

## Who Am I?

### **Nutrition Lesson(s) Supported:**

- My Pyramid
- Balanced Plates

### **Length of Time to Complete:**

5 to 15 minutes depending on how many foods you use.

### **Audience (grades):** 3-5

### **Process:**

The object is to identify the food based on the clues given. Divide the group into two teams. Give the clues one at a time. After each clue the first team to raise their hand can make the first guess of what the food is or what food group it belongs to. After identifying both the food and the food group move onto the next set of clues. See which team can correctly identify the most foods and food groups.

### **Clues:**

Banana – Fruit Food Group

- I grow on a tree.
- I am usually eaten raw.
- I am a good source of potassium so I help keep your heart and muscles healthy.
- I am great sliced and put in cereal.
- Sometimes I'm served in a peanut butter sandwich.
- Monkeys like me too!

Cheese – Dairy/Calcium Rich Food Group

- I am usually white, yellow, or orange.
- I am a good source of protein so I help build strong muscles and repair body tissues.
- I am a good source of calcium so I help build strong bones and teeth.
- One serving of me is one oz or about the size of 2 dominos
- Many people eat me with crackers.
- I am melted to hold together a quesadilla

Egg – Meat and Bean Food Group

- I am bigger than a golf ball, but smaller than a baseball.
- I am a great source of protein so I help build strong muscles and repair body tissues.
- I am an ingredient in many baked goods.
- I am frequently served for breakfast.
- When cooked I have white and yellow parts.
- I can be scrambled, fried, poached

### Oats – Grains Food Group

- I am a good source of energy.
- I am a good source of fiber so I help promote a healthy digestive track.
- I come in many forms but most people think of the rolled version of me.
- Sometimes I'm mixed with other things, baked, and eaten as a snack called granola
- I am great for breakfast with milk, raisins, and some brown sugar.

### Broccoli – Vegetable Food Group

- I have a stalk and flowers.
- I am a good source of calcium so I build strong bones and teeth.
- I am also full of fiber so I promote good digestion.
- I am part of the cabbage family.
- Sometimes I'm called little trees.
- I am green.

### Beans – Meat and Beans Food Group

- I grow on a vine.
- I am a good source of protein so I help build strong muscles and repair body tissues.
- I am usually stored hard and dried in a bag or soft and cooked in a can.
- I am full of fiber so I help promote a healthy digestive track.
- I am frequently served with rice. When eaten with rice I form a complete protein.
- I come in many varieties.
- I produce gas!

### Orange – Fruit Food Group

- I grow on a tree.
- I am full of Vitamin C so I help strengthen the immune system which helps fight sickness and disease and keeps you healthy.
- I am turned into juice a lot, but I'm healthier when eaten whole.
- When eaten whole I am full of fiber which promotes a healthy digestive track.
- In the USA I am freshest in winter.
- When I'm cut into slices, sometimes kids pretend my rind is their teeth

### Tomatoes – Vegetable Food Group

- I am a good source of Vitamin C so I help strengthen the immune system and keep you healthy.
- I am a good source of antioxidants which protect your cells from damage.
- I am eaten raw or cooked. When cooked, I'm frequently turned into a sauce.
- I come in different sizes and colors.
- I make great sauces and salsas.
- I am a fruit but am frequently considered a veggie.

### Rice – Grain Food Group

- I am a good source of carbohydrates which provide energy.
- My brown version is full of fiber and vitamins.
- My white version is processed and some fiber and vitamins are stripped off.
- I am used in many countries as a main part of meals.
- I am great with meals with sauces such as creole, curry, or stir fry because I absorb the sauce.
- I grow in paddy fields.

### Celery – Vegetable Food Group

- I am full of fiber which helps promote a healthy digestive track.
- I am crunchy and a bit salty.
- My fiber is long and stringy.
- I am light green and grow as groups of stalks
- Ants on a Log is a fun snack featuring me.

### Almonds – Meat and Beans Food Group

- I am a good source of calcium so I help build strong bones and teeth.
- I am a good source of protein so I help build strong muscles and repair body tissues.
- I am a good source of healthy fats so I help protect your heart.
- I handful is a good serving size of me.
- I grow on a tree.
- I am sometimes turned into a butter or milk, but I am usually eaten raw.
- I am sometimes sliced and put in cereal.
- I am a nut.
- I am featured in a “Joy”ful candy.

### Corn – Grain Group

- I am a whole grain but some people think I am a vegetable.
- I can be yellow, white, or sometimes both.
- I come fresh from the fields in the summer.
- My husk must be peeled.
- Some people eat me off the cob.

### Chicken – Meat and Beans Food Group

- I help build strong muscles.
- I eat grain.
- I have feathers.
- I am a farm animal
- I live in a coop.