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"ICE BREAKERS"

Nutrition Education Paper-Pencil Games

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University of North Carolina
at Greensboro

CONTENTS

Game Number	Game Title
1	Food Categories by Color
2	Food Pyramid
3	Grow Your Own Wheat
4	The Key Nutrition Quiz
5	Know Your Nutrients
6	Food Pyramid's Quiz
7	Home's Nutrient
8	Score With The Basic Quiz
9	Games for Your Food
10	Table Setting Leads To Learning
11	Winning Ways to Good Nutrition
	Answer Sheets

Food and Nutrition Service
United States Department
of Agriculture
Washington, D.C. 20250
FNS-120

NUTRITION EDUCATION PAPER-PENCIL GAMES

Experience has shown that games can be effective teaching tools. The players learn while playing. Games arouse interest and motivation, and

create a fun-filled atmosphere while focusing attention on the facts to be learned.

These games have been prepared for use as "ice breakers" or "warm up pieces" at school food service training workshops, nutrition education classes, community health meetings, or for use by students. Time needed to play the games ranges from 5 to 15 minutes, depending on the nutrition knowledge and experience of the participants.

Please note that answers to the games are also included in the back of the packet.

The games were submitted by members of the Nutrition and Technical Services Division of the Food and Nutrition Service, both in Washington and the Regional Offices, by cooperating State Agencies and by other individuals. We are happy to share them with each of you, and we hope they add to your nutritional training programs.

CONTENTS

Game Number	Game Title
1	Food Categories Do Count
2	Fruit Flair
3	Grow Your Own Mixed Vegetables
4	The Key Nutrient Match
5	Know Your Nutrients
6	Menu Planner's Dream
7	Name a Nutrient
8	Score With The Basic Four
9	Scramble For Your Food
10	Table Setting Needn't Be Puzzling
11	Vitamin Road to Good Nutrition
	Answer Sheets

Programs of the U. S. Department of Agriculture are available to all eligible persons regardless of race, sex, color, creed, or national origin.

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1.—FOOD CATEGORIES DO COUNT

When the blanks below are filled in correctly, you spell out the food category representing the foods listed in each group.

__ISCUIT
__OLL
FR_NCH
R_ISIN
CORNBREA__

__IGS
BLUEBE__RIES
CANTALO__P

RA__SIN
S__RAWBERRY
PEAR__

HA__
V__AL
B__CON
S__EAK

PUD__ING
PI__
__PICECAKE
CHEE__ECAKE
IC__CREAM
PAST__Y
__URNOVER
__HORTCAKE

__ORNMEAL
RIC__
MACA__ONI
CRACK__RS
O__TMEAL
NOOD__ES
__PAGHETTI

2.—FRUIT FLAIR

Each of the scrambled words below is the name of a FRUIT. Fruits are rich in the vitamins and carbohydrates we need in our diet. Unscramble them to find your favorite fruits.

RHEYCR

AANBAN

ELMI

ERAPGURFTI

PAELP

PAIENPLEP

RPOTCIA

RPAE

NUREP

PEHAC

NMLOE

ENARIGTEN

RBEISRE

GERNAO

NKMPUIP

AOTNLEG

ULMP

ATNCOLUAP

3.—GROW YOUR OWN MIXED VEGETABLES (Part 1)

The words below appearing in capital letters are all names of VEGETABLES, spelled in a mixed-up manner. You must unscramble the letters to find the vegetable and then put the correctly spelled word into the puzzle on the next page.



17-Across

GARDEN TOOLS



22-Across



20-Down

MIXED VEGETABLES

ACROSS

1-NTUPIR

4-I M A L (with 11 down)

5-BACABEG

6-ONRC

7-Useless plant

10-MTOTOA

12-EBTE

14-QSASUH

15-NOINO

19-CSPNHIA

21-LEYCER

DOWN

2-E P A

3-Piece of ground used to grow vegetables

4-ETCUELT

5-ROCRTA

8-DSARHI

9-TSPOTAE O (More than one)

