

NUTRITION CATEGORIES

Time 15–20 Minutes

Objective

To get children thinking about different foods and kitchen products

Supplies

- Categories 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 categories 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.

	Category	Answer	Points
Sample Round	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	
	Cooking term	Boiling	
	Type of sandwich	Bacon, lettuce and tomato sandwich	



Public Health
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SUDBURY & DISTRICTS



Thunder Bay District
Health Unit

North Bay Parry Sound District
Health Unit
Bureau de santé
du district de North Bay-Parry Sound



Round 1	Category	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	Category	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	Category	Answer	Points
	Whole grain food		
	Vegetable or fruit		
	Protein food		
	Dessert		
	Cooking utensil		
	Kitchen appliance		
	Type of drink		
	Condiment		
Pasta shape			