

What Food Am I?

Objective of Activity

To provide an opportunity for students to play a descriptive guessing game with the different foods from Canada's Food Guide.

Teacher Background Information

- Canada's Food Guide
<https://food-guide.canada.ca/en/>

Material Required

- Pictures of foods from Canada's Food Guide (gather as many food pictures as there are students)
- Masking tape

Instructions

1. Tell the class that this is a guessing game and that they will be guessing what food they are.
2. Tape a food picture onto each student's back. Make sure they do not peek.
3. Students must guess what food they are by asking only "yes"/"no" questions. Students continue to ask questions until they guess what they are.

For example:

- "Am I a vegetable?"
 - "Do you eat me with a spoon?"
 - "Am I mushy?"
 - "Am I crunchy?"
 - "Am I green?"
4. Play the game until all students have guessed what food they are. Give hints if needed.