

MyPlate Riddles for Parents/Educators

Read these riddles aloud to participants and then pick an activity from "Physical Activities for Scavenger Hunts" to perform when they know the correct answer, or print out a "What Am I?" worksheet and have them draw their answers.



Fruit:

1. I am a sweet red fruit that has seeds on the outside. **Strawberry**
2. I grow where it is warm and sunny. My name and color are the same. **Orange**
3. I am small and round and grow in a bunch. I can be of different colors. **Grapes**
4. I am yellow on the outside and white on the inside.

You peel my skin to eat the inside! **Banana**

5. I'm yellow but I am not a rubber duck. I have seeds but I am not a sunflower. I'm oval but I'm not an egg. I'm a fruit but I'm not a banana. **Lemon**

Vegetables:

1. I am orange and long and I come in a bunch. I can be in a cake or be eaten for lunch. **Carrot**
2. I have eyes but I can't see. I have skin but I can't feel anything. I can be sweet but I'm not a fruit. I can be baked but I'm not a cake. I can be peeled but I'm not a carrot. **Potato**
3. I am red but I'm not a stop sign. I contain seeds but I'm not a pepper. I'm often round but I'm not a cherry. I sometimes grow on vines but I'm not a grape. I'm used to make sauce but I'm not a chili. I'm used to make salsa but I'm not an onion. **Tomato**
4. I am certain type of bulb, but I don't give off any light. I can be peeled and chopped up, and am red, yellow, green or white. **Onion**
5. I am a crunchy vegetable, with a lot of vitamin C and fiber. Some kids think that I look like a little green tree! What am I? **Broccoli**



Dairy:



1. I'm white but I'm not a snowman. I'm wet but I'm not sunscreen. I'm stored in the fridge but I'm not yogurt. I'm added to breakfast cereal but I'm not sugar. I'm something you can drink but I'm not water. **Milk**
2. I come in many flavors. I can be sweet or maybe even sour. I am so creamy you can eat me with a spoon. What am I? **Yogurt**
3. How do you get a mouse to smile? **Say cheese**

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Grains:



1. I can be brown or white but I'm not a loaf of bread. I can be sticky but I'm not a glue stick. I originally came from China but I'm not a panda. I grow in a field but I'm not corn. I'm used in sushi but I'm not a fish. **Rice**
2. This dish is usually consumed at breakfast time with milk. You can add all sorts of nuts and berries to it. **Oatmeal**

Protein:

1. I'm found on a farm but I'm not a tractor. I can be roasted but I'm not a peanut. I have feathers but I'm not a pillow. I lay eggs but I'm not an ostrich. **Chicken**
2. I'm sometimes seen on a hook but I'm not a coat. I have a tail but I'm not a dog. I have scales but I don't weigh things. I can be eaten with chips but I'm not salsa. I can be caught in a net but I'm not a butterfly. I live in water but I'm not a frog. **Fish**
3. I can be decorated but I'm not a house. I can be boiled but I'm not a kettle. I have a shell but I'm not a crab. I can be cracked but I'm not a joke. I come from a chicken but I'm not a nugget. **Egg**
4. I come in a can but I'm not something you drink. I can be made into a salad but I'm not lettuce. I can be flaked but I'm not coconut. I can be chunked but I'm not ham. I can be part of sushi but I'm not rice. I swim but I'm not a shark. **Tuna**
5. It is time for Thanksgiving. I don't know if you'd heard. Which means it's time to gobble this very tasty bird. **Turkey**

