

Food Riddles

I am in the vegetable group.
I grow underneath the ground.
I can be eaten raw or cooked.
I help keep eyes healthy.
I am the color orange.

I am a ... CARROT.

I am in the protein group.
I come from a farm animal.
Open me up and you'll see two parts.
I am popular in many breakfast recipes.
I can be served in many ways, like scrambled, poached, or boiled.

I am an ... EGG.

I am in the fruit group.
I am in season most of the year.
I am round and plump with tiny seeds inside.
You may have heard "one of me a day keeps the doctor away."

I am an ... APPLE.

I am in the grains group.
I pack extra fiber when I am made from whole wheat flour.
Some people like me "al dente," but other people cook me longer.
I come in many different shapes like bowties.
Most people eat me with sauce on top.

I am ... PASTA.

I am in the vegetable group.
I am green.
I taste good raw, steamed, sauteed, or roasted.
My closest vegetable cousin is cauliflower.
I look like a miniature tree.

I am ... BROCCOLI.

I am in the dairy group.
I help build strong bones and teeth.
Try my low-fat or nonfat varieties as a healthy substitute for sour cream.
I am delicious served with fruit.
Add granola and serve me as a parfait.

I am ... YOGURT.

I am in the fruit group.
I am a type of citrus fruit.
I grow best in the warm weather (especially in sunny Florida!).
You can squeeze me to make juice, but I have more nutrients when you eat me whole.
I am the same color as my name.

I am an ... ORANGE.

I am in the grains group.
I have lots of fiber.
"Multi-grain" or "Seven grain" on the package doesn't mean it's me.
Check the first ingredient in the ingredients list to be sure you've got the real thing.
Don't be fooled ... not everyone can be me just because they are brown!

I am ... WHOLE WHEAT BREAD.

I am in the fruit group.
I'm somewhere between the size of a golf ball and the size of a tennis ball.
My skin is brown and fuzzy.
Once you peel me, I'm bright green and juicy on the inside!

I am a ... KIWI.