

STAYING WELL

Name That FOOD!!

How much do you REALLY know about the foods you eat? Play "Name that Food" and find out! (answers at bottom of page...)

Food 1: I'm red and round and contain vitamins C and A. Though most people call me a vegetable, I'm really a fruit. I taste best when I'm stored at room temperature away from direct sunlight.



Food 2: While I'm often thought of as a vegetable side dish, I also can be served as a meat-free entrée. I'm kidney or oval shaped. I provide protein, fiber and am an excellent source of folate, a B vitamin.



Food 3: I'm a green fruit that is a source of "monounsaturated" fat, a heart-healthy fat. Store me at room temperature until I ripen.

Food 4: I'm on the nutty side of the same plant family as peaches and apricots. I'm a good source of vitamin E. There are 23 of me in one ounce, about a handful.

? Hint: I begin with an "A" and am often served in a mixture with other similar foods

? **Food 5:** I'm a member of the grain food group and a good source of fiber. I increase in size after I'm prepared. Three cups of me, served without added fat or sugar, provide less than 100 calories. I'm often eaten as a snack. ?

Food 6: A cup of me is similar to milk in calcium content. I'm available in several flavors. I'm a good source of protein and the B vitamin, riboflavin.



Food 7: I'm a good source of potassium. Store me at room temperature until I ripen; then refrigerate me. Though my skin darkens in the refrigerator, I'll still be light inside.

Food 8: I belong to the morning glory family. I'm orange and high in vitamin A. I taste best stored in a cool, dry, dark place (55 to 60 degrees F) and stay fresh for 3 to 5 weeks. At room temperature, I'm at my peak for about a week. I'm sometimes served mashed.



? **Food 9:** And for a last question, here's a food riddle ... You throw away the outside and cook the inside. Then eat the outside and throw away the inside. I'm yellow in color. Hint: after throwing away the "outside," the "inside" becomes the "outside."

ANSWERS



1. Tomato
2. Dried beans
3. Avocado

4. Almond
5. Popcorn
6. Yogurt

7. Banana
8. Sweet potato
9. Corn on the cob.

Source: University of Nebraska—Lincoln Extension, Lancaster County



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