



Play with Your Food

Ideas to investigate and games to play when you're eating, cooking, or party planning.

Contents

What's Inside?	28
Say When	29
Play with Your Food	30
Food Fight	31
Fair Shares	32
Party Planning	33
Size Them Up	34
Double or More	35



Play with Your Food in other sections

Projects and Crafts

Estimation Station (Variation, Mystery snack)	20
--	----

Good for Groups

Quick Questions (use a question about food)	42
Piece It Together (piece together a recipe)	45

Anytime, Anywhere

Rate It (rate your lunch)	52
------------------------------------	----

What's Inside?

How many seeds are inside a melon? 100? 1,000? Open one up and find out!

1 Estimate how many seeds

Talk
About

Are there more than 10 seeds in all?
more than 100?

Cut and set out the melon.

2 Count

Remove, arrange, and count the seeds.



3 Compare estimate and count

Talk
About

Were there more or fewer than you
predicted?

Levels: Easy, Medium

Group size: small enough so
everyone gets a chance to
predict and count

Materials:

Easy. melon slice

Medium. whole melon cut
open so everyone can see
the seeds

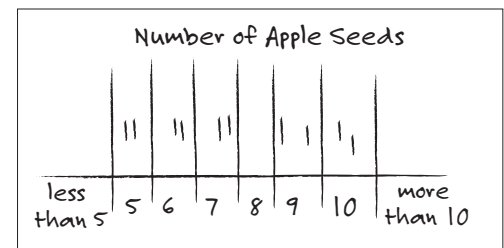
knife (adults only)

Variations

Do all apples have the same number of seeds? (Easy). Gather a few apples of different size and type. Predict, cut, and count. Or, keep track of the number of seeds in each apple you eat over a month.

Edible explorations (Easy). Gather several types of fruit. Predict how many seeds in each, then cut and count. Do the larger fruits always have more seeds?

Pumpkin party (Medium). How many seeds in a Halloween pumpkin? Estimate, then cut and count before carving.



Can you pour out a "serving size" to match the one on the cereal box?

Level: Medium

Group size: small enough so everyone can pour out an individual bowl of cereal

Materials:

cereal packaged with Nutrition Facts label listing "serving size" in cups
measuring cup
cereal bowl

1 Read the label

Find the serving size.

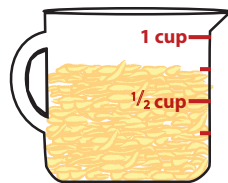


2 Say when

Fill a bowl until you think you've reached the serving size.

3 Measure

Use a measuring cup to find out if you were over, under, or just right.



4 Eat!

Pour the cereal back into the bowl and enjoy!

Variation

What's your serving size? (Medium).

Talk About

Do you usually eat more than, less than, or about the same as the "serving size" listed on the cereal box?



Fill your cereal bowl with the amount you usually eat. Then, pour the cereal into a measuring cup to check.

Play with Your Food

Play a game like "Twenty Questions" using Nutrition Facts labels from your favorite foods.

Set up for the game

Lay out the labels face-up.

Decide who will be the Leader. The Leader secretly picks a label without removing it from the layout.

Take turns. On each turn:

