



Go, Grow, Glow, Scavenger Hunt

Adapted from FoodCorps Go, Grow, Glow Lesson

AUDIENCE:

This activity can be scaled depending on your chef's age and can be done from the comfort of your own kitchen. Have many chefs at home? Team them up to complete this scavenger hunt as a friendly competition in pairs. See the Resource Corner for variations of this activity, how it can be adapted for different settings.

LEARNING OBJECTIVES:

1. Chefs will learn how different food groups provide our bodies with what they need to be healthy
2. Chefs will be able to identify what foods help our bodies GO, GROW, and GLOW
3. Chefs will create a snack using GO, GROW, and GLOW foods

VOCABULARY:

Carbohydrates - Our bodies major source of energy. Carbohydrates are sugars that fuel our brains so you can think and stay focused. They give us energy to GO.

Protein - foods that act as "building blocks" help build up and repair our skin, muscles, bones, and nails. They give our bodies what they need to GROW.

Vitamins/Minerals - substances found in the food we eat that helps keep our bodies healthy. They help our bodies GLOW

SCAVENGER HUNT MATERIALS:

- GO Foods/Pictures (whole grain when possible): bread, pasta, rice, potatoes
- GROW Foods/Pictures: eggs, seeds, nuts, cheese, milk, meat
- GLOW Foods/Pictures: fruits and veggies
- GO, GROW, GLOW Scavenger Hunt Sheet
- Pencil, colored pencils, or crayons
- [VIDEO Introduction](#)

GO, GROW, GLOW - RICE CAKE TARTLETS INGREDIENTS:

- 1 package of rice cakes, preferably whole grain
- Optional toppings:
 - 12 oz cream cheese
 - 12 oz ricotta cheese
 - 1 cup of peanut butter, almond butter, or sunflower seed butter
 - Fresh, Frozen, or Canned fruit, such as peaches, blueberries, strawberries, bananas
 - Toasted coconut, oats, nuts, or seeds
 - Honey to drizzle
- [Rice Cake Tartlets Video - with Sylvia Center Chef Destiny](#)

ACTIVITY SOURCE:

- [FoodCorps Go, Grow, Glow](#)



Set-up

Depending on your space and the food items you have available set-up will look differently. See the Resource Corner for ways to adapt this activity based on your space and the ages of your chef(s). This activity is written to take place in a kitchen.

- Print out or create your own GO, GROW, GLOW Scavenger Hunt Sheet.
- For younger chefs, you may need to pull out food items or place them in more visible/accessible locations.
- If making the Rice Cake Tartlet take out ingredients you want to use

I: Introduction (5 minutes)

Time to ask questions! Introduce your chefs to the activity by asking them open-ended questions such as:

- a) What do our bodies need to be healthy?
- b) What are some foods that help our bodies?
- c) Why do you think ___ food helps our bodies?

*Explain that there are foods that give our bodies energy to GO (have chefs run in place with you). These foods fall under a group called **carbohydrates** such as bread, pasta, rice, and potatoes.*

*There are foods that give our bodies energy to GROW (have chefs show you their muscles). Foods that help our bodies GROW have **protein** like seeds, nuts, eggs, milk, and meat.*

*Lastly, there are foods that give our bodies **vitamins, minerals**, and water to stay healthy or GLOW (point to your hair, teeth, and skin). Examples of foods that help our bodies GLOW are fruits and vegetables.*

Check for understanding - give chefs an example from each food group and ask them to categorize it as a GO, GROW, or GLOW food. (i.e. pasta, milk, apple)

II: Scavenger Hunt Activity (10 minutes)

1. Show/explain the parameters of the scavenger hunt (where they are and are not allowed to go)
2. Hand out the GO, GROW, GLOW Scavenger Hunt sheet
3. Explain the rules (below) of the scavenger hunt
4. Model an example for each food group
5. Set a timer and let chefs go



6. After the time is up and have chefs return to you

Rules:

1. On your scavenger hunt sheet, you will be looking for at least 3 food items for each category, 3 items with **carbohydrates** that give you energy to GO, 3 items which provide **protein** to help you GROW, and 3 items that have **vitamins, minerals**, and water that helps your body GLOW
2. You will have ____ amount of time (either set a timer or keep track yourself)
3. When you hear the timer go off (or hear me say “Stop Searching”) please return back to me (or other designated area)

III: Evaluate (5 minutes)

After your chef(s) regroup, have them review what food items they found for each category. Have them expand on the different groups by asking what foods they like to eat from each group.

