

GROCERY STORE SCAVENGER HUNT

Explore the store and find a food from each of the original Blue Zones® areas of the world, where people live longer, better®!

Clue: Buzzing bees make me so that I can add sweetness to food and drinks.

What am I? Write a brand you see. Can you find a brand made in your home state?

Clue: People often think I'm a veggie, but I'm actually a fruit! I start out green, but then I turn red. I'm often found in salads, salsas or can even be crushed into a sauce.

What am I? Weigh the largest one of me you see. How much did I weigh?

Clue: Many different cultures enjoy eating me, and often I'm served with rice. You can find the dry version of me in a bag, or ready to go in a can.

What am I? What is your favorite meal that includes me?

Clue: I'm the sweeter version of my spud cousins. I have to be dug up out of the ground, so I might be a little dirty. I can be baked and served whole, mashed up, or cut up and used in other dishes. "Orange" you glad I'm a tasty vegetable?

What am I? What is your favorite meal that includes me?

Clue: Sometimes I can be a bit wild, growing on shrubs in forest-like areas. Or I might be found on a farm where you can pick me yourself. I make a great topping for oatmeal, to add sweetness to a healthy smoothie, or eaten alone as a yummy snack.

What am I? Name the different colors of me you see.



Honey-Baked Apples

Yields: 1 apple half, serves 4

Per serving: 85 calories, 1 g fat, 8 mg sodium, 2 g fiber, 1 g protein

Ingredients

- 2 medium-size tart apples (Granny Smith, Braeburn, Jonathan, Fuji)
- 1 tbsp. honey
- 1/4 tsp. ground cinnamon
- 2 tbsp. oatmeal
- 2 tbsp (in total) of raisins, dried cranberries, and chopped walnuts or other nuts

Directions

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, on microwavable dish. Cut thin slices off bottoms to keep from tipping. Combine honey, cinnamon, oatmeal, raisins and nuts. Fill each apple half.
2. Cover with plastic wrap. Fold back one edge 1/4 inch to vent steam. Microwave 3 to 3 1/2 minutes, or until apples can be cut easily. Take from microwave. Let sit a few minutes.

FROM THE KITCHEN OF: BLUE ZONES PROJECT®