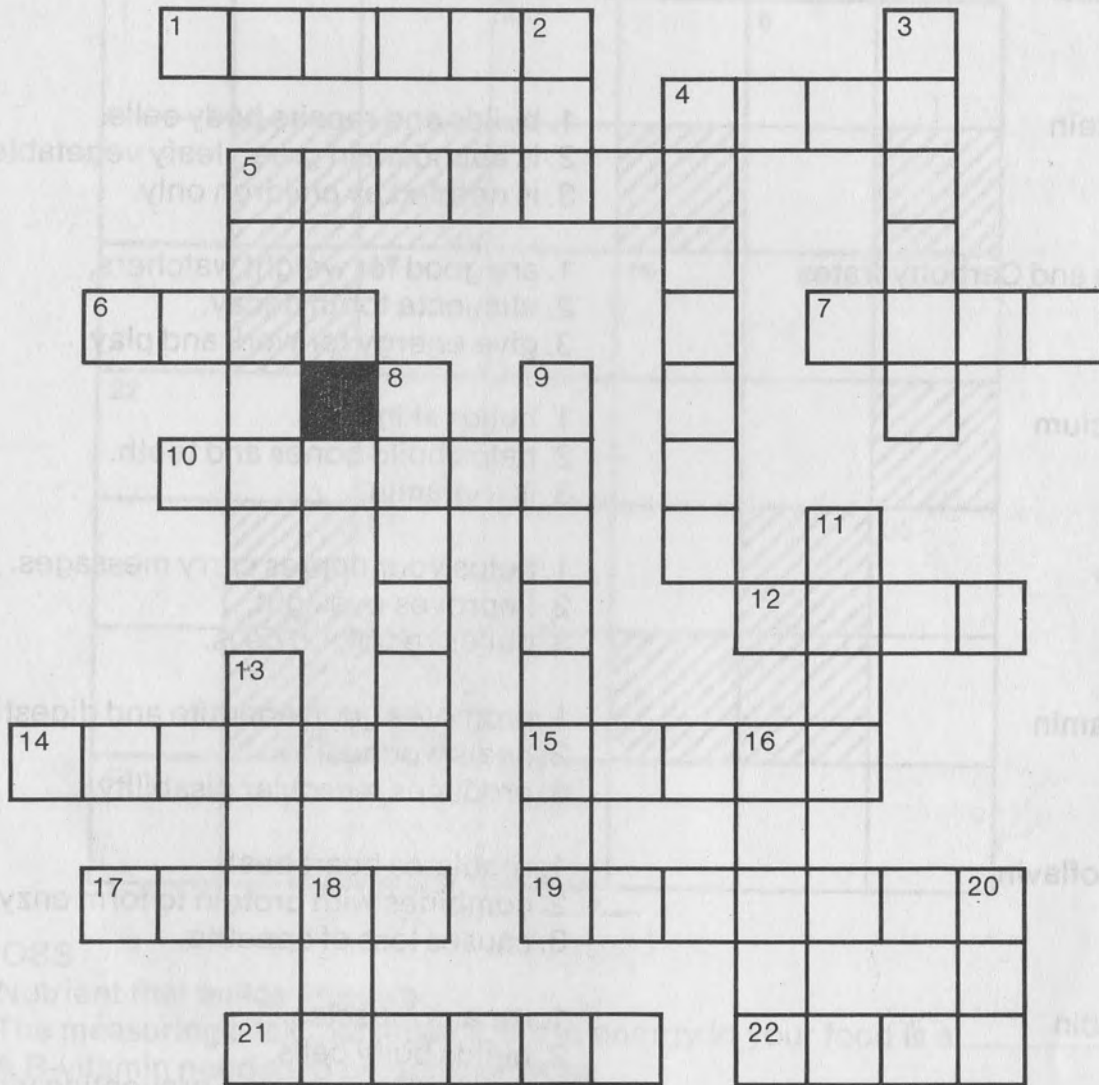
11-NABE

13-G A B A (Short for rutabaga)

16-Man to whom the garden belongs

18-Mother Rabbit

3.-GROW YOUR OWN MIXED VEGETABLES (Part 2)



4.— THE KEY NUTRIENT MATCH

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein

1. builds and repairs body cells.
2. is abundant in green leafy vegetables.
3. is needed by children only.

