



Cooking is like a ritual! You combine and mix things until your creation comes into being!

But which of your meals is the strongest? Find out with Meal Monsters!

The first ingredient you get from your cupboard or fridge will be your first Monster Core

Whenever you get another ingredient out of your cupboard or fridge, compare its expiry date with the current Monster Core's expiry date. Whichever ingredient expires furthest in the future, wins!

If the current Monster Core wins, it remains as the core. Remember the first letter of every ingredient it has defeated (or use alphabet fridge magnets!)

If the new ingredient's expiration date is further into the future then it becomes the new Monster Core! Remove the defeated core's letters and continue to cook, putting each new ingredient against the currently reigning Monster Core.

Once you've finished cooking, you'll have a victorious Monster Core and a selection of letters (one for each ingredient the core defeated). This string of letters is your Monster's (utterly nonsensical) name!

The longer the name, the stronger the Monster!

Now consume your monster (or share the name on social media with #mealmonsters).