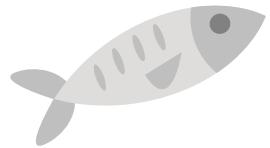


Supermarket Scavenger Hunt



The supermarket is a great place to teach your kids about new, nutritious, and delicious foods. Challenge them to search the supermarket for the mystery foods hidden in the clues below.



1. This yellow fruit starts out green, and it grows on trees. It can be eaten raw, used to make muffins, or even deep fried! If you find it, it will probably be stuck to other ones just like it.
2. This long, skinny green vegetable is often sliced and used in salads or to flavor water. It can also be pickled in brine or vinegar. A good deli will never run out!
3. It's smooth and creamy, and this food is often sold in a cup or a tub. Sometimes it has strawberries, blueberries, or peaches mixed right in. At snacktime or at breakfast, use a spoon to scoop it straight into your mouth or turn it into a parfait with layers of crunchy granola and fresh fruit.
4. This pinkish fish rhymes with "canon" and is a popular food in places like Alaska and Norway. It is usually sold whole or in fillets, but sometimes it's mashed and turned into burgers. You can find it fresh or in the frozen food aisle!
5. It comes in a box in all shapes and sizes, including bow ties, shells, and elbows. Meatballs and marinara sauce go great on top.
6. This small round food is the star of breakfast. It can be scrambled, turned into an omelet, or cooked sunny side up. Look for it in a carton of twelve, but be careful not to drop them or you'll make a big mess!
7. This food goes by many different names: kidney, lima, black, fava, pinto, and adzuki, to name a few! You can find them in colorful cans down one of the middle aisles.

