

# Scavenger Hunt

## Objectives:

The purpose of this lesson is to provide a fun, active way of educating the children about the nutritional value of various types of foods, as well as the importance of balanced meals. Students will learn some basic information about these foods and then go on a scavenger hunt to try to find depictions of these foods that are hidden on the grounds of John Hope.

## Materials:

- Printouts of food items

## Preparation:

- Print and cut out the food items.

## Introduction:

Show the pictures of each food item that will be used in the scavenger hunt, while explaining the benefits that each food item has. It would be useful to give specific benefits for each food, even though some of the specifics might be over the heads of the children. The takeaway message here is that the foods are healthy.

## Proteins

- Chicken Breast
  - Good source of protein
  - Low in fat
  - High in B Vitamins
- Lentils
  - High in Fiber
  - Good for your heart
  - High in Iron

## Vegetables

- Broccoli
  - High in Antioxidants
  - Good source of Vitamin C
- Carrots
  - Good source of Vitamin A

- Good for your eyes
- Kale
  - Good source of vitamins A, C, & K
  - Full of Antioxidants
- Tomatoes
  - Full of Antioxidants
  - Support strong bones
- Avocados
  - Good for heart health
  - Helps prevent cancer

#### Starches

- Brown Rice
  - Good source of manganese
  - Rich in fiber
  - Can help lower cholesterol
- Potatoes
  - Good source of vitamin B6
  - Can lower blood pressure
- Quinoa
  - Good for the heart and lungs
  - A lot of protein for a grain

#### Activity:

##### Scavenger Hunt

1. Hide the slips of paper with the different types of foods in the area where the scavenger hunt will take place.
2. Break the children up into small groups that will each work together to collect a healthy meal's worth of food items (1 from the protein group, 1 from the starch group & 2 different vegetables).

#### Wrap-Up:

- Wait until every group has finished the hunt.
- Ask the students to describe some of the benefits of the "meal" they have created.

#### Sources:

- carrot: <http://www.edupics.com/coloring-page-carrot-dl12283.jpg>
- tomato:

<http://en.clipdealer.com/preview/image/000/716/973/previews/6--716973-Drawing%20of%20a%20tomato.jpg>

- broccoli: <http://www.edupics.com/coloring-page-broccoli-i19173.html>
- potato: [http://www.clker.com/cliparts/9/e/4/2/119542278093319550johnny\\_automatic\\_potatoes.svg](http://www.clker.com/cliparts/9/e/4/2/119542278093319550johnny_automatic_potatoes.svg)  
[hi.png](http://www.clker.com/cliparts/9/e/4/2/119542278093319550johnny_automatic_potatoes.svg)
- chicken: [http://organictestkitchen.com/blog/wp-content/uploads/Images/Seared\\_Chicken\\_Breast\\_3620.JPG](http://organictestkitchen.com/blog/wp-content/uploads/Images/Seared_Chicken_Breast_3620.JPG)
- lentils: [http://upload.wikimedia.org/wikipedia/commons/d/da/3\\_types\\_of\\_lentil.jpg](http://upload.wikimedia.org/wikipedia/commons/d/da/3_types_of_lentil.jpg)
- kale: <http://healthyfoodsforhealthykids.giving.officelive.com/images/kale%20drawing.jpg>
- avocado: <http://www.edupics.com/coloring-page-avocado-i9546.html>
- brown rice: [http://clipartist.info/www/COLOURINGBOOK.ORG/Letters/B/bowl\\_of\\_rice\\_black\\_white\\_line\\_art\\_coloring\\_book\\_colouring-999px.png](http://clipartist.info/www/COLOURINGBOOK.ORG/Letters/B/bowl_of_rice_black_white_line_art_coloring_book_colouring-999px.png)
- quinoa: <http://cdn.babble.com/family-kitchen/files/2011/11/Quinoa-3.jpg>