



Food Scavenger Hunt for Youth

Your mission is to be the first person (or as a team) to complete **all** seven sections **correctly**.

Use the Nutrition Facts label on items and product signs to assist you. You can choose how you will go about completing this assignment. Take your time to be accurate, but you'll want to move quickly. Read through the directions carefully. Good luck and happy shopping!

1. Find one food item that is high in potassium and one food item that is low in potassium.

	Name of item	How much potassium is in this item?	How much sodium is in it?	What is the cost?
1				\$
2				\$

2. Find fresh pears.

- Choose the cheapest type of pears. Write the pear name: _____
- How much do 3 pounds (lbs.) cost? \$ _____
- What's the difference in price for the type of the pear you chose per pound compared to a different type of pear? \$ _____

3. Go to the cereal section.

- Find a cereal that provides at least 6 grams of protein per serving.
- Write down the cereal name: _____
- Cost for the cereal: _____
- Amount (weight) of cereal in the box: _____
- Servings per box _____ Serving Size _____
- Find a cereal that has more dietary fiber than sugar per serving.
- Write down the name: _____
- Cost for the cereal: _____
- Amount (weight) of cereal in the box: _____
- Servings per box: _____ Serving Size: _____

4. If you had **\$10.00** to spend on **fresh produce (vegetables and fruit)**, what **five items** could you buy? You may not list the same item twice. For example, if a pound of apples cost \$1.99, you may not use 1 lb. of apples 5 times. Your goal is to get the closest to \$10.00 without going over. Try for a variety of colors and items of different nutritional value.

	Name of Item	How much can you get? (in a pound, in a bunch, etc.)	Cost	Total Amount
1.				
2.				
3.				
4.				
5.				

5. Look at the percentage of daily value of fats in a bag of **baked potato chips** versus a box of **whole wheat crackers**.

- Write the name of the baked potato chips: _____
- What is the percentage of daily value of total fats for the chips? _____
- What is the percentage of saturated fats for the chips? _____
- Write the name of the whole wheat crackers: _____
- What is the percentage of daily value of total fats for the whole wheat crackers?

- What is the percentage of daily value of saturated fats for the crackers? _____

6. Find bottled juices.

Choose one juice with fewer calories and one with more calories than average. You will need to look at several labels to estimate the average calories per serving. Make sure you determine whether the serving sizes are the same to determine how the “calories” per serving actually compare to each other.

Name of Juice	Calories Per serving	How much sodium?	How much potassium?	How much sugar?

Which juice is the healthier choice and why? _____
 Would the answer be different if you already had high blood pressure, diabetes, or kidney failure? _____

7. Shopping for a meal:

You are going shopping for your family and you have five people to feed and \$20 to spend. Your goal is to create a **low fat**, healthy meal that incorporates whole grains, protein, vegetables and/or fruits in your meal. Your goal is to make dinner for five.

What will you make? _____
 Write down all the food items you need to make your meal _____

Find those items fill out the following chart. You must stay within your budget of \$20.

Name of Item	Total fat	How many servings?	Cost of Item	Will it feed 5 people?
Total Cost for the Meal:			\$	

About MIKE Program

MIKE Program was founded in 2003 to mentor youth toward healthier behaviors which help prevent the chronic diseases that lead to kidney failure. MIKE offers a youth-focused health science education program that develops knowledge and social-emotional skills in underserved youth, cultivates personal and community engagement for health promotion, expands the number of diverse and culturally-competent health professionals, and prepares youth to be health advocates for themselves and future generations. As of 2019, MIKE has served more than 1,500 youth, mentored by more than 250 mentors. MIKE is based in Portland, Oregon.

For more information about MIKE, visit us at www.mikeprogram.org.