

“ICE BREAKERS”

Nutrition Education Paper-Pencil Games

**For use in
School Food Service
Training Workshops,
Nutrition
Education Classes,
Community Health
Meetings, Etc.**

Archival version -- See
extension.missouri.edu

NUTRITION EDUCATION PAPER-PENCIL GAMES

Experience has shown that games can be effective teaching tools. The players learn while playing. Games arouse interest and motivation, and create a fun-filled atmosphere while focusing attention on the facts to be learned.

These games have been prepared for use as "ice breakers" or "warm up pieces" at school food service training work-

shops, nutrition education classes, community health meetings, etc. One or more games might be played at the beginning of the meeting as an ice breaker, during a break to arouse interest or relax participants, or in the meeting as a teaching tool. Time needed to play the games ranges from 5 to 15 minutes, depending on the nutrition knowledge and experience of the participants.

These paper-pencil games have been developed as camera-ready masters in order that you may select and duplicate

the exact number of copies needed at any particular time. Please note that answers to the games are also included in the back of the packet.

The games were submitted by members of the Nutrition and Technical Services Staff of the Food and Nutrition Service, both in Washington and the Regional Offices, by cooperating State Agencies and by other individuals. We are happy to share them with each of you, and we hope they add to your nutritional training programs.

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Game Number	Game Title
1	Food Categories Do Count
2	Fruit Flair
3	Grow Your Own Mixed Vegetables
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5	Know Your Nutrients
6	Menu Planner's Dream
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8	Score With The Basic Four
9	Scramble For Your Food
10	Table Setting Needn't Be Puzzling
11	Vitamin Road to Good Nutrition
	Answer Sheets

July, 1975

Name _____ Date _____

1. – FOOD CATEGORIES DO COUNT

When the blanks below are filled in correctly, you spell out the food category representing the foods listed in each group.

__ISCUIT	PUD__ING
__OLL	PI__
FR__NCH	__PICECAKE
R__ISIN	CHEE__ECAKE
CORNBREA__	IC__CREAM
	PAST__Y
	__URNOVER
__IGS	__HORTCAKE
BLUEBE__RIES	
CANTALO__P	
RA__SIN	__ORNMEAL
S__RAWBERRY	RIC__
PEAR__	MACA__ONI
	CRACK__RS
	O__TMEAL
HA__	NOOD__ES
V__AL	__PAGHETTI
B__CON	
S__EAK	

2. – FRUIT FLAIR

Each of the scrambled words below is the name of a FRUIT. Fruits are rich in the vitamins and carbohydrates we need in our diet. Unscramble them to find your favorite fruits.

RHEYCR

AANBAN

ELMI

ERAPGURFTI

PAELP

PAIENPLEP

RPOTCIA

RPAE

NUREP

PEHAC

NMLOE

ENARIGTEN

RBEISRE

GERNAO

NKMPUIP

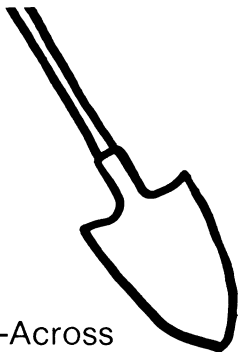
AOTNLEG

ULMP

ATNCOLUAP

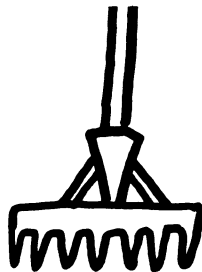
3. – GROW YOUR OWN MIXED VEGETABLES (Part 1)

The words below appearing in capital letters are all names of VEGETABLES, spelled in a mixed-up manner. You must unscramble the letters to find the vegetable and then put the correctly spelled word into the puzzle on the next page.