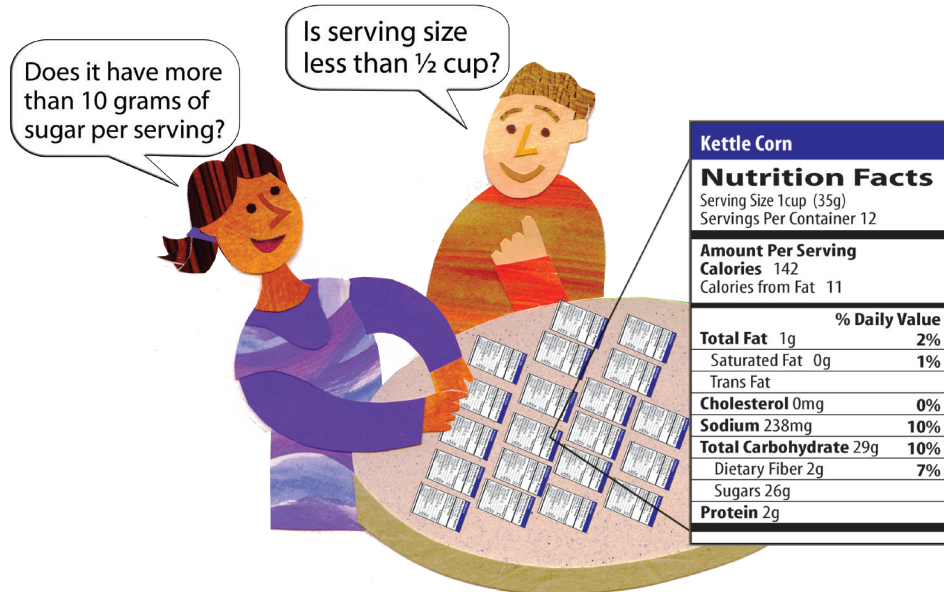
- 1 Ask a yes-or-no question to help figure out the secret food label. You may not ask if a certain label is the secret one.
- 2 The Leader answers the question and removes any labels that were ruled out.

Level: Hard

Group size: 3-5 per game; see Variation for a 2-player game

Materials:

about 20 Nutrition Facts labels cut from different food packages; include food names



- 3 The player who narrows down the labels to the secret one wins.

Talk About

What's a yes-or-no question that could rule out half of the labels?

Variation

Play with two people (Hard). Play two games. Each game, a different person is The Leader. The person who narrows down the labels to the secret one with the fewest questions wins.

Play a game like "War" using Nutrition Facts labels from your favorite foods.

Levels: Medium (Hard)

Players: 2-3 per game

Materials:

30-40 Nutrition Facts labels cut from different food packages; include food names

Set up for the game

Divide the labels into equal piles: one for each player.

Turn the piles face-down.

Take turns. On each turn:

- 1 All players turn up the top label in their piles.
- 2 The player whose label shows the highest protein per serving takes the cards played. In case of a tie, everyone turns over another card. The player with the highest takes all cards played.
- 3 Play until the piles are used up. The player with the most cards wins.

Talk About

Which of the foods have a lot of protein?

Oaty Os		
Nutrition Facts		
Serving Size 1cup (28g)		
Servings Per Container about 12		
Amount Per Serving		
Calories 103		
Calories from Fat 15		
		% Daily Value
Total Fat	2g	3%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	186mg	8%
Total Carbohydrate	21g	7%
Dietary Fiber	3g	11%
Sugars	1g	
Protein	3g	

Granola with nuts		
Nutrition Facts		
Serving Size 3/4cup (85g)		
Servings Per Container about 12		
Amount Per Serving		
Calories 289		
Calories from Fat 37		
		% Daily Value
Total Fat	4g	6%
Saturated Fat	1g	3%
Trans Fat		
Cholesterol	0mg	0%
Sodium	196mg	8%
Total Carbohydrate	66g	22%
Dietary Fiber	6g	25%
Sugars	26g	
Protein	8g	

Variation

Fat fight (Hard). The player whose label shows the lowest percent fat per serving takes the cards played. Or, play for the lowest percent sodium or sugar.

Fair Shares

Snack time? Make sure everyone gets a fair share.

1 Predict each share

**Talk
About**

If we share these, could everyone get two pieces? ten pieces? Why do you think so?



2 Divide up the total

Deal them out, count them out, or divide and distribute.

3 Compare predictions with results

**Talk
About**

Did you get more than you predicted? the same amount?

4 Decide what to do with the extras (optional)

Cut them up and distribute fairly or save them for another time.

Levels: Easy, Medium

Group size: two or more sharing food

Materials:

countable food items, such as crackers or baby carrots

Easy. 10-20

Medium. 20-40

serving supplies (plates, napkins)

Variations

Unequal shares (Medium). Decide how to divide the food fairly if one person wants less.

