

# Guess the ingredients game!

## Healthy Lifestyle

ConnectABILITY.ca



### WHAT MAKES IT MEANINGFUL

A healthy diet is essential for good health and nutrition and an all-around happier lifestyle and quality of life. It protects you from noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of healthy foods and less sugar and salt, are essential for a healthy diet and a rewarding future. The object of this game is to correctly guess the ingredients, which make a particular recipe. Many times, we eat food without knowing what various food go into that particular recipe. A fun and interactive way to learn about food.

### TIME

Thirty minutes to three hours.

### MATERIALS

- Recipes and/or cue cards with ingredients listed
- A pot
- Paper
- Pen/pencil



# Guess the ingredients game!

## INSTRUCTIONS

Place the pot in the front of the room. Give each player a piece of paper and a pencil or pen. Choose one of the foods on your list and ask the players to write down one ingredient he or she thinks goes into making that recipe. Staff will ask each player to name the ingredient. If it is correct, they place their paper in the pot. After each individual has given their ingredient, the staff will let them know if any ingredients are missing. If any are, ask the players to guess the missing ingredients. When the recipe is complete, staff can review the ingredients and discuss the preparation.

## RESOURCES

[www.health.ny.gov](http://www.health.ny.gov)

## SUPPORTS NEEDED

This can be played with two or more players. Must have the recipes on hand as well as an open area so that everyone is able to play.

## OTHER THINGS TO NOTE:

Review and start preparing the ingredients. If you are unable to cook the meal, you can have a discussion on the measurements and how to prepare the kitchen and what other kitchen devices would you need E.g Measuring cup, measuring spoons, how many bowls etc.

This game works best with dishes that would need a lot of ingredients.

Chicken soup

Baked ziti

Salads

Meat loaf

Stir fry

Lasagna