



**Your Tummy Helps Your Brain-REALLY? (🧠 A Physical Health Story)  
(Kindergarten – 5-6 yrs.)  
Riddles: Brain Food**



**STORY CONNECTION-SLIDES 7-8 (Approx Time: 10-15 mins)**

We all know that eating food is important to keep both our brain and our body healthy. Food gives us **energy** to do the things that we need (and like) to do. Wait a minute, what is energy? Energy is needed to make things go or make things work. Food gives us energy. Some foods are extra great for our brains. Sometimes they are called “brain food.”

**Materials needed:**

- Brain food riddles included below
- Brain food picture cards included below
- Scissors
- Additional information about brain foods included below or can be found at: [https://www.healthline.com/nutrition/11-brain-foods#TOC\\_TITLE\\_HDR\\_2](https://www.healthline.com/nutrition/11-brain-foods#TOC_TITLE_HDR_2)

**Preparation needed:**

- Decide how to group the student(s) either individually, with a partner, in small groups, or as a whole group. Divide the student(s) into groups depending on how many helpers/adults are assisting. This will also determine how many brain food picture cards need to be prepared.
- Print and cut apart the riddle cards. One set of riddle cards will be needed by each facilitator/helper for each group of student(s). Only one set is needed for a whole group activity.
- Print and cut apart the brain food pictures. If the student(s) are doing this activity individually or as a whole group, each student needs a set of cards.
- If student(s) are doing this activity with a partner or in a small group, one set of cards can be used per partnership or per small group. More card sets can be used at the discretion of the facilitators/helpers.

**Instructions:**

1. This activity explores the concept of “brain food” or foods that not only give energy, but also provide added nutrients for brain health.
2. Ask the student(s) if they know what a riddle is. Call on student(s) to share their thoughts and ideas. A definition is a puzzling question posed as a problem to be solved or guessed. Tell your favorite riddle or say “I have hands, but I cannot clap or write. What am I? I am a clock.”
3. Explain to the student(s) that they are going to be solving some more riddles about foods that are good for their brains or what we will call brain foods.
4. Before starting or passing out anything to the student(s), show them the picture cards and go over what each one is so they know what brain foods will answer the riddles. You can ask them if they like/dislike

these foods, have ever tried them, etc. This can be done as a whole group or in small groups depending on how the student(s) are grouped.

5. Have the student(s) get into the predetermined grouping (individual, partner, small group, or whole group).
6. Pass out the picture cards and have student(s) arrange them so they are all face up. Review the picture cards one more time prior to starting.
7. The facilitator/helper will choose a riddle and read it to the student(s).
8. The student(s) will look at their picture cards and pick the one that they think is the answer to the riddle.
9. After student(s) have chosen the card that they think is the answer, have one of them tell why they think this food is the answer to the riddle.
10. After the correct picture is agreed upon, share the additional information (included below) with the student(s). The information is written in somewhat "kid friendly" language. The link to this information is included.
11. Continue to read each riddle, have student(s) match the picture with the riddle, and share additional information until all riddles are read.
12. In closing, remind student(s) that while all food will give us energy, some food will also give us nutrients that will give our brains an extra healthy boost. That is why they are often called brain foods. It is important to eat these types of foods to make our body and brain healthy and happy.

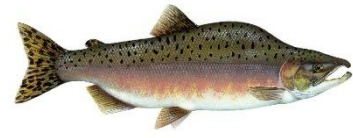
## Riddle Cards:

<p>I live in a bowl. I can swim. I have a tail. I also have fins and big eyes. What am I?</p>	<p>I live in a bowl. I can swim. I have a tail. I also have fins and big eyes. What am I?</p>
<p>I am small. I am round. I am the color of the sky on a clear day. What am I?</p>	<p>I am small. I am round. I am the color of the sky on a clear day. What am I?</p>
<p>I am green. I am crunchy I look like little trees. What am I?</p>	<p>I am green. I am crunchy I look like little trees. What am I?</p>
<p>I am tiny. I am slimy before I am cooked. I live inside something orange. What am I?</p>	<p>I am tiny. I am slimy before I am cooked. I live inside something orange. What am I?</p>
<p>I am sweet but not too sweet. I am very special. I do not like "light." What am I?</p>	<p>I am sweet but not too sweet. I am very special. I do not like "light." What am I?</p>
<p>I come in many shapes and sizes. I can be salty or not. Some people are allergic to me. What am I?</p>	<p>I come in many shapes and sizes. I can be salty or not. Some people are allergic to me. What am I?</p>
<p>I am color. I am a fruit. I am the shape of a ball. What am I?</p>	<p>I am color. I am a fruit. I am the shape of a ball. What am I?</p>
<p>I must be broken to be eaten. I can be eaten many ways. My shape is round but not a sphere. What am I?</p>	<p>I must be broken to be eaten. I can be eaten many ways. My shape is round but not a sphere. What am I?</p>

Picture Cards:



fish



fish



blueberries



blueberries



broccoli



broccoli



pumpkin seeds



pumpkin seeds



dark chocolate



dark chocolate



nuts



nuts



oranges



oranges



eggs



eggs

**Additional Info:**

Fatty fish has something called omega-3 fatty acids in it. These are major building blocks of the brain. They help us remember things, improve our mood, and protect our brain.

Blueberries are packed with things called antioxidants. They help our brain from aging too fast and improve our memory.

Broccoli has vitamin K which can help protect our brain against damage.

Pumpkin seeds have copper, iron, magnesium, and zinc in them. All those things help our brain function or work better.

Dark chocolate has something in it called flavonoids. Flavonoids may help protect the brain. Studies also suggest that eating chocolate, especially dark chocolate, can help boost memory and mood.

Nuts contain brain-boosting nutrients like vitamin E, healthy fats, and plant compounds.

Oranges are high in vitamin C. This can help defend our brain and body from illness.

Eggs are a good source of several B vitamins and choline. These help our mood and help our brain function and develop.

Salmon fish image credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSxV0H9pm3JLziskGYNvpNHZOGCeb4MRmz9DZ\\_N5Di66hRr7II&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSxV0H9pm3JLziskGYNvpNHZOGCeb4MRmz9DZ_N5Di66hRr7II&s)

Blueberries image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS6ukeH9kdTtVAWHag9Fxz0R2RoN5OTSjHYbLEP1aghXZKqLG8&s>

Broccoli image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTwmKjzk4a8HvSuSSJcTEYKynO8JDP8CT-8f5ZRB80XRMdvV5eZ&s>

Pumpkin Seeds image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSet6U3-ySOiTtBCbH0hJVHNElhwcq7zsG20ko8jVHA63U7bs&s>

Dark chocolate image credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRn\\_2cVe5Mzs0gJ1Ud0wIFZP2ehu6LWor8nVDhEBt0bkDLLJEr0&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRn_2cVe5Mzs0gJ1Ud0wIFZP2ehu6LWor8nVDhEBt0bkDLLJEr0&s)

Nuts image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQ92OzSCWAR-jmoWMbYbgjawxrqt0rJmQ7vj-25YVaSsZP4rlq&s>

Orange image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSAklnPmZNzXhTflXSsoxfdSJM1AczqY0xSXzFFSRq7kmOdRBE&s>

Eggs image credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSX2Xu1iAn\\_WVTtLLNGpbHGLWvldZa9e2qXAJY-\\_XmCQ-A6ogl&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSX2Xu1iAn_WVTtLLNGpbHGLWvldZa9e2qXAJY-_XmCQ-A6ogl&s)