

# WHAT

# FOOD

For  
Grades  
2-5

# AM

# I?

# A Nutrition Game

## Suggestions for Playing the Game:

1. Divide kids into small teams of 3-4.
2. Read clues one sentence at a time, pausing to see if kids can guess each food with a minimum number of clues.
3. Consider awarding points to teams for correct answers.
4. Enjoy a snack with this game. Combine sliced carrots or bell pepper, cheese cubes, grapes and pretzels for an easy snack with minimal mess!
5. Have fun!

### AVOCADO

I have a tough, dark brown or green skin, a hard pit and a creamy, green inside. I'm very healthy to eat because I have lots of vitamin E, potassium, and good fat. Sometimes I'm served squashed up and people dip chips into me for a snack.

**What am I?**

### BELL PEPPER

I grow in a rainbow of colors - green, orange, red and yellow. I have cousins who are very spicy, but I have a mild, sweet flavor. I'm common in stir-fry, fajitas, soups and salads, but I also taste good if you eat me as crunchy slices.

**What am I?**

### BLACK BEANS

I am small, shiny and black and I'm a great source of protein and fiber. I can be stuffed into a burrito, tossed into a salad, or eaten plain with a little cheese sprinkled on me.

**What am I?**

### BREAD

I smell wonderfully good when I'm freshly baked. I'm an everyday food made from flour, salt and water. I sometimes have seeds, nuts, or herbs baked into me. You might have a slice of me for toast or a sandwich.

**What am I?**

### BROCCOLI

I look like a tiny, green tree and I'm an excellent source of vitamins and fiber. I'm related to my brother, the cauliflower, and I am an excellent snack if you dip me in some ranch dressing.

**What am I?**

### CARROTS

I am a popular snack food and I'm perfect for dipping. I grow underground and am pulled out when I'm ready to be eaten. I'm very crunchy and rabbits love to nibble on me.

**What am I?**

### CELERY

I am a green stalk that makes a loud crunchy noise when you bite down into me. I'm high in fiber and low in calories, which makes me a healthy snack option. Lots of people like to smear peanut butter on me.

**What am I?**

### CHEDDAR CHEESE

I can be many different shades of orange, from brightly colored to almost white. I can be mild or sharp tasting. I'm made from milk, which makes me a good source of calcium and I melt nicely between two pieces of bread.

**What am I?**

### CHERRY

I am a summer fruit that grows on a tree and has a sweet flavor. I can be red, yellow or even black. I am somewhat hard to eat because of the pit in my middle. I make a great pie and look nice on top of a yogurt parfait or ice cream sundae.

**What am I?**

### CHICKEN

I am a good source of protein. The lighter my color, the healthier I am. I can be grilled, baked, fried or even tossed into a salad. You might recognize me in "strips." I am raised on a farm before I come to your kitchen.

**What am I?**

### CHICKEN NOODLE SOUP

I am a popular comfort food when you're sick. I am best eaten warm out of a bowl using a spoon. You can make me at home using broth, noodles, chicken and vegetables or find me ready to heat-and-eat at the grocery store.

**What am I?**

### CHILI

I am a spicy, chunky stew made from meat, beans and tomatoes. I taste great topped with grated cheddar cheese and sour cream with a slice of cornbread on the side, especially on a cold, winter day.

**What am I?**

### CHOCOLATE MILK

I am a flavored beverage that is very popular during school lunch. I am sweeter than my unflavored cousin, but we both come from cows. I am an excellent source of calcium and vitamin D.

**What am I?**

### CORN

I am a vegetable that grows on tall stalks throughout the United States. My ears are a popular food at summer barbeques, but I can also be used to make cereal, tortillas, and syrups to make foods taste sweet.

**What am I?**

### COTTAGE CHEESE

I'm a kind of cheese. I'm white and lumpy and most people eat me using a spoon. I taste good mixed with peaches for breakfast, or you can eat me for a high-protein snack.

**What am I?**

### CREAM CHEESE

I taste slightly tangy and am white colored. Sometimes flavorings like fruits or herbs are added to me. People spread me on bagels and crackers. I am also an important ingredient in cheesecake.

