



First Clue: *Fresh, sweet, crunchy, and red.*

Second Clue: *The original go anywhere snack.*

Food Facts: *1 small, 55 calories, 0 grams of fat*

Answer: *APPLE*

HEALTHY rating: *5 points*

HEALTHY FOOD GAME



First Clue: *Small, round, blue, and sweet.*

Second Clue: *Tastes great on cereal or in pancakes.*

Food Facts: *1 cup, 83 calories, 0 grams of fat*

Answer: *BLUEBERRIES*

HEALTHY rating: *5 points*

HEALTHY FOOD GAME



First Clue: *Bright red with a green leaf crown, you can buy them in little boxes.*

Second Clue: *Often made into pies and jellies but still sweet and delicious when served fresh and plain.*

Food Facts: *1 cup, 53 calories, 0 grams of fat*

Answer: *STRAWBERRIES*

HEALTHY rating: *5 points*

HEALTHY FOOD GAME



First Clue: *Orange food, can be eaten raw or cooked.*

Second Clue: *Sometimes comes baby-sized and packed for handy snacking with nonfat ranch dressing.*

Food Facts: *1 cup, 50 calories, 0 grams of fat*

Answer: *CARROTS*

HEALTHY rating: *5 points*

HEALTHY FOOD GAME



First Clue: *Most of this snack is cut up fresh fruit.*

Second Clue: *It has low fat whipped topping.*

Food Facts: *1 cup, 98 calories, 1 gram of fat*

Answer: *FRUIT CUP OR FRUIT PARFAIT*

HEALTHY rating: *5 points*

HEALTHY FOOD GAME



First Clue: *Regular sized tortilla filled with many types of cut up vegetables and beans.*

Second Clue: *Served fresh or steamed without any extra cheese or sour cream.*

Food Facts: *1 medium, 245 calories, 7 grams of fat*

Answer: *VEGETABLE BURRITO OR WRAP*

HEALTHY rating: *5 points*

HEALTHY FOOD GAME



First Clue: *Can be peeled and prepared in many different ways.*

Second Clue: *A simple yet tasty food when baked in its own skin with 1 teaspoon of butter added.*

Food Facts: *1 small, 162 calories, 4 grams of fat*

Answer: *SMALL BAKED POTATO WITH BUTTER*
HEALTHY rating: *4 points*

HEALTHY FOOD GAME



First Clue: *Multi-colored vegetables served in hot liquid.*

Second Clue: *It is warm and satisfying to eat on a chilly day.*

Food Facts: *1 medium bowl, 120 calories, 3 grams of fat*

Answer: *VEGETABLE SOUP*

HEALTHY rating: *5 points*

HEALTHY FOOD GAME



First Clue: *You are never too old to enjoy these two spreads (one nutty, one sweet).*

Second Clue: *Served between two slices of white bread.*

Food Facts: *1 medium, 375 calories, 18 grams of fat*

Answer: *PEANUT BUTTER AND JELLY SANDWICH*

HEALTHY rating: *3 points*

HEALTHY FOOD GAME



First Clue: *A bar made of oats, nuts, dried fruit.*

Second Clue: *Sometimes crunchy, this one's chewy.*

Food Facts: *1 medium, 125 calories, 5 grams of fat*

Answer: *CHEWY GRANOLA BAR*

HEALTHY rating: *3 points*

HEALTHY FOOD GAME



First Clue: *A small swirl of low fat vanilla on top, crunchy on bottom.*

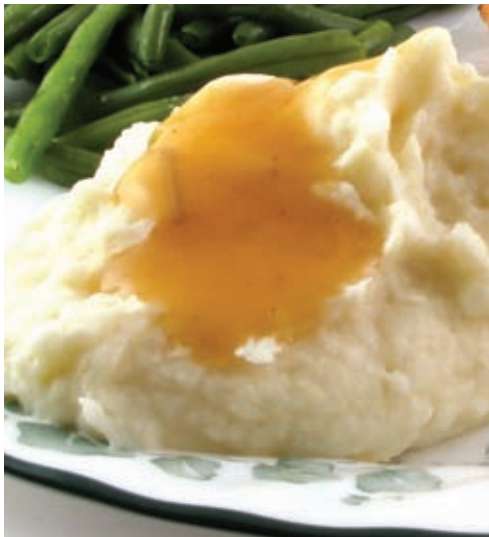
Second Clue: *Frozen yet soft, you hold it to eat it.*

Food Facts: *1 small, 216 calories, 10 grams of fat*

Answer: *SOFT-SERVE ICE CREAM CONE*

HEALTHY rating: *3 points*

HEALTHY FOOD GAME



First Clue: *Mashed up with cream and large chunks of butter.*

Second Clue: *Large serving with lots of rich brown gravy on top.*

Food Facts: *1 cup, 400 calories, 20 grams of fat*

Answer: *MASHED POTATOES AND GRAVY*

HEALTHY rating: *2 points*

HEALTHY FOOD GAME



First Clue: *Part crunchy and salty.*

Second Clue: *A large container of something crunchy, smothered in a large amount of processed cheese and sometimes jalapeños.*

Food Facts: *1 large, 900 calories, 56 grams of fat*

Answer: *NACHOS AND EXTRA CHEESE*

HEALTHY rating: *1 point*

HEALTHY FOOD GAME



First Clue: *A soft, cake-like chocolate square.*

Second Clue: *Large, frosted, and covered in nuts.*

Food Facts: *1 large square, 540 calories, 33 grams of fat*

Answer: *CHOCOLATE FUDGE NUT BROWNIE*

HEALTHY rating: *0 points*

HEALTHY FOOD GAME



First Clue: *A greasy triangular food about 5 inches wide and 7 inches long.*

Second Clue: *It comes sliced, this serving is a single with tomato sauce and cheese on top.*

Food Facts: *1 small, 206 calories, 8 grams of fat*

Answer: *SMALL SLICE PIZZA*

HEALTHY rating: *3 points*

HEALTHY FOOD GAME



First Clue: *Outer part is a hard fried shell.*

Second Clue: *Inner part is one serving of fried meat, shredded lettuce, and tomato.*

Food Facts: *1 medium, 285 calories, 19 grams of fat*

Answer: *HARD SHELL BEEF TACO*

HEALTHY rating: *3 points*

HEALTHY FOOD GAME



First Clue: *Lots of people crave this sugary treat, flavored from a cocoa bean, wrapped in silver foil.*

Second Clue: *This one is a 'king' size.*

Food Facts: *1 king size, 400 calories, 22 grams of fat*

Answer: *CANDY BAR (CHOCOLATE BAR)*

HEALTHY rating: *0 points*

HEALTHY FOOD GAME



First Clue: *A mixture of milk, ice cream, and strawberries.*

Second Clue: *An extra large glass (19 ounces) topped with whipped cream and a cherry.*

Food Facts: *1 large, 890 calories, 47 grams of fat*

Answer: *STRAWBERRY MILKSHAKE*

HEALTHY rating: *0 points*

HEALTHY FOOD GAME



First Clue: *Crunchy chocolate shell on the outside, cold, creamy vanilla on the inside*

Second Clue: *A large rectangular, frozen treat.*

Food Facts: *1 large, 260 calories, 17 grams of fat*

Answer: *ICE CREAM BAR*

HEALTHY rating: *1 point*

HEALTHY FOOD GAME



First Clue: *A large circle of sweet, deep fried dough*

Second Clue: *The sugar coating means extra sweetness and extra calories*

Food Facts: *1 large, 330 calories, 17 grams of fat*

Answer: *GLAZED DONUT*

HEALTHY rating: *0 points*

HEALTHY FOOD GAME