

I Spy Nutrition Game Clue Sheet (for students) Grades 2-5



Directions: Read the following clues and circle the pictures on the I Spy Nutrition Game Picture Sheet that match the clues. There may be more than one answer.

I Spy....

1. a food from the dairy group that is good for my bones and teeth
2. a fruit that is red and is good for my heart
3. a food that some kids like to eat for breakfast
4. a veggie that is green and helps move food through my body
5. a food from the protein group that helps my muscles
6. a drink that is important for my body, especially on a hot summer day
7. a fruit that is blue and is good for my brain
8. a veggie that is orange and is good for my eyes
9. a food from the protein group that peanut butter is made from
10. a food from the dairy group that tastes good on pizza
11. a part of my body that is important to wash before I touch food
12. a guide that shows me how to eat healthy
13. the part of my body that eating green fruits and veggies will help
14. the number of food groups on MyPlate
15. the amount of fruits and veggies I should eat every day
16. the number of minutes of physical activity kids should have every day
17. an activity that I'll be able to do if I eat healthy foods
18. the part of my body that will beat strong if I eat red fruits and veggies
19. a place where fruits and veggies grow
20. the part of my body that eating orange and yellow fruits and veggies will help
21. a word that we use to describe healthy foods that we should eat every day
22. a word that we use to describe foods that are not the best for our bodies that we should eat only once in a while
23. a word that we use to describe foods that are not as healthy as go foods, but not as unhealthy as whoa foods
24. the part of my body that eating blue fruits and veggies will help
25. the part of my body that will get strong if I eat brown, tan and white fruits and veggies
26. the amount of MyPlate that should be filled with fruits and veggies
27. the word that describes the nutrient found in whole grains that helps move food through my body
28. a "whoa" drink that contains a lot of sugar and no vitamins and minerals
29. a "whoa" food that contains unhealthy fats and a lot of salt