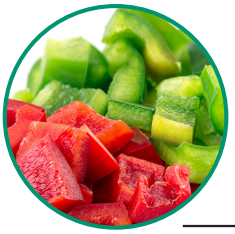
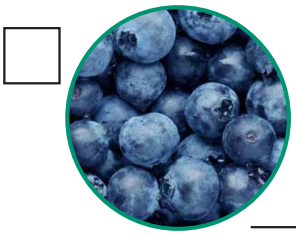
Healthy Foods Scavenger Hunt

AMERICAN COLLEGE OF Lifestyle Medicine

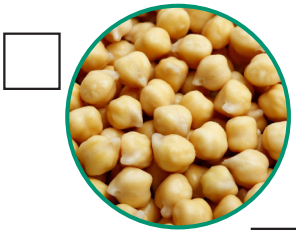
See if you can find and identify these healthy food items on your next family shopping trip.

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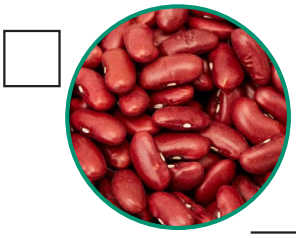
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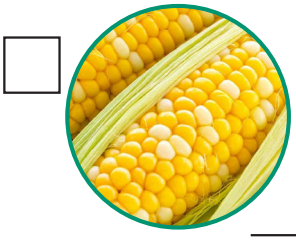
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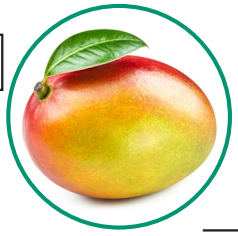
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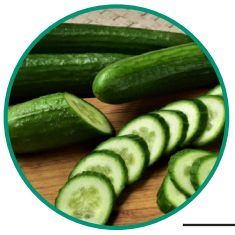
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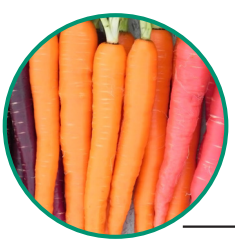
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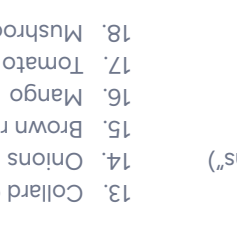
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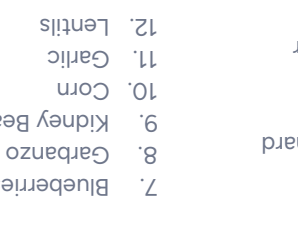
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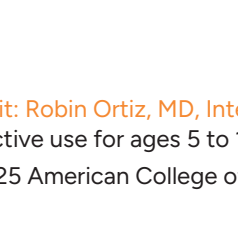
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Answer Key:

1. Bell Pepp
2. Kale or Chard
3. Broccoli
4. Zucchini
5. Cucumber
6. Carrots
7. Blueberries
8. Garbanzo beans ("chickpeas")
9. Kidney Beans
10. Corn
11. Garlic
12. Lentils
13. Collard Greens
14. Onions
15. Brown rice
16. Mango
17. Tomato
18. Mushrooms

Credit: Robin Ortiz, MD, Internist & Pediatrician

Effective use for ages 5 to 12.

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