One left over (Medium). Decide how to divide the food fairly so that there is one item left over in case a guest arrives.

Plan a party or special snack to fit your budget.

Levels: Medium (Hard)

Group size: small enough for everyone to have a say in the list

Materials:

grocery store circulars or access to online grocery store price listing
paper and pencil
calculators

1 How many and how much?

Find out how many people are coming and the total you can spend.

Talk About

How much can you spend per person? Is \$1 each enough?

2 What would you buy?

Look through grocery store circulars or go online to view price lists.

Make a list of what you'll buy.

Talk About

How did you make your choices?
How did you stay within budget?

We're spending \$20. Our list first came to \$21.73. We took out a box of crackers for \$1.99.



3 Shop, cook, serve, and eat

Take your list to the store and shop. Enjoy the party!

Variations

Party favors (Hard). Figure in the cost everything you'll need for the party. Decide how much you can spend per person total on food, place settings, take-home bags, and other party favors.

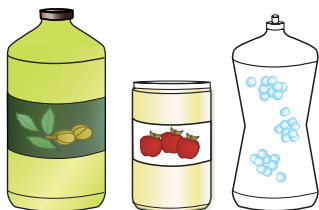
Family dinner (Medium). Decide how much you will spend per person or how much in total for a family dinner. Then, plan the menu, and shop, cook, and eat!

Size Them Up

Which holds the most? Put containers in order by which would hold the most water.

1 Set out the containers

Mix the containers up, so they're not in size order.



2 Predict

Talk About

Which container do you think would hold the most water? Why?

Does the tallest always hold the most?

3 Size them up

Put the containers in order from the one you think holds the most to the one you think holds the least.

4 Check your order

Easy. Fill the container you predict holds the most. If it really holds the most, there will be some extra when you pour the water into the next largest.

Medium. Check the capacity amounts on the container labels.



Levels: Easy, Medium (Hard)

Group size: small enough so everyone has a turn to line up the containers

Materials:

5-8 containers (food, shampoo, or art supplies) of different shapes and sizes, marked by capacity in fluid ounces

stick-on notes: use them to cover the capacity amounts (optional)

Variations

Find the tallest (Easy). Line up the containers from tallest to shortest.

Estimate capacity (Hard). Find the smallest container. Read off the capacity in fluid ounces. Use that measure to estimate the capacity of the other containers.

Try this when you're cooking for a crowd. Make two, three, or four times a recipe.

Levels: Easy, Medium, Hard

Group size: small enough so everyone has a chance to measure

Materials:

a recipe and related ingredients and supplies

Easy. Choose a recipe to double. If you need to make enough for eight, use a recipe for four.

Medium. Choose a recipe to triple or quadruple.

Hard. Choose a recipe to increase several times. Use a recipe with several different fraction measurements.

1 Who's coming?

Find out how many you need to feed and how many the recipe serves.

Smoothie for 2

1 banana
1 $\frac{1}{4}$ cups orange juice
 $\frac{1}{2}$ cup frozen blueberries
5 frozen strawberries



Talk About

How much will you need to increase the recipe to make enough for everyone? How do you know?

2 How much of each ingredient?

Increase the amount of each ingredient by counting, measuring, adding, or multiplying.

Talk About

How did you find twice (four times) the amount of your ingredient?



3 Make the recipe

Enjoy the results!

(continued on next page)

Variations

Count it out (Easy). Use a recipe that involves only whole-number amounts.

Half or less (Hard). Make $\frac{1}{2}$, $\frac{1}{3}$, or $\frac{1}{4}$ the recipe.

Double the bubbles/dough (Easy, Medium, Hard). Use a recipe for bubble soap or play dough.

Bubble Soap for one

$\frac{1}{4}$ cup liquid
dishwashing detergent
 $\frac{3}{4}$ cup cold water
5 drops of glycerin

