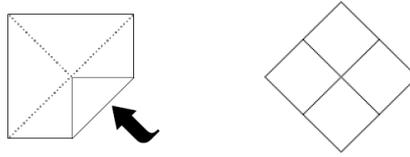
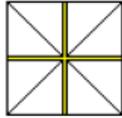


	<p>1 Name some glutamate rich vegetables we commonly eat</p>	<p>8 MSG was originally extracted and crystallized from...?</p>	
<p>2 What amino acid provides umami flavor?</p>	<p>1 pt for each correct answer Corn, potatoes, broccoli, green peas, tomatoes, mushrooms, napa cabbage</p>	<p>7 What does MSG stand for?</p>	<p>2 pts for correct answer Monosodium Glutamate combines sodium and glutamate, producing a food ingredient known as MSG. 2 pts for correct answer</p>
<p>3 What is the production method to make MSG?</p>	<p>2 pts for correct answer Glutamic acid or glutamate</p>	<p>6 Name some fermented foods that we eat</p>	<p>1 pt for each correct answer Cultured milk and yoghurt, wine, sourdough bread, beer, cider, tempeh, miso, tofu, olives, pickles, kefir, kombucha, sauerkraut, correct answer. 2 pts for MSG</p>
	<p>4 What are the five basic taste senses?</p>	<p>5 Name some countries whose food agencies affirm MSG safety</p>	

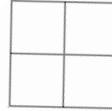
Step One- Fold all four corners to the center of the page so food illustrations meet in the middle meet in the middle
It should look like this:



Step Two- Flip the folded paper over so the folded sides are face down. Fold each corner again to meet in the center
It should look like this:



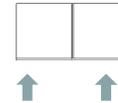
Step Three- Flip back over.
It should look like this with a food illustration on each face:



Step Four- Fold the square in half to make a rectangle:

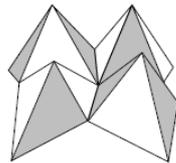


Step Five- With both hands, insert your thumbs and pointing fingers inside the four pockets:



Step Six- Pinch pointer and thumb together and push them towards the center and bringing the points together in the middle.

It should look like this:



To play: Move the flaps in and out and side to side while spelling out name of the other player (or yourself), stopping on the last letter of the name. Ask the player to pick out one of the four numbers. Ask the player the question associated with that number. Have the player guess the answer. Open up flap to reveal the answer. Keep playing and pile up your points.