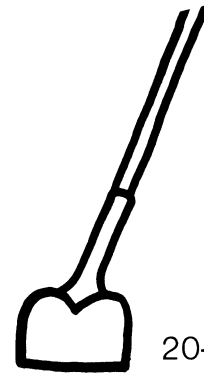


17-Across

GARDEN TOOLS



22-Across



20-Down

MIXED VEGETABLES

ACROSS

1-NTUPIR

4-IMAL (with 11 down)

5-BACABEG

6-ONRC

7-Useless plant

10-MTOTOA

12-EBTE

14-QSASUH

15-NOINO

19-CSPNHIA

21-LEYCER

DOWN

2-EPA

3-Piece of ground used to grow vegetables

4-ETCUELT

5-ROCR TA

8-DSARHI

9-TSPOTAE O (More than one)

11-NABE

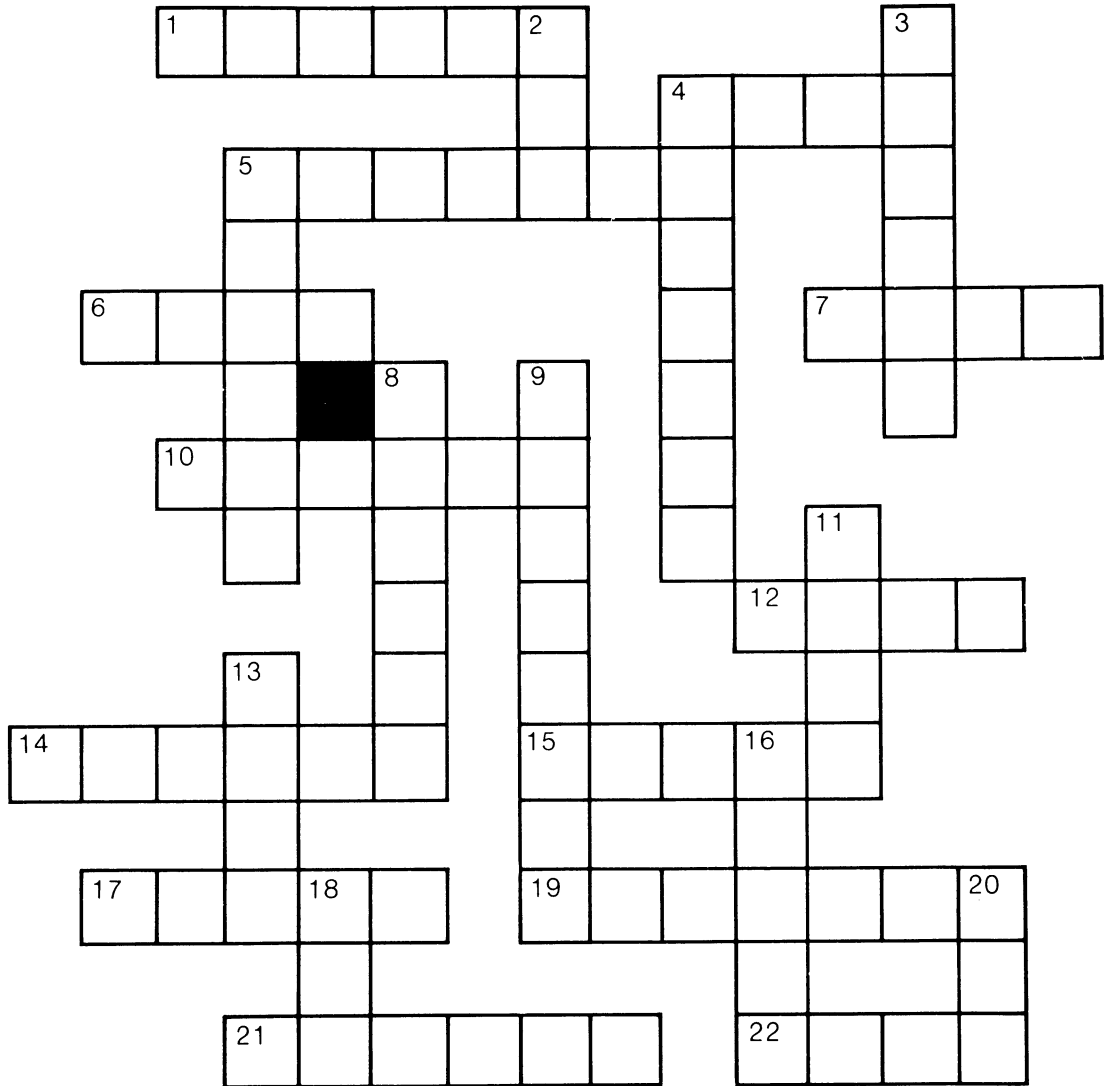
13-GABA (Short for rutabaga)

