

What Am I? Clues¹

- ✓ Am I a vegetable? Fruit? Protein? Grain? Dairy?
- ✓ Am I round?
- ✓ Am I green? Yellow? Red?
- ✓ Am I made from wheat?
- ✓ Am I made from milk?
- ✓ Do I grow on a tree?
- ✓ Do I live in the ocean?
- ✓ Do I taste spicy? Sour? Sweet?
- ✓ Am I juicy?
- ✓ Am I a drink?
- ✓ Do I have seeds?
- ✓ Do I sound crunchy when you eat me?
- ✓ Am I soft? Hard? Squishy?
- ✓ Do you eat me for breakfast? Lunch? Dinner?

¹ U.S. Department of Agriculture, Food and Nutrition Service. (2012). *Serving Up MyPlate: A Yummy Curriculum. Standards-Based Nutrition Education Grades 3 & 4*. https://fns-prod.azureedge.us/sites/default/files/tn/sump_level2.pdf