IV: Recipe - Rice Cake Tartlets (10-20 minutes)

Present your chef with ingredients to make a Rice Cake Tartlet. Ask your chef which ingredients would belong to the GO, GROW, and GLOW groups. Watch the Video Instruction to make a Rice Cake Tartlet by Sylvania Center Chef Destiny and/or follow the instructions below:

Rice Cake Tartlets

Makes 12

Ingredients:

1 package of rice cakes, preferably whole grain (or use minis)

Optional toppings:

12 oz cream cheese

Fresh fruit, such as peaches, blueberries, strawberries, bananas

12 oz ricotta cheese

1 cup of peanut butter, almond butter, or sunflower seed butter

Toasted coconut, oats, nuts, or seeds
Honey to drizzle

Preparation:

1. If using cream cheese, let it soften at room temperature so it's easier to spread.
2. Wash and cut fruit.
3. Choose cream cheese, ricotta, or nut butter and spread 1-2 oz (about 2 Tablespoons) on a rice cake.
4. Top with a variety of fresh fruit and other toppings. Drizzle with honey and enjoy!



Resource Corner

Relevant Background Information and Activity Alternatives

- If you are in a space without a kitchen or your kitchen is missing items from food groups, print/draw out pictures of food items and scatter them throughout your space (keeping in mind the age of your chefs and the visibility of pictures).
- How to use in a garden: complete activity as written, clipboards or a hard surface to write on are helpful when completing this activity outside. For those new to your garden space give a brief garden tour. Garden labels help chefs to identify crops.
- Younger chefs, use the picture version of the Go, Grow, Glow Scavenger Hunt sheet. Have them circle or color in food items once they find it.
- Younger chefs, terms such as carbohydrates, proteins, vitamins, and minerals may be too challenging. Use terms GO, GROW, and GLOW in the respective places to start the conversation on how different foods help our bodies.
- Competition: if you have many chefs and want to turn this into a competition you can either run the activity as the first pair to get 3 items for each group or you can set a designated time for them to find as many items in each group as possible. Counting points in the end for only correct food items.
- **Carbohydrates** and Whole Grains: We eat grains in many forms: corn, wheat, rice etc. Grains provide our bodies with lots of energy that keeps us moving throughout the day. When we eat Whole Grains we get lots of nutrition in the form of protein, vitamins, minerals and fiber. The fiber in whole grains helps us to feel fuller longer and have a nice energy instead of a whoa/slow food that would lead to a quick burst of energy followed by a crash.
- **Proteins:** Protein foods can be plant-based or animal-based! They fall under the protein group because they supply our bodies with the nutrition we need to grow and be healthy. Protein is essential to our lives in many many different ways. We can get lots of protein from meat, eggs, dairy, whole grains, beans, nuts, and seeds!
- **Vitamins and Minerals:** are micronutrients found in food that are essential for life. Without them, our bodies cannot burn calories, build bones, make DNA, fight off infections, and function.



Go, Grow, Glow Scavenger Hunt

Find 3 items each for Go, Grow, and Glow.

When you find an item, write or draw a picture of what you found.

GO

foods that have carbohydrates to
give us energy
Example: whole grains

GROW

foods have protein that helps our
bodies grow and stay strong
Example: eggs

GLOW

foods have vitamins, minerals, and
water to keep our bodies healthy
and hydrated
Example: cucumbers



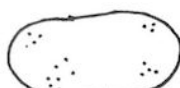
Go, Grow, Glow Scavenger Hunt

Circle or color in each item you find for Go, Grow, and Glow.

If you find a different item that belongs, write or draw a picture of what you found.

GO

foods that have carbohydrates to give us energy
Example: whole grains



POTATO



PASTA



BREAD



RICE



CRACKERS

GROW

foods have protein that helps our bodies grow and stay strong
Example: eggs



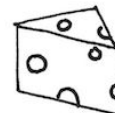
EGGS



MILK



MEAT



CHEESE



NUTS and SEEDS



BEANS

GLOW

foods have vitamins, minerals, and water to keep our bodies healthy and hydrated
Example: cucumbers



BROCCOLI



CARROT



SQUASH



APPLE



STRAWBERRY



CUCUMBER



TOMATO