

NUTRITION SCATTEGORIES

Time 15–20 Minutes

Objective

To get children thinking about different foods and kitchen products

Supplies

- Scattegories Handout (attached)
- 1 pen or pencil for each group

Location

Any area with a hard surface for groups to write on

Preparation Talking Points

- 1 Review the example attached below

Directions

- 1 Divide participants into groups of two or three.
- 2 Give each group a scattegories handout (attached).

- 3 Have the Instructor pick any letter from the alphabet and tell the class.
- 4 Instruct participants to complete Round 1 by filling in words that start with the letter that was picked.
- 5 Give groups enough time to finish.
- 6 Compare answers at the end and add up the points.
 - a You receive 1 point for every unique answer! This means a group only receives a point if they were the only ones to pick that answer.
Example: Two groups say “sushi” and 1 group says “salmon”. Only the group that said salmon would receive a point as their answer was unique.
 - b The group with the most points at the end wins.
- 7 Repeat steps 3–6 for rounds 2 and 3.

Sample Round

| Food Type | Answer | Points |
|-------------------------------------|------------------------------------|--------|
| Fruit | Blueberries | |
| A food that grows in a tree | Brazil nuts | |
| A food that grows on the ground | Beans | |
| A food with a nutrition facts table | Baba ghanouj | |
| Type of soup | Barley | |
| Breakfast food | Berry smoothie | |
| Lunch food | Bacon, lettuce and tomato sandwich | |

| Round 1 | Food Type | Answer | Points |
|----------------|-------------------------------------|---------------|---------------|
| | Orange snack food | | |
| | Vegetable | | |
| | Fruit | | |
| | A food that grows in a tree | | |
| | A food that grows on the ground | | |
| | A food with a nutrition facts table | | |
| | Type of soup | | |
| | Breakfast food | | |
| | Lunch food | | |

| Round 2 | Food Type | Answer | Points |
|----------------|-------------------------------|---------------|---------------|
| | Supper food | | |
| | Food that is cold | | |
| | Food that is hot | | |
| | Something in freezer | | |
| | Something in fridge | | |
| | Type of salad | | |
| | A canned good | | |
| | A food that grows underground | | |
| | A type of spice | | |

| Round 3 | Food Type | Answer | Points |
|----------------|--------------------|---------------|---------------|
| | Whole grain food | | |
| | Vegetable or fruit | | |
| | Protein food | | |
| | Dessert | | |
| | Cooking utensil | | |
| | Kitchen appliance | | |
| | Type of drink | | |
| | Condiment | | |
| | Snack food | | |