

# Kitchen Scavenger Hunt



## Hey kids! Have you ever been on a scavenger hunt?

A scavenger hunt is a game in which you get to go and find items based on a specific description. Today's scavenger hunt theme is nutritious and delicious food and kitchen equipment! Did you know that a balanced diet filled with fresh fruits and vegetables, whole-grains, lean protein, and low-fat dairy will help you grow up to be strong so you can learn and play? Be sure to get permission from your parent or guardian before you begin the search.

**Bonus activity:** when you are done with the scavenger hunt, make a snack with your family.

### Bon Appétit!

 <b>Find a green vegetable.</b> WHAT DID YOU FIND?	<b>Find a smooth fruit.</b> WHAT DID YOU FIND?	<b>Find a measuring utensil.</b> WHAT DID YOU FIND?	<b>Find a whole-grain food item.</b> WHAT DID YOU FIND?
 <b>Find a crunchy food item.</b> WHAT DID YOU FIND?	<b>Find a stirring utensil.</b> WHAT DID YOU FIND?	 <b>Find your favorite vegetable or fruit.</b> WHAT DID YOU FIND?	<b>Find a frozen food item.</b> WHAT DID YOU FIND?
 <b>Find a dairy food item.</b> WHAT DID YOU FIND?	<b>Find a spice you use to season food.</b> WHAT DID YOU FIND?	 <b>Find a protein food item.</b> WHAT DID YOU FIND?	<b>Find a food item that is your favorite color.</b> WHAT DID YOU FIND?
			