Fats and Carbohydrates

1. are good for weight watchers.
2. eliminate tooth decay.
3. give energy for work and play.

Calcium

1. builds skin cells.
2. helps build bones and teeth.
3. is a vitamin.

Iron

1. helps your nerves carry messages.
2. improves eyesight.
3. builds red blood cells.

Thiamin

1. promotes good appetite and digestion.
2. heals wounds.
3. produces muscular disability.

Riboflavin

1. regulates heart beat.
2. combines with protein to form enzymes.
3. causes loss of appetite.

Niacin

1. repairs muscles.
2. builds body cells.
3. is called the pellagra preventing vitamin.

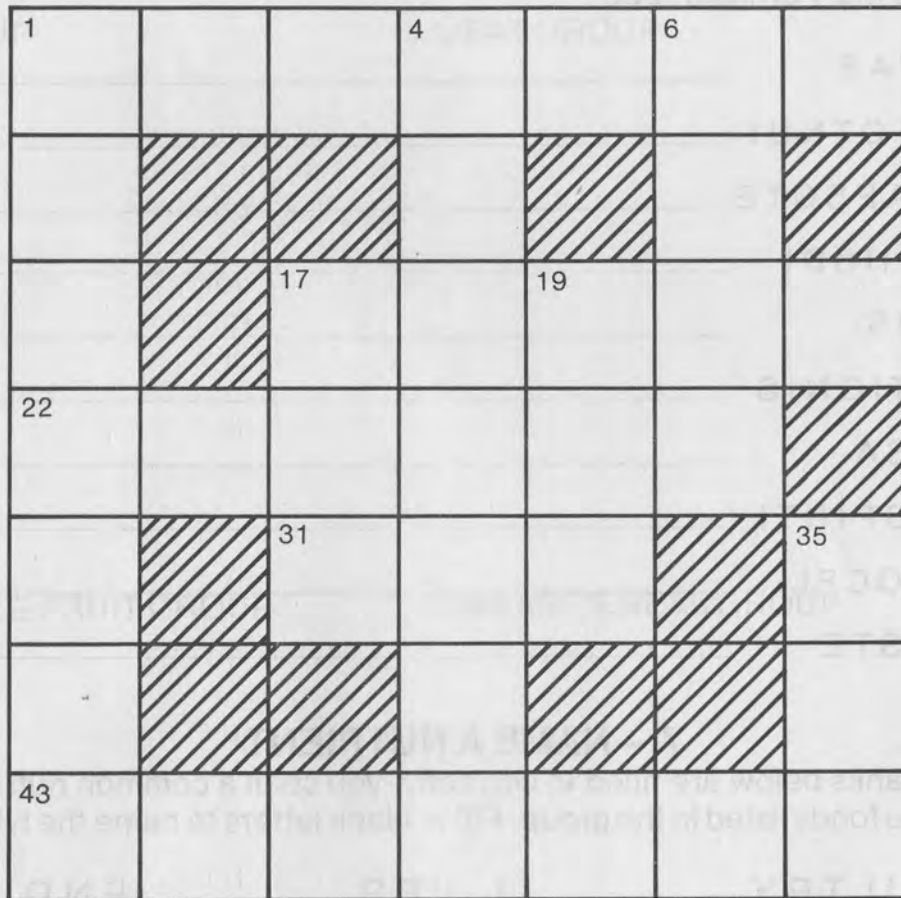
Vitamin C

1. helps hold body cells together.
2. makes your gums bleed.
3. promotes digestion.

Vitamin A

1. helps your muscles work.
2. helps you see in the dark.
3. helps blood to clot.

5. — KNOW YOUR NUTRIENTS



ACROSS

1. Nutrient that builds muscles.
17. The measuring stick that measures the energy in your food is a _____ ie.
22. A B-vitamin needed to prevent pellagra.
31. You can balance your diet if you follow _____ Basic Four.
43. Carbohydrates come from foods that are sugary and _____.

DOWN

1. A very good energy snack.
4. If you have trouble with your school work you should ask your _____.
6. You need this to build strong blood.
17. A balanced diet is more important for you than for your dog or your _____.
19. You need more energy to play baseball than you do to _____ down.
35. Vitamin C is one vitamin that you must have every _____.

