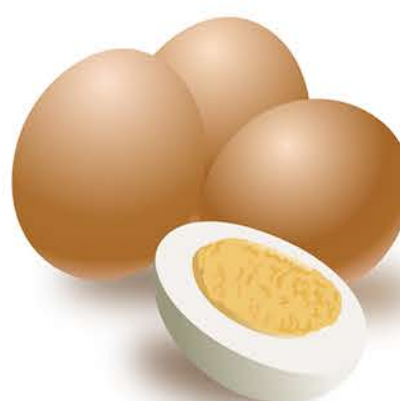
Watermelon ota



Carrot



Sugar cane



Egg



Coconut water



# PACIFIC NUTRITION BINGO



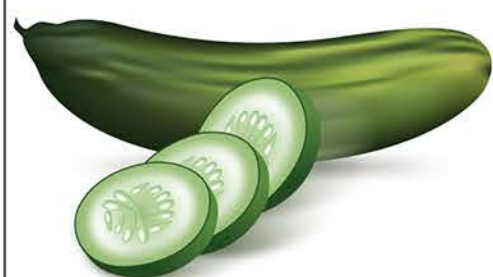
Pacific  
Community  
Communauté  
du Pacifique

## Protective Foods

## Energy Foods

## Body Building Foods

## Beverages



Cucumber



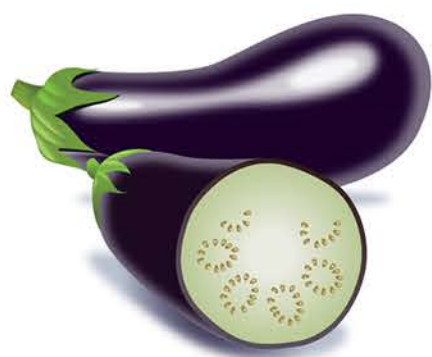
Noodles



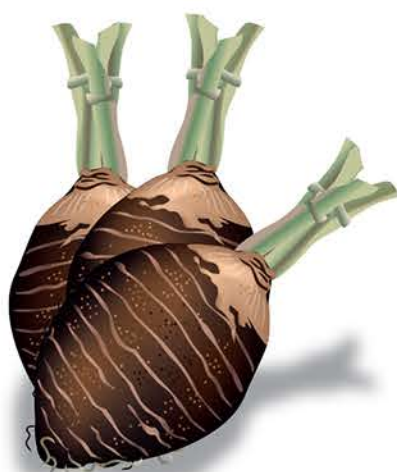
Dried beans



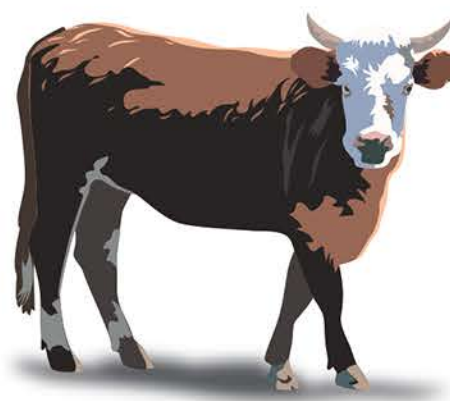
Water



Eggplant



Taro



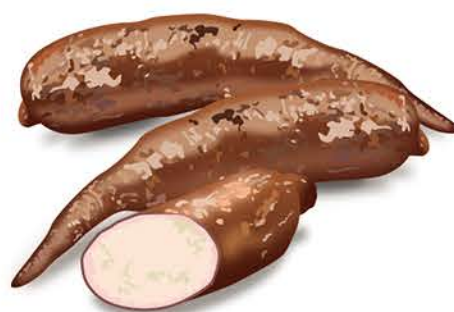
Beef



Water with lime



Pandanus fruit



Cassava



Lamb



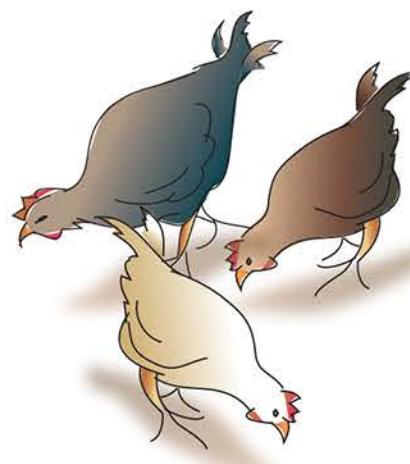
Pineapple skin juice



Okra



Breadfruit



Chicken



Lemon leaf tea