

Ready, Set, Riddle

- 1) I am long and orange, and you can eat me raw or cooked. I am full of carotenoids, a substance your body converts to vitamin A which is important for eye health.¹ (**Carrot**)
- 2) I have skin and can be peeled. I grow on trees and can be red, green or yellow. I have many nutrients, including the mineral copper which helps your body make red blood cells and keeps nerve cells and your immune system healthy.² (**Apple**)
- 3) I am a whole grain food. I increase in size and make a popping sound when heated. I'm healthiest when eaten plain, providing you with an impressive amount of vitamins and minerals, including B vitamins, zinc and magnesium. Magnesium is a mineral that helps muscles, nerves, the immune system, and the heart work as they should.³ (**Popcorn**)
- 4) I can be yellow, red, white or green. I have a strong taste and can feel like I'm burning your tongue. People often put me on their hamburgers. I'm rich in many nutrients including B vitamins and vitamin C. Vitamin C may heal cuts and shorten the amount of time you have a cold and heal cuts.⁴ (**Onion**)
- 5) I am a red fruit. My seeds are on the outside. I'm sweet and often used in smoothies. Like many of my fruit friends, I have lots of vitamin C and potassium. Potassium keeps your muscles, heart, and nervous system working properly.⁵ (**Strawberry**)
- 6) People often think I'm a nut, but I am actually a legume, or pod, of a plant. I ripen underground and have a shell. You can eat me whole or you can find me mashed together with my friends in a jar. If you're not allergic to me, then it's likely you've eaten me for lunch. I have many vitamins and minerals, including vitamin E which helps your body fight off bacteria and viruses and is important for skin and eye health.^{6, 7} (**Peanut**)
- 7) I am crunchy and green. Sometimes, children enjoy eating me with peanut butter. Although I'm 95% water, I'm also a good source of Vitamin K which helps with blood clotting, wound healing and bone health.⁸ (**Celery**)
- 8) I have scales but don't weigh things. I'm a certain type of food that you might eat as your main course. Water is my friend. I am found throughout the world, come in dozens of varieties and have many flavors. I can give you vitamin B12 which is important for the growth of healthy red blood cells, memory and nerve function.⁹ (**Fish**)
- 9) I look like a group of little trees with stems and green leaves. I have a powerhouse of nutrients, like fiber, vitamins C and K and the mineral, manganese. Manganese is important for bone health.¹⁰ (**Broccoli**)
- 10) You will find me in the dairy food group. I'm smooth and come in many flavors, although eating me plain is best. Although you can't see, deep inside, I am alive with microscopic bacteria that are good for you. I also have calcium, zinc and B vitamins. Some things B vitamins do include helping your body produce energy, fight infection and create new red blood cells.^{11, 12} (**Yogurt**)

- 11) I am a tuber plant and grow underground. I can be red, white, brown or purple. I have skin and eyes and can be cooked in many different ways - baked, roasted, boiled, mashed, fried or scalloped. I'm an excellent source of vitamin C and provide vitamin B6 and potassium.¹³ (**Potato**)
- 12) I am green, a form of cabbage (and look like a mini version) and grow in stalks. I may be tiny, but I'm full of powerful nutrients like calcium, iron and vitamins from A through E.¹⁴ (**Brussels Sprout**)
- 13) I am famous because I am the second most eaten meat in the world. There's even a joke about me crossing a road. I am a good source of vitamin B3 and the mineral selenium. Selenium does a lot of things for your body, like protecting against cell damage and infections, and helping you make DNA. (DNA is the genetic information inside the body's cells that helps make people who they are. It's the instructions for how to make the body, like the code to a video game.^{15, 16} (**Chicken**)
- 14) I am one color outside (hint: green) and a different color inside (hint: red). My skin has stripes and you'll often see me with black seeds. I am sweet, juicy and 90% water so I can help you stay hydrated during the summer. I have an impressive amount of potassium, an essential mineral that supports nerve and muscle function and the fluid balance in your body. I also have good amounts of vitamin C and A.¹⁷ (**Watermelon**)
- 15) I am a flat seed from the grass family of plants. I am part of the whole grain food group, get mushy when cooked and often eaten for breakfast. I am known for my nutritional benefits, including thiamine, magnesium and zinc. Zinc helps your body fight off illnesses. It also helps with cell growth and healing cuts.¹⁸ (**Oats**)
- 16) I am a fruit that grows on trees. I am curved with a thick peel. When there's a group of me, we are known as a bunch. I'm a good source of vitamin C, vitamin B6 and potassium.¹⁹ (**Banana**)