6.—A MENU PLANNER'S DREAM

Mary enjoys planning meals weekly. In fact she dreams about menu planning nightly. Unscramble these words and name the menu planning principles of food classes Mary dreams about.

1. TRVIYAE _____
2. UIRSTOTNUI _____
3. LEVBAESGTE _____
4. INMA HSDI _____
5. RTIFUS _____
6. ASYFTIGNIS _____
7. LSDASA _____
8. ZPEAGPINTI _____
9. RUOLOCFL _____
10. SERDSTE _____

7.—NAME A NUTRIENT

When the blanks below are filled in correctly, you spell a common nutrient found in each of the foods listed in the group. Fill in blank letters to name the NUTRIENT.

__OULTRY L__VER ENDI__E
D__YBEANS COLLA__DS APR__COTS
H__TDOG M__LASSES CARRO__S
__URKEY BEA__S K__LE
B__EF PU__PKIN
F__SH GUA__A SP__NACH
TU__A TURN__PS PRU__ES
 __ANGERINE SQU__SH
 GR__PEFRUIT
 TO__ATO
 CAUL__FLOWER
 ORA__GE
 __ABBAGE

8.—SCORE WITH THE BASIC FOUR

Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in ____ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

VEGETABLE-FRUIT GROUP

BREAD-CEREAL GROUP

ACROSS

1. A _____ is placed in the center of the plate.
2. A _____ is placed at the top of the plate.
3. Space _____ are placed on each side of the plate and at least 1 inch apart.
4. The _____ is placed at the right of the plate. The sharp edge of the _____ is always turned toward the plate.
5. A _____ is placed just above the tip of the knife blade.
6. The _____ are placed at the right of the knife. Place knives, forks, and spoons in order in which they will be used, from the outside in toward the plate.

DOWN

1. The _____ may be placed to the left of the knife.
2. A _____ is placed at the left of the plate.
3. _____ are placed to the left of the plate and placed as high from the water as possible or place flat.

