



**First Clue:** *Fresh, sweet, crunchy, and red.*

**Second Clue:** *The original go anywhere snack.*

**Food Facts:** *1 small, 55 calories, 0 grams of fat*

**Answer:** *APPLE*

**HEALTHY rating:** *5 points*

# HEALTHY FOOD GAME



**First Clue:** *Small, round, blue, and sweet.*

**Second Clue:** *Tastes great on cereal or in pancakes.*

**Food Facts:** *1 cup, 83 calories, 0 grams of fat*

**Answer:** *BLUEBERRIES*

**HEALTHY rating:** *5 points*

# HEALTHY FOOD GAME



**First Clue:** *Bright red with a green leaf crown, you can buy them in little boxes.*

**Second Clue:** *Often made into pies and jellies but still sweet and delicious when served fresh and plain.*

**Food Facts:** *1 cup, 53 calories, 0 grams of fat*

**Answer:** *STRAWBERRIES*

**HEALTHY rating:** *5 points*

# HEALTHY FOOD GAME



**First Clue:** *Orange food, can be eaten raw or cooked.*

**Second Clue:** *Sometimes comes baby-sized and packed for handy snacking with nonfat ranch dressing.*

**Food Facts:** *1 cup, 50 calories, 0 grams of fat*

**Answer:** *CARROTS*

**HEALTHY rating:** *5 points*

# HEALTHY FOOD GAME





**First Clue:** *Most of this snack is cut up fresh fruit.*

**Second Clue:** *It has low fat whipped topping.*

**Food Facts:** *1 cup, 98 calories, 1 gram of fat*

**Answer:** *FRUIT CUP OR FRUIT PARFAIT*

**HEALTHY rating:** *5 points*

# HEALTHY FOOD GAME



**First Clue:** *Regular sized tortilla filled with many types of cut up vegetables and beans.*

**Second Clue:** *Served fresh or steamed without any extra cheese or sour cream.*

**Food Facts:** *1 medium, 245 calories, 7 grams of fat*

**Answer:** *VEGETABLE BURRITO OR WRAP*

**HEALTHY rating:** *5 points*

# HEALTHY FOOD GAME



**First Clue:** *Can be peeled and prepared in many different ways.*

**Second Clue:** *A simple yet tasty food when baked in its own skin with 1 teaspoon of butter added.*

**Food Facts:** *1 small, 162 calories, 4 grams of fat*

**Answer:** *SMALL BAKED POTATO WITH BUTTER*  
**HEALTHY rating:** *4 points*

# HEALTHY FOOD GAME



**First Clue:** *Multi-colored vegetables served in hot liquid.*

**Second Clue:** *It is warm and satisfying to eat on a chilly day.*

**Food Facts:** *1 medium bowl, 120 calories, 3 grams of fat*

**Answer:** *VEGETABLE SOUP*

**HEALTHY rating:** *5 points*

# HEALTHY FOOD GAME





**First Clue:** *You are never too old to enjoy these two spreads (one nutty, one sweet).*

**Second Clue:** *Served between two slices of white bread.*

**Food Facts:** *1 medium, 375 calories, 18 grams of fat*

**Answer:** *PEANUT BUTTER AND JELLY SANDWICH*

**HEALTHY rating:** *3 points*

# HEALTHY FOOD GAME



**First Clue:** *A bar made of oats, nuts, dried fruit.*

**Second Clue:** *Sometimes crunchy, this one's chewy.*

**Food Facts:** *1 medium, 125 calories, 5 grams of fat*

**Answer:** *CHEWY GRANOLA BAR*

**HEALTHY rating:** *3 points*

# HEALTHY FOOD GAME



**First Clue:** *A small swirl of low fat vanilla on top, crunchy on bottom.*

**Second Clue:** *Frozen yet soft, you hold it to eat it.*

**Food Facts:** *1 small, 216 calories, 10 grams of fat*

**Answer:** *SOFT-SERVE ICE CREAM CONE*

**HEALTHY rating:** *3 points*

# HEALTHY FOOD GAME



**First Clue:** *Mashed up with cream and large chunks of butter.*

**Second Clue:** *Large serving with lots of rich brown gravy on top.*

**Food Facts:** *1 cup, 400 calories, 20 grams of fat*

**Answer:** *MASHED POTATOES AND GRAVY*

**HEALTHY rating:** *2 points*

# HEALTHY FOOD GAME





**First Clue:** *Part crunchy and salty.*

**Second Clue:** *A large container of something crunchy, smothered in a large amount of processed cheese and sometimes jalapeños.*

**Food Facts:** *1 large, 900 calories, 56 grams of fat*

**Answer:** *NACHOS AND EXTRA CHEESE*

**HEALTHY rating:** *1 point*

# HEALTHY FOOD GAME



**First Clue:** *A soft, cake-like chocolate square.*

**Second Clue:** *Large, frosted, and covered in nuts.*

**Food Facts:** *1 large square, 540 calories, 33 grams of fat*

**Answer:** *CHOCOLATE FUDGE NUT BROWNIE*

**HEALTHY rating:** *0 points*

# HEALTHY FOOD GAME



**First Clue:** *A greasy triangular food about 5 inches wide and 7 inches long.*

**Second Clue:** *It comes sliced, this serving is a single with tomato sauce and cheese on top.*

**Food Facts:** *1 small, 206 calories, 8 grams of fat*

**Answer:** *SMALL SLICE PIZZA*

**HEALTHY rating:** *3 points*

# HEALTHY FOOD GAME



**First Clue:** *Outer part is a hard fried shell.*

**Second Clue:** *Inner part is one serving of fried meat, shredded lettuce, and tomato.*

**Food Facts:** *1 medium, 285 calories, 19 grams of fat*

**Answer:** *HARD SHELL BEEF TACO*

**HEALTHY rating:** *3 points*

# HEALTHY FOOD GAME





**First Clue:** *Lots of people crave this sugary treat, flavored from a cocoa bean, wrapped in silver foil.*

**Second Clue:** *This one is a 'king' size.*

**Food Facts:** *1 king size, 400 calories, 22 grams of fat*

**Answer:** *CANDY BAR (CHOCOLATE BAR)*

**HEALTHY rating:** *0 points*

# HEALTHY FOOD GAME



**First Clue:** *A mixture of milk, ice cream, and strawberries.*

**Second Clue:** *An extra large glass (19 ounces) topped with whipped cream and a cherry.*

**Food Facts:** *1 large, 890 calories, 47 grams of fat*

**Answer:** *STRAWBERRY MILKSHAKE*

**HEALTHY rating:** *0 points*

# HEALTHY FOOD GAME



**First Clue:** *Crunchy chocolate shell on the outside, cold, creamy vanilla on the inside*

**Second Clue:** *A large rectangular, frozen treat.*

**Food Facts:** *1 large, 260 calories, 17 grams of fat*

**Answer:** *ICE CREAM BAR*

**HEALTHY rating:** *1 point*

# HEALTHY FOOD GAME



**First Clue:** *A large circle of sweet, deep fried dough*

**Second Clue:** *The sugar coating means extra sweetness and extra calories*

**Food Facts:** *1 large, 330 calories, 17 grams of fat*

**Answer:** *GLAZED DONUT*

**HEALTHY rating:** *0 points*

# HEALTHY FOOD GAME