

Mystery Food Game Instructor's Guide

The Mystery Food Game is a great way for student's to learn about nutrition by interacting with one another. This activity can be used as an introduction to nutrition or it can be used as a follow-up activity to test the knowledge of the students.

Materials:

- Food Pictures
- Tape

1. Tape a picture of a food to each student's back without the student's seeing or knowing what food is on his or her back.
2. The students must discover what food is on their back by walking around the classroom asking Yes/No questions to each other. For example: "Am I a vegetable?" "Am I a carrot?" "Am I green?"
3. Students can only ask one Yes/No question per person.
4. Once the student guesses the food correctly, they can sit down.

Prepared by the PEI Healthy Eating Alliance - 2005