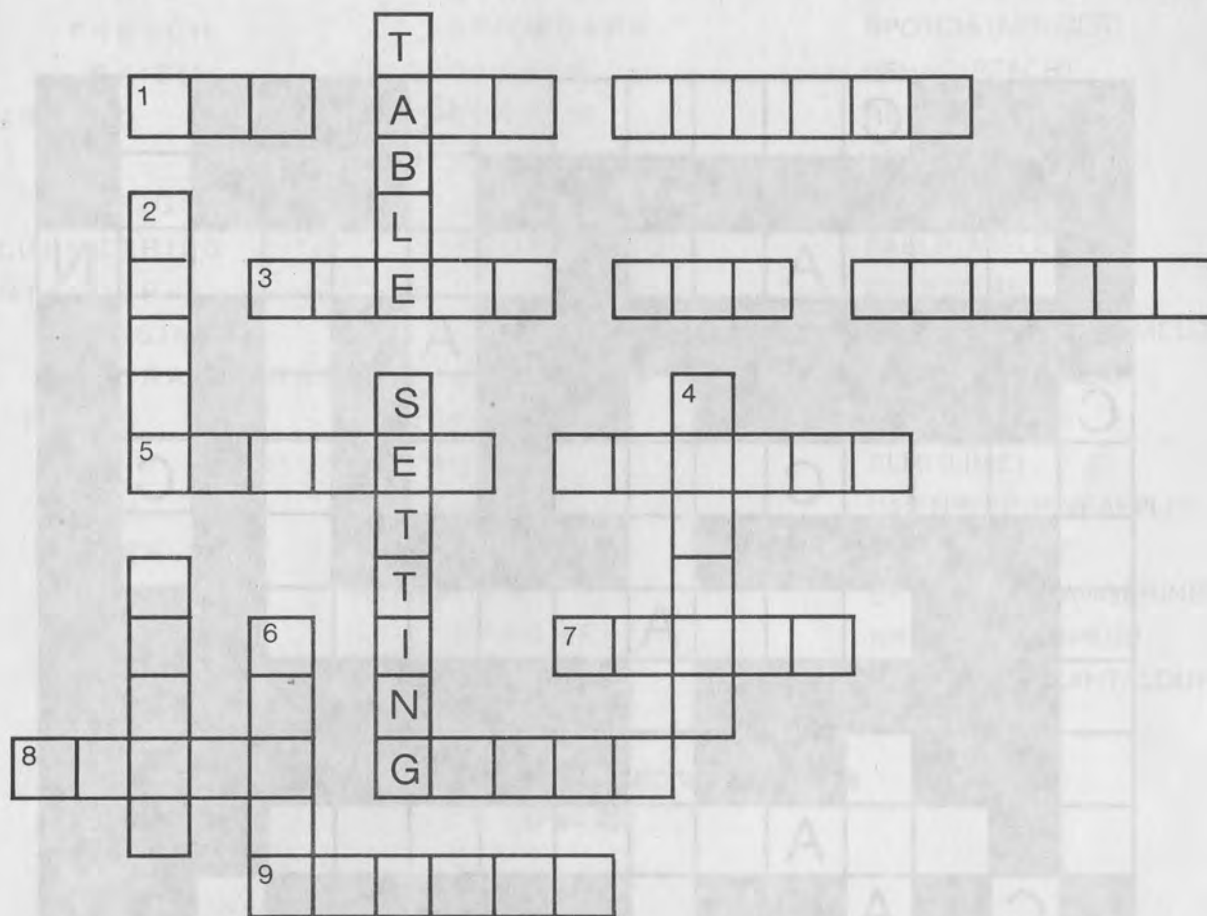
9.—SCRAMBLE FOR YOUR FOOD

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.

T	O	P	E	P	P	E	R
I	P	O	R	K	O	K	A
C	A	R	R	O	T	B	N
E	I	A	O	O	A	I	C
L	M	I	L	K	T	S	A
E	U	C	L	R	O	C	K
R	F	R	C	A	R	U	E
Y	F	E	A	S	P	I	E
A	I	A	B	E	E	T	C
P	N	M	B	E	A	N	Y
P	L	E	A	S	T	E	W
L	O	A	G	B	I	A	O
E	P	L	E	S	O	U	P