16-Man to whom the garden belongs

18-Mother Rabbit

Name _____ Date _____

3. – GROW YOUR OWN MIXED VEGETABLES (Part 2)



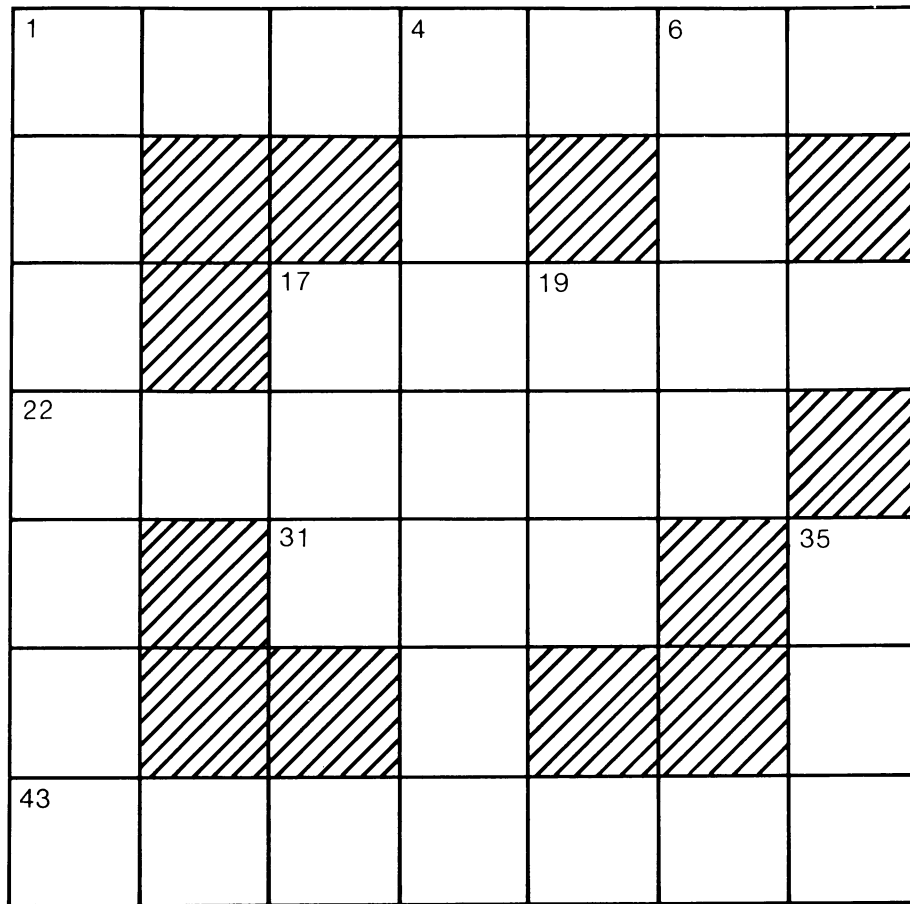
4. – THE KEY NUTRIENT MATCH

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein	<ol style="list-style-type: none">1. builds and repairs body cells.2. is abundant in green leafy vegetables.3. is needed by children only.
Fats and Carbohydrates	<ol style="list-style-type: none">1. are good for weight watchers.2. eliminate tooth decay.3. give energy for work and play.
Calcium	<ol style="list-style-type: none">1. builds skin cells.2. helps build bones and teeth.3. is a vitamin.
Iron	<ol style="list-style-type: none">1. helps your nerves carry messages.2. improves eyesight.3. builds red blood cells.
Thiamin	<ol style="list-style-type: none">1. promotes good appetite and digestion.2. heals wounds.3. produces muscular disability.
Riboflavin	<ol style="list-style-type: none">1. regulates heart beat.2. combines with protein to form enzymes.3. causes loss of appetite.
Niacin	<ol style="list-style-type: none">1. repairs muscles.2. builds body cells.3. is called the pellagra preventing vitamin.
Vitamin C	<ol style="list-style-type: none">1. helps hold body cells together.2. makes your gums bleed.3. promotes digestion.
Vitamin A	<ol style="list-style-type: none">1. helps your muscles work.2. helps you see in the dark.3. helps blood to clot.

Name _____ Date _____

5. – KNOW YOUR NUTRIENTS



ACROSS

- 1. Nutrient that builds muscles.
- 17. The measuring stick that measures the energy in your food is a _____ ie.