**What am I?**

### CUCUMBER

I am a long, green vegetable. I have an almost watery taste and crunch when you bite into me. I'm common in salads and on sandwiches. I can also be made into pickles. **What am I?**

### EGG

Scramble me, boil me, fry me or bake me, I can be eaten lots of different ways. I taste good on my own, but I am also an important ingredient in cookies, pancakes and muffins. **What am I?**

### GRANOLA

I am made mostly of oats, nuts and dried fruit. I'm delicious eaten with yogurt or milk. I'm very high in fiber, but I can also be high in calories. Sometimes I am shaped into bars, which makes me an easy snack on the go. **What am I?**

### GRAPES

I'm a small, round and juicy fruit that grows in clusters on vines. I can be eaten fresh, or used to make jelly and juice. I come in many shades of green and purple. **What am I?**

### HAMBURGER

I come from a cow. I am delicious when barbequed with a slice of cheese on top and placed between two buns. To make me even healthier, pile some lettuce, tomato and onions on me, too! **What am I?**

### KIWI

I have a fuzzy brown outside that wouldn't taste very good to eat. My green insides are nice and juicy, with little black seeds. I'm oval-shaped and I make a great snack or you can slice me up and put me in a fruit salad. **What am I?**

### MILK

I am a healthy beverage that is high in calcium. I taste best when I'm very cold. People like to pour me over cereal. When you have dinner with your family, make sure to have me on the table, too. If you drink me, I'll give you strong bones. **What am I?**

### MUSHROOM

I have a cap on my head and I grow above the ground in moist soil. When sliced, I make a great pizza topping and taste good in green salad. I can be poisonous, so don't ever eat me unless an adult says it's okay. **What am I?**

### NUTS

I make a quick and easy high-protein snack all by myself. I can also be added to other foods to make trail mix, granola or cookies. Besides protein, I'm rich in good fats, fiber and vitamin E. **What am I?**

### OATMEAL

On a cold day, I'm a terrific breakfast food. I can either be instant or homemade and I taste best when mixed with a little milk and brown sugar. Some people also like to eat me with fruit. **What am I?**

### OLIVES

Although I am really a fruit, I am not sweet and am never eaten right off the tree. I am often made into oil, and then people dip bread into me or pour me over salads. You'll find me on pizza, too! I can be green or black. **What am I?**

### ONION

I have the power to make cooks cry! You can't eat my outside because it is a paper-like peel. My inside is multi-layered and can be cut to make rings. My flavor can be sharp, spicy or sweet depending on my variety. **What am I?**

### PANCAKES

I am prepared from batter and cooked on a hot griddle until I am golden brown. I'm usually eaten at breakfast and topped with maple syrup, butter, jam or fruit. **What am I?**

### PEANUT BUTTER

I'm one-half of a classic sandwich that everyone loves to eat. If you eat me, I may get stuck in your teeth until you take a drink of cold milk to wash me down. I'm made from a type of nut and you can mix me with jam, jelly or honey. **What am I?**

### PRETZELS

My shape makes me a unique member of the grain group. You'll find me in the shape of a three looped knot or twisted braid. I can be soft or hard and am sometimes coated in salt, chocolate or yogurt. **What am I?**

### RAISINS

I am the dried version of a popular fruit. You might see me baked into bread or added to cereal, but I'm also good alone as an easy snack. If you've ever had "ants on the log" you'll know me. I am the "ants." **What am I?**

### SPAGHETTI

I am a family dinner from Italy. I'm usually topped with grated cheese and served with garlic bread. Sometimes I have meatballs on top. I am messy to eat and can be hard to get onto your fork. **What am I?**

### STRAWBERRY

I am a delicious, bite-sized, red summer fruit. I have tiny, yellow seeds all over my skin and a leafy green hat on my top that you have to take off before you can eat me. I grow in patches on a farm or in a backyard. **What am I?**

### STRING CHEESE

I am a popular milk group food. Lots of people take me in school lunches or eat me as an after-school snack. Although I taste great, half the fun is in eating me. Start at one end of me and peel. **What am I?**

### SWEET POTATO

I am especially popular during Thanksgiving. I grow underground, where I can get to be as long as a pencil. Inside my brown skin, I am usually orange in color. **What am I?**

### TORTILLA

I am a round, flat bread made from either corn or flour. I am an important ingredient in many Mexican meals, like a burrito. I can be rolled up, folded in half or cut in triangles to make chips. **What am I?**

### WAFFLE

I am a breakfast favorite cooked in a special iron that gives me a grid-like pattern. You can also find me in the grocery store ready to toast and eat. The square holes on my surface are perfect for maple syrup and butter to puddle. I also taste good topped with fresh fruit and whipped cream. **What am I?**

### WATERMELON

I am a summer fruit with a thick green rind and a juicy center. I grow on a vine. I'm easy to eat when I'm sliced, but be sure to spit out my black seeds. My center is usually red, but sometimes orange, yellow or pink. **What am I?**

### YOGURT

I'm a popular, cultured dairy product. I am rich in calcium and come in lots of different flavors. You usually eat me with a spoon, but sometimes I'm "drinkable" or "squeezeable." **What am I?**