ANSWER SHEET

10.—TABLE SETTING NEEDN'T BE PUZZLING



ACROSS

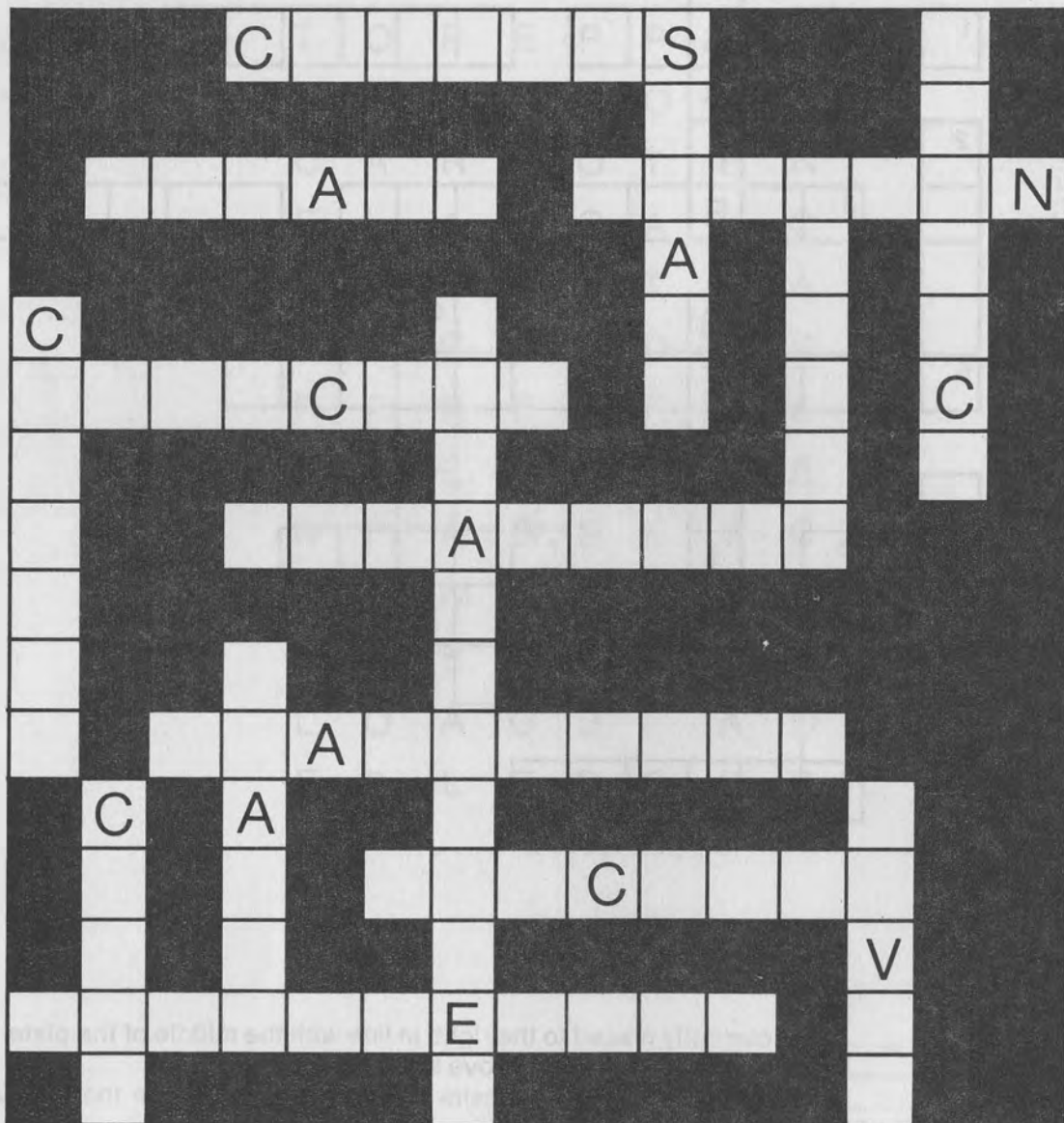
1. A _____ is correctly placed to the right, in line with the middle of the plate.
3. A _____ plate has its place just above the tip of the fork.
5. Space _____ evenly and directly opposite each other, 1 inch from the edge of the table and at least 18 inches apart.
7. The _____ is placed at the right of the plate. The sharp edge of the _____ is always turned toward the plate.
8. A _____ is placed just above the tip of the knife blade.
9. The _____ are placed at the right of the knife. Place knives, forks, and spoons in order in which they will be used, from the outside in toward the plate.

DOWN

2. The _____ may be placed to the left of the forks.
4. A _____ is placed at the left of the plate or on the plate.
6. _____ are placed to the left of the plate and placed an inch from the edge of the table or place mat.

11.— THE VITAMIN ROAD TO GOOD NUTRITION

Print the names of 16 good vitamin A or C foods in the boxes reading across and down in the crossword puzzle. The letters given make up part of the name.



ANSWER SHEET

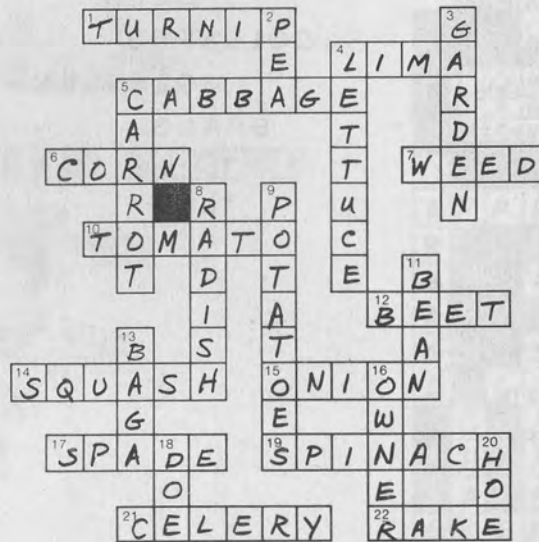
1.—FOOD CATEGORIES DO COUNT

BISCUIT	PUDDING
ROLL	PIE
FRENCH	SPICECAKE
RAISIN	CHEESECAKE
CORNBREAD	ICECREAM
	PASTRY
FIGS	TURNOVER
BLUEBERRIES	SHORTCAKE
CANTALOUPE	
RAISIN	
STRAWBERRY	CORNMEAL
PEARS	RICE
	MACARONI
HAM	CRACKERS
VEAL	OATMEAL
BACON	NOODLES
STEAK	SPAGHETTI

