

# Brain Gain Classroom Activity 2

## Recipe Challenge

### Instructions

#### Learning Objective

Students will be able to identify fruit and vegetables from non-fruit and vegetables. Students will be able to determine a serving size of fruit and vegetables by interpreting a recipe card.

#### Materials

1. Brain Gain Recipe Cards
2. Recipe Challenge Worksheet
3. Scissors

#### Teacher Preparation

1. Print out copies of the Recipe Cards and Recipe Challenge Worksheet, one for each student.

#### Instructions

1. Allow students to play Brain Gain at [Playnormous.com](http://Playnormous.com).
2. Give each student copy of the Recipe Cards and Recipe Challenge Worksheet.
3. Have the students cut out the recipe cards. When finished, there should have a total of 12 cutouts.
4. Have students fill out the Recipe Challenge Worksheet.
5. As a bonus, students can try a recipe at home.

#### Answer Key

Each recipe has at least one fruit or vegetable. Some non-fruit and vegetables are also in the recipes, but these do not count towards a serving. For the purposes of calculating the total serving size in each recipe, note that one serving is equal to:

- 1 medium sized fruit or vegetable
- $\frac{1}{2}$  cup chopped, sliced, diced, or blended fruit or veggies
- $\frac{1}{4}$  cup dried fruit
- 1 cup 100% fruit juice

1. No Cook Fondue
  - a. Strawberries (2 servings)
  - b. Bananas (2 servings)
  - c. Total 4 servings of fruit
2. Green Monster Wrap
  - a. Salsa (1/4 serving)
  - b. Black beans (1/2 serving)
  - c. Corn (1/2 serving)
  - d. Total 1 and  $\frac{1}{4}$  servings of vegetables
3. PB & Applesauce Dip
  - a. Applesauce (1 serving)
  - b. Raisins (1 serving)
  - c. Total 2 servings of fruit



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4. Monster Mash Smoothie
  - a. Orange juice (1 serving)
  - b. Banana (1 serving)
  - c. Strawberries (2 servings)
  - d. Total 4 servings
5. Bustin' Burrito
  - a. Pinto beans (1 serving)
  - b. Salsa (1/2 serving)
  - c. Total 1 and ½ servings
6. Magic Monster Pocket
  - a. Tomato (1/2 serving)
  - b. Lettuce (1/8 serving)
  - c. Carrots (1 serving)
  - d. Total 1 and 5/8 servings
7. Marsh-Monster Sweet Potatoes
  - a. Sweet potato (1 serving)
  - b. Total 1 serving
8. Super Sweet Fruit Salad
  - a. Apple (1 serving)
  - b. Banana (1 serving)
  - c. Pineapple (1 serving)
  - d. Raisins (1 serving)
  - e. Total 4 servings
9. Strawberry Split 'N Spikes
  - a. Strawberries (2 servings)
  - b. Banana (1 serving)
  - c. Total 3 servings
10. Monster Spuds
  - a. Potato (1 serving)
  - b. Tomato (1 serving)
  - c. Total 2 servings
11. Crazy Carrots
  - a. Carrots (2 servings)
  - b. Orange juice (1/4 serving)
  - c. Total 2 and 1/4 servings
12. Too Good Trail Mix
  - a. Raisins (1 serving)
  - b. Cranberries (1 serving)
  - c. Total ½ serving



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### Worksheet

#### Directions:

For each recipe, write down which ingredients are fruit and vegetables. Using your knowledge of portion size from playing Brain Gain, calculate how many servings of fruit and vegetables are in each recipe. Show all of your work.

#### Example:

**Veggie Salad – 1 cup cut carrots + ½ cup diced zucchini + 1 tsp Ranch dressing**

- 1 cup carrots = 2 servings of vegetables
- ½ cup zucchini = 1 serving of vegetables
- $2 + 1 = 3 \rightarrow$  Total of 3 servings of vegetables

1. Fun No Cook Fruit Fondue
2. No Cook Green Monster Wrap
3. PB & Applesauce Dip
4. Monster Mash Smoothie
5. Bustin' Burrito
6. Magic Monster Pocket



## Brain Gain Classroom Activity 2 Recipe Challenge

7. Marsh-Monster Sweet Potatoes

8. Super Sweet Fruit Salad

9. Strawberry Split 'N Spikes

10. Monster Spuds

11. Crazy Carrots

12. Too Good Trail Mix

