

# Food Search

**Description:** This activity helps participants to understand foods' effects on blood glucose and food groups.

**Objective:** To recognize carbohydrate content of foods, fats, and proteins

**Age Range:** 5–11 year olds

**Setting:** Large open field/playground/playroom/classroom

## Materials

- Needed:**
- Plastic food models
  - 5 clue cards (index) per team

- Directions:**
1. Players are divided into equal teams and given clue cards (approximately 5 cards for each group)
  2. Clue cards have descriptions of food and effect on blood glucose, i.e.,
    - Clear colorless liquid that is good to drink when your blood sugar is high (water)
    - Small yellow vegetable in kernels that is high in carbohydrate (corn)
    - Brownish party food that has fats and proteins but not much sugar – good to eat on crackers (peanut butter).
  3. The leader starts the game by yelling, “Go.” Each group must solve the riddle and then go find the food model that has been hidden in the area of play.
  4. The first group to solve all the riddles correctly and find all of the food wins.

## Adaptations or

**Modifications:** None suggested.