¹ Brennan, D. (2020, November 5). *Health Benefits of Carrots*. WebMD. <https://www.webmd.com/diet/health-benefits-carrots>

² *Copper Information | Mount Sinai - New York*. (n.d.). Mount Sinai Health System. <https://www.mountsinai.org/health-library/supplement/copper#:~:text=It%20helps%20your%20body%20make>

³ *Blood Test: Magnesium (for Parents) - Nemours KidsHealth*. (n.d.). Kidshealth.org. Retrieved October 29, 2023, from [https://kidshealth.org/en/parents/test-magnesium.html#:~:text=Magnesium%20\(mag%2DNEEZ%2Dee](https://kidshealth.org/en/parents/test-magnesium.html#:~:text=Magnesium%20(mag%2DNEEZ%2Dee)

⁴ Ducharme, J. (2019, May 15). *Are Onions and Garlic Healthy? Here's What Experts Say*. Time. [https://time.com/5566916/are-garlic-and-onions-healthy#:~:text=Onions%20of%20all%20colors%20\(including](https://time.com/5566916/are-garlic-and-onions-healthy#:~:text=Onions%20of%20all%20colors%20(including)

⁵ *Strawberries: Benefits, nutrition, and risks*. (2019, May 29). Www.medicalnewstoday.com. <https://www.medicalnewstoday.com/articles/271285#nutrition>

⁶ NHS. (2017, October 23). *Vitamins and minerals - Vitamin E*. Nhs.uk. <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-e#:~:text=Vitamin%20E%20helps%20maintain%20healthy>

⁷ *peanut*. (n.d.). Britannica Kids. Retrieved October 29, 2023, from <https://kids.britannica.com/kids/article/peanut/353607>

⁸ Haas, img src="https://imagesvc.meredithcorp.io/v3/mm/image?url=https%3A%2F%2Fstatic.onecms.io%2Fwp-content%2Fuploads%2Fsites%2F44%2F2021%2F12%2F08%2Fsara-haas-rdn-headshot-1x1-1.jpg" alt="Sara H. H. width="48"> S. H. H. S., December 07, R. D. N., & 2021. (n.d.). *Is Celery Good for You? Here's What a Dietitian Says*. EatingWell. <https://www.eatingwell.com/article/7935325/is-celery-good-for-you/>

⁹ Contributors, W. E. (n.d.). *Health Benefits of Fish*. WebMD. <https://www.webmd.com/diet/health-benefits-fish>

¹⁰ *Health Benefits of Broccoli*. (n.d.). Www.healthyeating.org. <https://www.healthyeating.org/blog/detail/health-benefits-of-broccoli#:~:text=Broccoli%20is%20also%20a%20good>

¹¹ El-Abbadi, N. H., Dao, M. C., & Meydani, S. N. (2014). Yogurt: role in healthy and active aging. *The American Journal of Clinical Nutrition*, 99(5), 1263S1270S. <https://doi.org/10.3945/ajcn.113.073957>

¹² <https://www.eatright.org/health/essential-nutrients/vitamins/what-are-b-vitamins-and-folate>

¹³ Potatoes USA. (n.d.). *Potato Nutrition Facts | Nutrients, Calories, Benefits of a Potato*. Potatoes USA. <https://potatogoodness.com/nutrition/>

¹⁴ *8 Ways Brussels Sprouts Benefit Your Health*. (2017, September 8). Healthline. https://www.healthline.com/nutrition/benefits-of-brussels-sprouts#TOC_TITLE_HDR_9

¹⁵ *Word! DNA (for Kids) - Nemours KidsHealth*. (n.d.). Kidshealth.org. <https://kidshealth.org/en/kids/word-dna.html#:~:text=DNA%20is%20the%20genetic%20information>

¹⁶ <https://www.facebook.com/nutradvance>. (2019, April). *Chicken Meat 101: Nutrition Facts and Health Benefits*. Nutrition Advance. <https://www.nutritionadvance.com/chicken-meat-nutrition-benefits/>

¹⁷ *Health Benefits of Watermelon*. (2023, February 23). Cleveland Clinic. <https://health.clevelandclinic.org/benefits-of-watermelon/>

¹⁸ Boston, 677 H. A., & Ma 02115 +1495-1000. (2018, March 20). *Oats*. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/food-features/oats#:~:text=Oats%2C%20formally%20named%20Avena%20sativa>

¹⁹ Atli Arnarson, PhD. (2019, May 7). *Bananas 101: Nutrition Facts and Health Benefits*. Healthline; Healthline Media. <https://www.healthline.com/nutrition/foods/bananas#nutrition>