# Activity: Play a Game, Food Mystery Box

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## Step 1: Why
Children can learn to identify different kinds of healthful foods.

## Step 2: What
Children will become more familiar with different foods by describing mystery foods hidden in a box and guessing what they are.

## Step 3: How

**Materials needed to get ready for the activity**
- a round oatmeal box with sock top (or a brown paper bag)
- a whole vegetable or fruit

Cut the toe out of the sock and tape the top of the sock to the top of the oatmeal box to form a cuff at the top.

Place a whole vegetable or fruit in the oatmeal box. The children will guess what is inside.

If it is easier, you can use a plain brown paper bag to hold the food item instead of the oatmeal box with the sock cuff.
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Step 4: When
After mid-morning snack

Step 5: Do the Activity
Directions: Tell the children the box contains a mystery food.

Ask one child to put a hand in the box and feel the food. As the child describes how the food feels, ask the other children to guess what it is. Have several children take turns feeling and describing the food.

Ask questions to help the children describe the feel of the food item.

After everyone has had a turn to guess say, “Now let’s solve the mystery!”

Pull the item out of the box and hold it up as the children say what it is.

Step 6: Follow-Up After the Activity
When the food is served at lunch or at snack, remind the children of the name of the food and talk about it.