



# DAIRY FOODS GUESSING GAME



Write the names of dairy foods on strips of paper. Fold the strips of paper and place the strips in a container. Have participants pick one strip of paper from container and tell them not to show it to anyone else. Have each person write four sentences that describe the dairy food written on their strip of paper. Allow 5 minutes for them to complete this task. Ask one of your participants to stand up. Ask them to read their first descriptive sentence and see if anyone can guess the dairy food. If the dairy food cannot be guessed from the first descriptive sentence, then have them read their next sentence and so on.....

**\*Note:** For young participants, you may want to display pictures of the dairy foods.

**\*NEW GAME:** Modify this game and call it "Get Your Calcium From the Foods You Eat". Examples of food would include all dairy foods **PLUS** foods like pizza, greens (kale, collards), beans, fortified juices, salmon, sardines, etc.

Example:

## **Swiss cheese**

1. This food helps build strong teeth and bones.
2. It is made from milk.
3. It has holes in it.
4. It is white in color.



## **Other dairy food examples:**

Yogurt	Buttermilk
American cheese	Hot cocoa
Mozzarella cheese	Whole milk
Milkshake	Fat free milk
Pudding	Reduced fat milk
Cottage cheese	Low fat milk
Chocolate milk	