- 22. A B-vitamin needed to prevent pellagra.
- 31. You can balance your diet if you follow _____ Basic Four.
- 43. Carbohydrates come from foods that are sugary and _____.

DOWN

- 1. A very good energy snack.
- 4. If you have trouble with your school work you should ask your _____.
- 6. You need this to build strong blood.
- 17. A balanced diet is more important for you than for your dog or your _____.
- 19. You need more energy to play baseball than you do to _____ down.
- 35. Vitamin C is one vitamin that you must have every _____.

6.—A MENU PLANNER'S DREAM

Mary enjoys planning meals weekly. In fact she dreams about menu planning nightly. Unscramble these words and name the menu planning principles of food classes Mary dreams about.

1. TRVIYAE _____
2. UIRSTOTNUI _____
3. LEVBAESGTE _____
4. INMA HSDI _____
5. RTIFUS _____
6. ASYFTIGNIS _____
7. LSDASA _____
8. ZPEAGPINTI _____
9. RUOLOCFL _____
10. SERDSTE _____

7.—NAME A NUTRIENT

When the blanks below are filled in correctly, you spell a common nutrient found in each of the foods listed in the group. Fill in blank letters to name the NUTRIENT.

__OULTRY	L__VER	ENDI__E
D__YBEANS	COLLA__DS	APR__COTS
H__TDOG	M__LASSES	CARRO__S
__URKEY	BEA__S	K__LE
B__EF		PU__PKIN
F__SH	GUA__A	SP__NACH
TU__A	TURN__PS	PRU__ES
	__ANGERINE	SQU__SH
	GR__PEFRUIT	
	TO__ATO	
	CAUL__FLOWER	
	ORA__GE	
	__ABBAGE	

Name _____ **Date** _____

8. – SCORE WITH THE BASIC FOUR

Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in _____ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

