

FOOD CLUES

Time 15–20 Minutes

Objective

To get children to think about types of foods, where foods grow, colours of foods and how foods are eaten

Supplies

- Food Clues Handout (attached)
- 10 small pieces of paper for groups to write their answers on
- 1 pen per group

Location

Any location

Directions

- 1 Gather the group and have them sit in front of the presenter in groups of 3–5
- 2 Explain the following rules to the group:
 - a There are 5 clues for each food item
 - b The clues get more specific as they go on
 - c Thirty seconds will be given between each clue to discuss your answer as a group
 - d Your group can choose to guess after any clue BUT you can only guess once per food item. Remember the more clues that have been presented, the easier it is to guess!
 - e To guess, write down your answer and bring it to the presenter
- 3 Explain the scoring to the group:
 - a 0 points if you guess wrong
 - b 1 point if guess after clue 5
 - c 2 points if guess after clue 4
 - d 3 points if guess after clue 3
 - e 4 points if guess after clue 2
 - f 5 points if guess after clue 1
- 4 Start playing! Look at each guess as they come in. Keep track of each group's score on a piece of paper or on a whiteboard.
- 5 The team with the most points at the end wins!

Onion

Clues

- 1 I am a vegetable
- 2 I grow under the ground
- 3 I can be yellow, white, purple or green
- 4 You can peel me back layer by layer
- 5 I come in many varieties such as sweet, green, red, white and Spanish

Chickpea

Clues

- 1 I am in the legume family
- 2 I grow above ground
- 3 I can be bought in a can or dried in a bag
- 4 I am round and beige in colour
- 5 I am used to make hummus

Basil

Clues

- 1 I am a herb
- 2 I grow above ground
- 3 I am green and have rounded leaves
- 4 I am often used fresh and added at the very end of the recipe
- 5 I can be used to make pesto

Chocolate

Clues

- 1 My key ingredient grows in a tree
- 2 My key ingredient is a bean/ seed
- 3 I come in many varieties such as dark and milk
- 4 Some ways you can buy me include in chips and bars
- 5 I am a popular ice cream, cake and brownie flavour

Grape

Clues

- 1 I grow on a vine
- 2 I am a fruit
- 3 I come in many colours such as green and purple
- 4 I am round
- 5 Some like to eat me fresh while others like to eat me as jam/jelly

Peanuts

Clues

- 1 I am in the legume family
- 2 I grow underground
- 3 I am beige and come from inside a shell
- 4 Many people are allergic to me
- 5 I can be spread on bread or found in foods like trail mix

Hamburger

Clues

- 1 I am a food with lots of protein
- 2 I come from a cow
- 3 I am often barbequed or served at fast food restaurants
- 4 I am usually served on a bun
- 5 People love to put lots of toppings on me such as ketchup and mustard

Flour

Clues

- 1 I am often made from wheat but I can also be made from almonds, buckwheat, rice etc.
- 2 I am made in a mill
- 3 People do not eat me on my own
- 4 I am used to make lots of foods such as bread and desserts
- 5 I can be bought in many varieties such as all purpose, cake/pastry and self-rising

Bread

Clues

- 1 There is a whole aisle for me in the grocery store
- 2 Ingredients such as flour and water are used to make me
- 3 I come in many shapes and colours
- 4 I come in varieties such as white, whole grain, cinnamon raisin and sourdough
- 5 Many people enjoy me toasted

Cucumber

Clues

- 1 I grow on a vine
- 2 I am a vegetable
- 3 I am green and long
- 4 I come in varieties such as English and pickling
- 5 I am used to make pickles