

I Spy Nutrition Game

Clues and Answer Key for teachers

Grades 2-5



Directions: Instruct the students to 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 (yogurt, milk)
2. a fruit that is red and is good for my heart (watermelon, strawberry)
3. a food that some kids like to eat for breakfast (banana, cereal)
4. a veggie that is green and helps move food through my body (broccoli, spinach or leafy greens)
5. a food from the protein group that helps my muscles (fish)
6. a drink that is important for my body, especially on a hot summer day (water)
7. a fruit that is blue and is good for my brain (blueberries)
8. a veggie that is orange and is good for my eyes (carrot)
9. a food from the protein group that peanut butter is made from (peanuts)
10. a food from the dairy group that tastes good on pizza (cheese)
11. a part of my body that is important to wash before I touch food (hands)
12. a guide that shows me how to eat healthy (My Plate icon)
13. the part of my body that eating green fruits and veggies will help (stomach)
14. the number of food groups on MyPlate (5)
15. the amount of fruits and veggies I should eat every day (2 cups + 2 cups)
16. the number of minutes of physical activity kids should have every day (60)
17. an activity that I'll be able to do if I eat healthy foods (girl jumping)
18. the part of my body that will beat strong if I eat red fruits and veggies (heart)
19. a place where fruits and veggies grow (garden picture)
20. the part of my body that eating orange and yellow fruits and veggies will help (eyes)
21. a word that we use to describe healthy foods that we should eat every day (go)
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 (whoa)
23. a word that we use to describe foods that are not as healthy as go foods, but not as unhealthy as whoa foods (slow)
24. the part of my body that eating purple and blue fruits and veggies will help (brain)
25. the part of my body that will get strong if I eat brown, tan and white fruits and veggies (muscles)
26. the amount of MyPlate that should be filled with fruits and veggies (one half)
27. the word that describes the nutrient found in whole grains that helps move food through my body (fiber)
28. a "whoa" drink that contains a lot of sugar and no vitamins and minerals (soda)
29. a "whoa" food that contains unhealthy fats and a lot of salt (French fries)