2.—FRUIT FLAIR

RHEYCR (CHERRY)
 ERAPGURFTI (GRAPEFRUIT)
 RPOTCIA (APRICOT)
 PEHAC (PEACH)
 RBEISRE (BERRIES)
 AOTNLEG (TANGELO)
 AANBAN (BANANA)
 PAELP (APPLE)
 RPAE (PEAR)
 NMLOE (LEMON OR MELON)
 GERNAO (ORANGE)
 ULMP (PLUM)
 ELM I (LIME)
 PAIENPLEP (PINEAPPLE)
 NUREP (PRUNE)
 ENARIGTEN (TANGERINE)
 NKMPUIP (PUMPKIN)
 ATNCOLUAP (CANTALOUPE)

3.—GROW YOUR OWN MIXED VEGETABLES (Part 2)



ANSWER SHEET

4.—THE KEY NUTRIENT MATCH

- Protein
1. builds and repairs body cells.
 2. is abundant in green leafy vegetables.
 3. is needed by children only.
- Fats and Carbohydrates
1. are good for weight watchers.
 2. eliminate tooth decay.
 3. give energy for work and play.
- Calcium
1. builds skin cells.
 2. helps build bones and teeth.
 3. is a vitamin.
- Iron
1. helps your nerves carry messages.
 2. improves eyesight.
 3. builds red blood cells.
- Thiamin
1. promotes good appetite and digestion.
 2. heals wounds.
 3. produces muscular disability.
- Riboflavin
1. regulates heart beat.
 2. combines with protein to form enzymes.
 3. causes loss of appetite.
- Niacin
1. repairs muscles.
 2. builds body cells.
 3. is called the pellagra preventing vitamin.
- Vitamin C
1. helps hold body cells together.
 2. makes your gums bleed.
 3. promotes digestion.
- Vitamin A
1. helps your muscles work.
 2. helps you see in the dark.
 3. helps blood to clot.

5.—KNOW YOUR NUTRIENTS

1	P	R	O	T	E	I	N
	E			E		R	
	A		17	C	A	L	O
22	N	I	A	C	I	N	
	U		31	T	H	E	35
	T			E			A
43	S	T	A	R	C	H	Y

7.—NAME A NUTRIENT

POULTRY	GUAVA
DRYBEANS	TURNIPS
HOTDOG	TANGERINE
TURKEY	GRAPEFRUIT
BEEF	TOMATO
FISH	CAULIFLOWER
TUNA	ORANGE
	CABBAGE

6.—A MENU PLANNER'S DREAM

- | | |
|---------------|------------|
| 1. TRVIYAE | VARIETY |
| 2. UIRSTOTNUI | NUTRITIOUS |
| 3. LEVBAESGTE | VEGETABLES |
| 4. INMA HSDI | MAIN DISH |
| 5. RTIFUS | FRUITS |
| 6. ASYFTIGNIS | SATISFYING |
| 7. LSDASA | SALADS |
| 8. ZPEAGPINTI | APPETIZING |
| 9. RUOLOCFL | COLORFUL |
| 10. SERDSTE | DESSERT |

- | | |
|----------|----------|
| LIVER | |
| COLLARDS | |
| MOLASSES | ENDIVE |
| BEANS | APRICOTS |
| | CARROTS |
| | KALE |
| | PUMPKIN |
| | SPINACH |
| | PRUNES |
| | SQUASH |

ANSWER SHEET

8.—SCORE WITH THE BASIC FOUR

MILK GROUP

Whole Milk
Evaporated Milk
Cheddar Cheese
Swiss Cheese
Buttermilk
Ice Cream
Dry Milk
Skim Milk
Cream Cheese
Blue Cheese
Ice Milk
Coffee Cream