VEGETABLE-FRUIT GROUP

BREAD-CEREAL GROUP

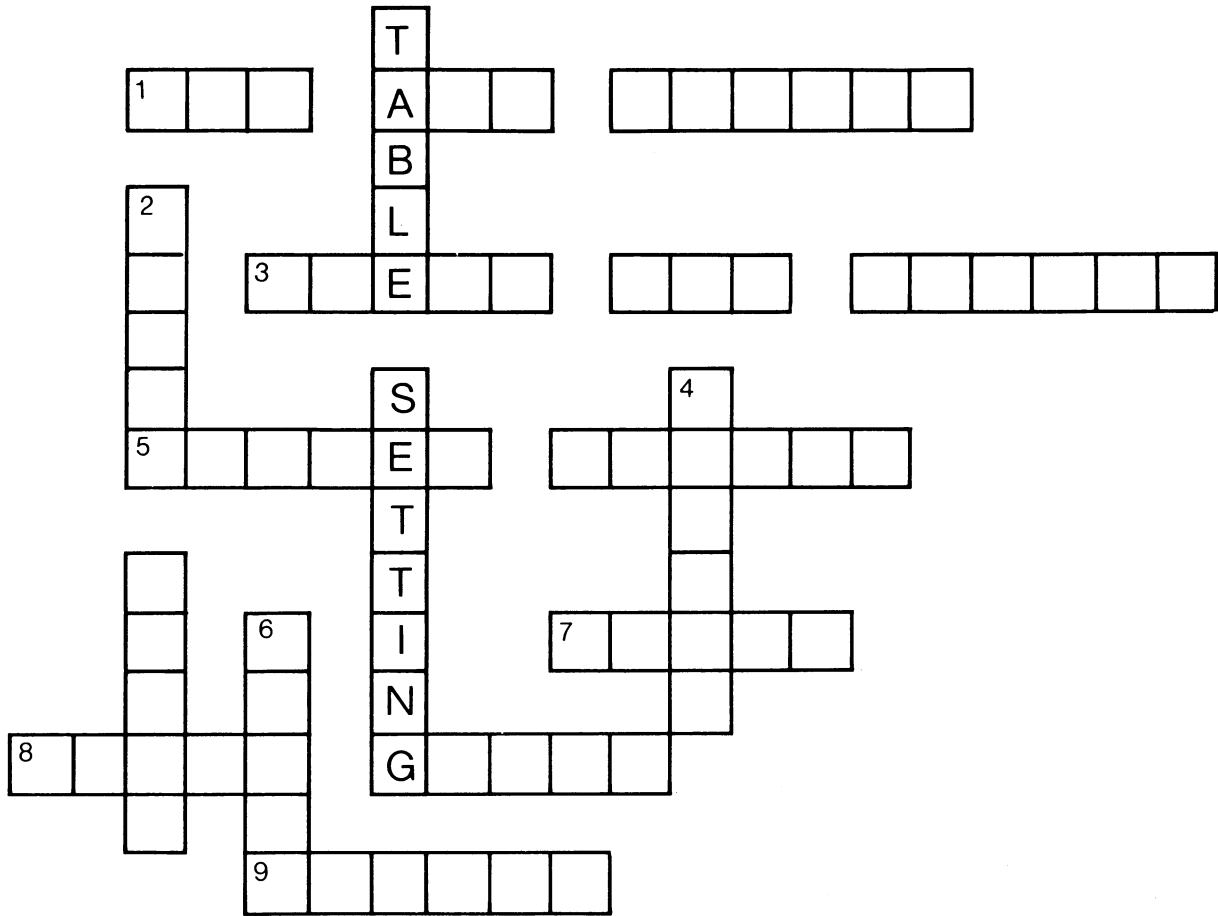
9. – SCRAMBLE FOR YOUR FOOD

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.

T	O	P	E	P	P	E	R
I	P	O	R	K	O	K	A
C	A	R	R	O	T	B	N
E	I	A	O	O	A	I	C
L	M	I	L	K	T	S	A
E	U	C	L	R	O	C	K
R	F	R	C	A	R	U	E
Y	F	E	A	S	P	I	E
A	I	A	B	E	E	T	C
P	N	M	B	E	A	N	Y
P	L	E	A	S	T	E	W
L	O	A	G	B	I	A	O
E	P	L	E	S	O	U	P

Name _____ Date _____

10. – TABLE SETTING NEEDN'T BE PUZZLING



ACROSS

- 1. A _____ is correctly placed to the right, in line with the middle of the plate.
- 3. A _____ plate has its place just above the tip of the fork.
- 5. Space _____ evenly and directly opposite each other, 1 inch from the edge of the table and at least 18 inches apart.
- 7. The _____ is placed at the right of the plate. The sharp edge of the _____ is always turned toward the plate.
- 8. A _____ is placed just above the tip of the knife blade.
- 9. The _____ are placed at the right of the knife. Place knives, forks, and spoons in order in which they will be used, from the outside in toward the plate.

