



Share The Table® Tasty Treasure Hunt – LEVEL 1



Source: FreeDigitalPhotos.net, Naypong

**WHAT DID YOU FIND?
WHAT DID YOU LEARN?**



Source: FreeDigitalPhotos.net, Renjith Krishnan
**WHERE DOES THIS FOOD FIT IN THE
MEDITERRANEAN PYRAMID?**

IS IT A GREEN, YELLOW, or RED LIGHT FOOD?

Find a fruit and vegetable that comes in many different colors

Find enough vegetables or fruits to make the colors of a rainbow.

Find the most unusual fruit or vegetable that you would like to try.

How many kinds of dry beans can you find?

How many different shapes of pasta can you find?
What is your favorite shape?



Share The Table® Tasty Treasure Hunt – LEVEL 2



Source: FreeDigitalPhotos.net, Naypong
WHAT DID YOU FIND?
WHAT DID YOU LEARN?



Source: FreeDigitalPhotos.net, Renjith Krishnan
WHERE DOES THIS FOOD FIT IN THE MEDITERRANEAN PYRAMID?
IS IT A GREEN, YELLOW, or RED LIGHT FOOD?

Find a vegetable or fruit that can be found in fresh produce*, canned and frozen. Compare nutrition and ingredient labels.

Pick the best broccoli or sweet pepper.

Find 2 of your favorite desserts. How many calories and how much fat and sugar is there per serving?

Find an ingredient list that has more than 10 ingredients.

Find an ingredient list that has only ingredients you know.

Compare your favorite soft drink's nutrition label and ingredients list with that of milk and bottled water.

Compare your favorite candy bar's nutrition label and ingredients with that of your favorite fruit*. *You can also use canned fruit in light syrup or frozen fruit as alternatives to fresh fruit.*

Compare oatmeal's nutrition label and ingredients with that of a toaster pastry.

Compare a package of lean ground beef's nutrition label with that of a package of lean ground turkey.

**Ask your grocery for a copy of the fresh produce nutrition information.*