

Name That Food

Description: This activity is designed to help participants learn about diabetes and nutrition.

Objective: Increase understanding of: 1) carbohydrate counting, 2) food portions, and 3) various nutrition components of foods (carbohydrates, proteins, fats, vitamins, etc.)

Age Range: 4-12 year olds

Setting: Area where children can sit in a circle and spread picture and clue cards out

Materials

- Needed:**
- Pictures of food (from books, magazines, etc.). There are great food pictures for educational purposes available at: www.nutritionexplorations.org/educators/pyramid-foodcards.asp
 - Index cards (2x the amount of pictures you have)

- Directions:**
1. Affix individual pictures of foods to the index cards (or laminate the pictures) – do not include the carbohydrate amount or serving size.
 2. Write 3 to 5 clues for each food on a separate index card, both diabetes and general nutrition facts (do not include name of food).
 3. Make 2 or more copies of each set of cards depending on the number/size of the teams you would like to have.
 4. Divide the children evenly into 2 or more groups.
 5. Provide each group with a set of picture cards and a set of clue cards.
 6. Each team should be given about 10 minutes to work together to match the clues to the correct picture.
 7. The first group who matches all the clues correctly wins.
 8. After everyone has attempted to match the cards correctly, review the answers with the entire group. This provides a great opportunity to discuss how different foods effect blood sugar levels, definitions of free foods, and general nutrition.

Adaptations or

Modifications: For the younger children, provide only pictures to each group and read the clues to the children so they may identify the picture.

Have the children hold up the card and yell “got it” when they successfully identify the food.

Creator: Kamesha Burrell, MA, RD/LD, Children’s Medical Center, Dallas, Texas



Sample Clues:

Picture/Food Item	Clues
Chicken leg	<ul style="list-style-type: none">- This is easy to eat with your hands- It is full of protein- There are no carbs in this when it is not breaded
Grapes	<ul style="list-style-type: none">- These can be red or green- Its juice is usually purple- 15 will have 15 grams of carbohydrates
Carrots	<ul style="list-style-type: none">- This is a free food- It isn't good to fix a low- It is full of vitamin A- Rabbits like to eat this food
Cereal	<ul style="list-style-type: none">- It is a breakfast food- 1/2 cup is 15 grams of carbohydrates- It is not good to fix a low
pudding	<ul style="list-style-type: none">- This usually has 12 grams of carbohydrates- Even when it is sugar free, it is not a free food- It can be chocolate, vanilla, or butterscotch flavored