DOWN

- 2. The _____ may be placed to the left of the forks.
- 4. A _____ is placed at the left of the plate or on the plate.
- 6. _____ are placed to the left of the plate and placed an inch from the edge of the table or place mat.

ANSWER SHEET

1. – FOOD CATEGORIES DO COUNT

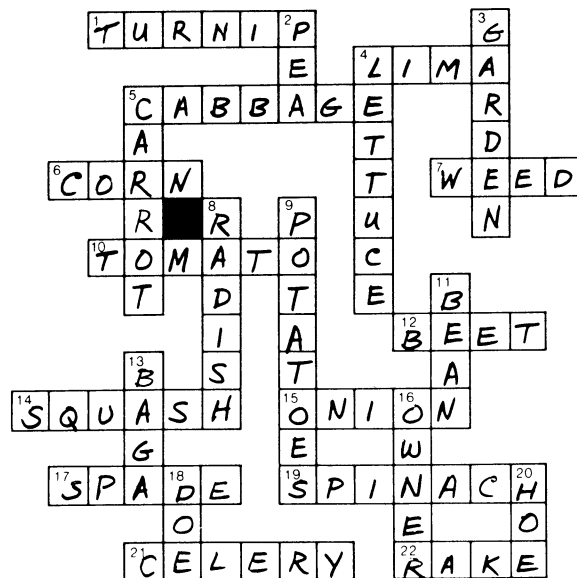
BISCUIT	PUDDING
ROLL	PIE
FRENCH	SPICECAKE
RAISIN	CHEESECAKE
CORNBREAD	ICECREAM
	PASTRY
FIGS	TURNOVER
BLUEBERRIES	SHORTCAKE
CANTALOUPE	
RAISIN	
STRAWBERRY	CORNMEAL
PEARS	RICE
	MACARONI
HAM	CRACKERS
VEAL	OATMEAL
BACON	NOODLES
STEAK	SPAGHETTI

2. – FRUIT FLAIR

RHEYCR (CHERRY)
 ERAPGURFTI (GRAPEFRUIT)
 RPOTCIA (APRICOT)
 PEHAC (PEACH)
 RBEISRE (BERRIES)
 AOTNLEG (TANGELO)
 AANBAN (BANANA)
 PAELP (APPLE)
 RPAE (PEAR)
 NMLOE (LEMON OR MELON)
 GERNAO (ORANGE)
 ULMP (PLUM)
 ELMI (LIME)
 PAIENPLEP (PINEAPPLE)
 NUREP (PRUNE)
 ENARIGTEN (TANGERINE)
 NKMPUIP (PUMPKIN)
 ATNCOLUAP (CANTALOUPE)

3. – GROW YOUR OWN MIXED VEGETABLES

(Part 2)



ANSWER SHEET

4. – THE KEY NUTRIENT MATCH

- Protein ① builds and repairs body cells.
2. is abundant in green leafy vegetables.
3. is needed by children only.
- Fats and Carbohydrates 1. are good for weight watchers.
2. eliminate tooth decay.
③ give energy for work and play.
- Calcium 1. builds skin cells.
② helps build bones and teeth.
3. is a vitamin.
- Iron 1. helps your nerves carry messages.
2. improves eyesight.
③ builds red blood cells.
- Thiamin ① promotes good appetite and digestion.
2. heals wounds.
3. produces muscular disability.
- Riboflavin 1. regulates heart beat.
② combines with protein to form enzymes.
3. causes loss of appetite.
- Niacin 1. repairs muscles.
2. builds body cells.
③ is called the pellagra preventing vitamin.
- Vitamin C ① helps hold body cells together.
2. makes your gums bleed.
3. promotes digestion.
- Vitamin A 1. helps your muscles work.
② helps you see in the dark.
3. helps blood to clot.