BREAD-CEREAL GROUP

(Whole Grain or Enriched)

Biscuits
Boston Brown Bread
Cornbread
Muffins
Pancakes
Raisin Bread
Rolls
Rye Bread
Waffles
White Bread
Whole Wheat Bread

Crackers
Corn Grits
Hominy
Macaroni
Noodles
Oatmeal
Ready-to-eat Cereal
Rice
Rolled Oats
Rolled Wheat
Spaghetti

FRUIT-VEGETABLE GROUP

Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Corn
Cress
Eggplant
Green Pepper
Green Beans
Green Peas
Kale
Lettuce
Lima Beans
Mushrooms
Onions
Parsley
Potatoes
Pumpkin
Rutabaga
Sauerkraut
Spinach
Swiss Chard
Tomatoes
Sweetpotatoes
Tomato Juice
Turnip Greens
Turnips
Watercress
Wax Beans
Zucchini Squash

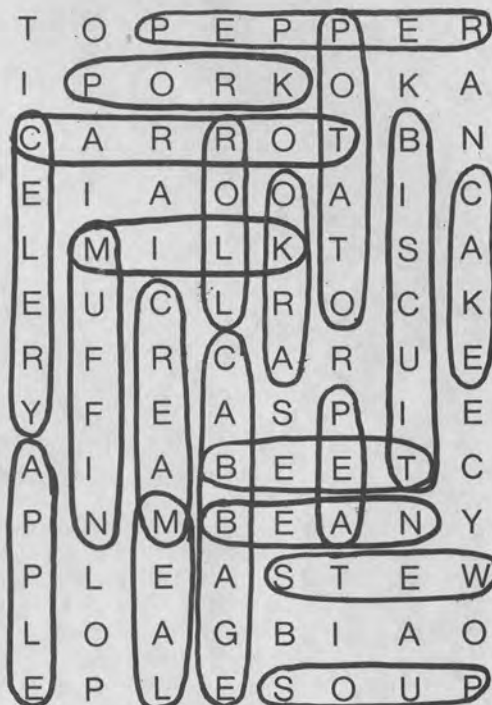
Apple

Apricots
Banana
Blueberries
Cantaloup
Cherries
Dates
Figs
Grapefruit
Grapefruit Juice
Grapes
Honeydew Melon
Lemons
Limes
Mangos
Nectarines
Orange Juice
Oranges
Papaya
Peaches
Pears
Persimmons
Pineapple
Plums
Prunes
Raisins
Raspberries
Rhubarb
Strawberries
Tangelo
Tangerines
Watermelon

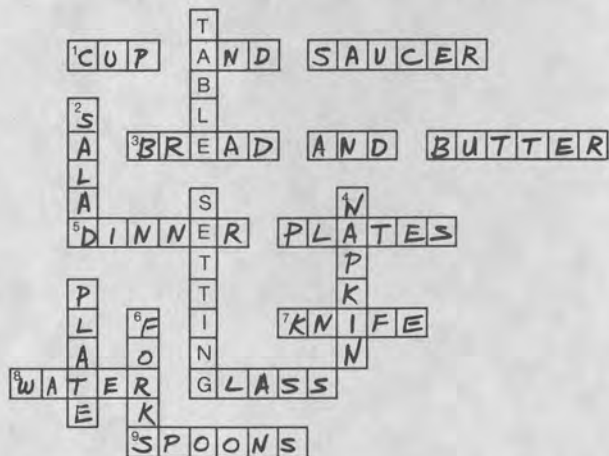
MEAT GROUP

Beef
Lamb
Pork
Veal
Fish
Chicken
Duck
Turkey
Ham
Liver
Frankfurter
Goose
Liverwurst
Dry Beans
Peanut Butter
Ground Beef
Stewing Lamb
Pork Chops
Veal Chops
Salmon
Tuna
Shrimp
Oysters
Kidney
Sausage
Salami
Bologna
Sardines
Dry Peas
Eggs

9.—SCRAMBLE FOR YOUR FOOD



10.—TABLE SETTING NEEDN'T BE PUZZLING



11.—THE VITAMIN ROAD TO GOOD NUTRITION