6. – A MENU PLANNER'S DREAM

- | | |
|---------------|------------|
| 1. TRVIYAE | VARIETY |
| 2. UIRSTOTNUI | NUTRITIOUS |
| 3. LEVBAESGTE | VEGETABLES |
| 4. INMA HSDI | MAIN DISH |
| 5. RTIFUS | FRUITS |
| 6. ASYFTIGNIS | SATISFYING |
| 7. LSDASA | SALADS |
| 8. ZPEAGPINTI | APPETIZING |
| 9. RUOLOCFL | COLORFUL |
| 10. SERDSTE | DESSERT |

5. – KNOW YOUR NUTRIENTS

¹ P	R	O	⁴ T	E	⁶ I	N
E			E		R	
A		¹⁷ C	A	¹⁹ L	O	R
²² N	I	A	C	I	N	
U		³¹ T	H	E		³⁵ D
T			E			A
⁴³ S	T	A	R	C	H	Y

7. – NAME A NUTRIENT

- | | |
|----------|-------------|
| POULTRY | GUAVA |
| DRYBEANS | TURNIPS |
| HOTDOG | TANGERINE |
| TURKEY | GRAPEFRUIT |
| BEEF | TOMATO |
| FISH | CAULIFLOWER |
| TUNA | ORANGE |
| | CABBAGE |

LIVER

COLLARDS

MOLASSES

BEANS

ENDIVE

APRICOTS

CARROTS

KALE

PUMPKIN

SPINACH

PRUNES

SQUASH

ANSWER SHEET

8. – SCORE WITH THE BASIC FOUR

MILK GROUP

Whole Milk
Evaporated Milk
Cheddar Cheese
Swiss Cheese
Buttermilk
Ice Cream
Dry Milk
Skim Milk
Cream Cheese
Blue Cheese
Ice Milk
Coffee Cream

FRUIT-VEGETABLE GROUP

Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Corn
Cress
Eggplant
Green Pepper
Green Beans
Green Peas
Kale
Lettuce
Lima Beans
Mushrooms
Onions
Parsley
Potatoes
Pumpkin
Rutabaga
Sauerkraut
Spinach
Swiss Chard
Tomatoes
Sweetpotatoes
Tomato Juice
Turnip Greens
Turnips
Watercress
Wax Beans
Zucchini Squash

MEAT GROUP

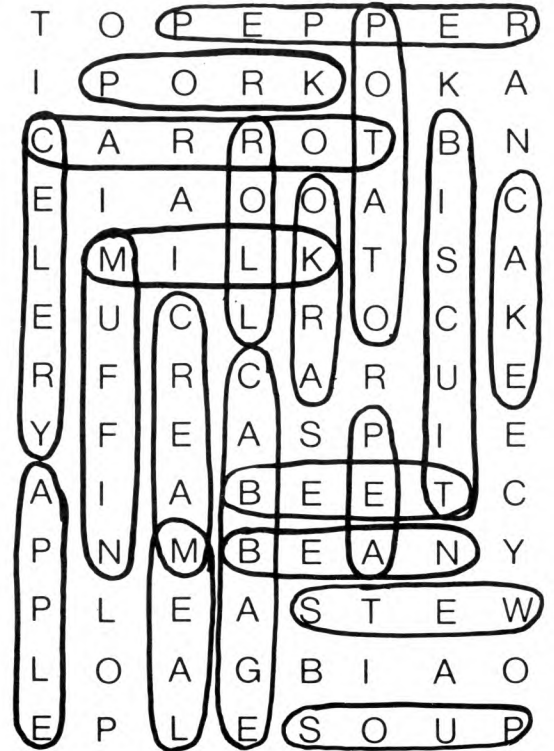
Beef
Lamb
Pork
Veal
Fish
Chicken
Duck
Turkey
Ham
Liver
Frankfurter
Goose
Liverwurst
Dry Beans
Peanut Butter
Ground Beef
Stewing Lamb
Pork Chops
Salmon
Tuna
Shrimp
Oysters
Kidney
Sausage
Salami
Bologna
Sardines
Dry Peas
Eggs

BREAD-CEREAL GROUP (Whole Grain or Enriched)

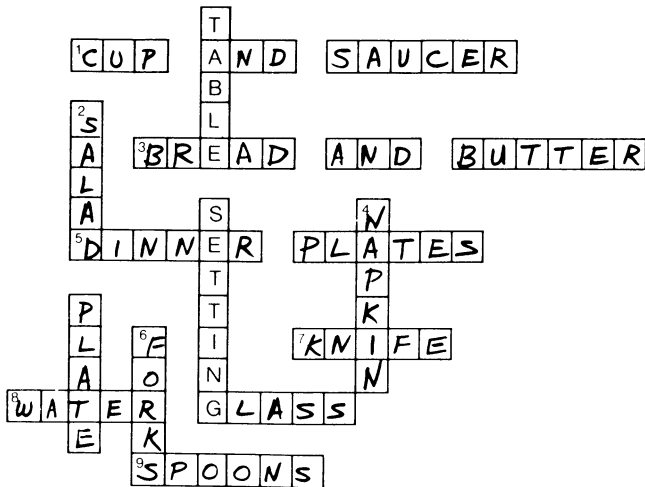
Biscuits
Boston Brown Bread
Cornbread
Muffins
Pancakes
Raisin Bread
Rolls
Rye Bread
Waffles
White Bread
Whole Wheat Bread

Crackers
Corn Grits
Hominy
Macaroni
Noodles
Oatmeal
Ready-to-eat Cereal
Rice
Rolled Oats
Rolled Wheat
Spaghetti

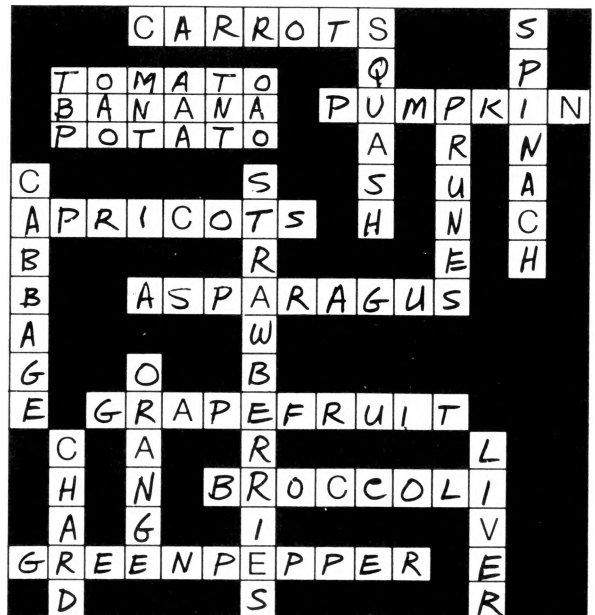
9. – SCRAMBLE FOR YOUR FOOD



10. – TABLE SETTING NEEDN'T BE PUZZLING



11. – THE VITAMIN ROAD TO GOOD NUTRITION



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Issued in furtherance of cooperative extension work, acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. Carl N. Scheneman, Vice President for Extension, Cooperative Extension Service, University of Missouri, Columbia, Mo. 65201. The University of Missouri is an equal employment and educational opportunity institution.

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Local identifier MP0462

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Format Book
Content type Text
Source ID
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Date captured 10/25/23
Scanner manufacturer Fujitsu
Scanner model fi-7460
Scanning system software ScandAll Pro v. 2.1.5 Premium
Optical resolution 600 dpi
Color settings 8 bit grayscale
File types tiff
Notes

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Compression Tiff: LZW compression
Editing software Adobe Photoshop
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