

## - MenuExplorers.com Game Sources -

### Foodie Coloring Pages

- The average person eats 23 pounds of cheese per year. That's about the size of a hefty koala.
  - Source:
    - <http://www.dailymail.co.uk/news/article-2432491/Americans-eating-23-POUNDS-cheese-year-beef-consumption-lowest-levels-1950s-reveals-report-card-changing-US-diet.html>
    - <https://www.koalas.org/koala-info.html>
- Chili pepper plants are as old as the dinosaurs.
  - Source: <https://www.scientificamerican.com/article/feel-the-burn-new-world-chilies-traced-back-nearly-17-million-years/>
- Cinnamon comes from the bark of an Asian Evergreen tree.
  - Source: <http://herbs.lovetoknow.com/Where Does Cinnamon Come From>
- Hens sing a song when laying an egg.
  - Source: <https://www.sunnyqueen.com.au/about-eggs/egg-info-and-tips>
- Roman gladiators rubbed their muscles with onions to build strength.
  - Source: <http://theplate.nationalgeographic.com/2014/12/01/stinky-smelly-wonderful-onions/>
- If you filled school buses with the wheat grown every year, they would wrap around the equator 10 times.
  - Source: <http://www.cherrycrestfarm.com/The-Amazing-Fun-Time-Blog/10-Fun-Facts-About-Wheat/>

### Positively Puzzled Crossword Puzzle

#### **ACROSS CLUES:**

answer: "BREAD"

clue: "Sandwich must-have, flour used is usually from wheat"

source: *Wheat. (2006). World's Healthiest Foods. Retrieved August 18, 2006, from <http://worldshealthiestfoods.com/genpage.php?tname=foodspice&dbid=66>*

answer": "BABY"

clue: "Corn picked at its infancy"

Source: <https://www.seriousseats.com/2015/04/the-story-of-baby-corn.html>

answer": "COW"

clue: "Most milk we drink comes from this animal"

Source: <http://positivemed.com/2013/09/18/15-fun-interesting-facts-cheese/>

answer": "WHITE"

clue: "Clear, viscous substance inside an egg"

Source: [http://www.sites.ext.vt.edu/virtualfarm/poultry/poultry\\_eggparts.html](http://www.sites.ext.vt.edu/virtualfarm/poultry/poultry_eggparts.html)

answer: "CHICKEN"

clue: "Most-commonly consumed egg type, from this animal"

Source: *Mondala AV. Catch That Daily Egg Habit. Available at:*  
[www.fnri.dost.gov.ph/htm/egghabit.htm](http://www.fnri.dost.gov.ph/htm/egghabit.htm).

answer: "EARS"

clue": "Corn stalks have 1 to 2 of these (we have 2)"

Source: <https://iowaagliteracy.wordpress.com/2017/07/19/how-many-ears/>

answer: "PEEWEE"

clue: "Smallest egg size, or nickname for a little one"

Source: <http://www.myrecipes.com/extracrispy/whats-the-difference-between-jumbo-and-large-eggs>

answer: "DINOSAURS"

clue: "The Chili pepper plant is as old as these pre-historic creatures"

Source: <https://www.scientificamerican.com/article/feel-the-burn-new-world-chilies-traced-back-nearly-17-million-years/>

answer: "PEPPERS"

clue: "Scoville scale measures the 'heat' of this plant"

Source: <https://www.pepperseeds.eu/scoville/>

answer: "MOZZARELLA"

clue: "Favorite cheese around the world, perhaps thanks to pizza"

Source: <http://positivemed.com/2013/09/18/15-fun-interesting-facts-cheese/>

answer: "SOY"

clue: "Species of legume native to East Asia"

Source <http://ncsoy.org/media-resources/history-of-soybeans/>

answer: "FOOT",

clue: "Limburger cheese's stinky aroma, comparable to this body part"

Source: <https://www.cheese.com/limburger/>

answer: "BUSHEL"

clue: "Unit for measuring wheat, about 60 pounds"

Source: <https://www.wheatworld.org/wheat-101/wheat-facts/>

answer: "ETHANOL"

clue: "By-product of corn used as an oxygenate in gasoline"

Source: <https://www.britannica.com/plant/corn-plant>

answer: "VITAMIND"

clue: "Eggs yolks are one of only a few foods that naturally contain this essential vitamin (2 words)"

Source: <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

answer: "JALAPENO"

clue: "Milder and more popular pepper"

Source: <https://www.pepperscale.com/jalapeno-peppers/>

answer: "CORN"

clue: "Native word is 'maize'"

source: <https://www.britannica.com/plant/corn-plant>

answer: "TOAST"

clue: "Bread, warmed"

Source: <https://en.wikipedia.org/wiki/Toast>

answer: "JUMBO"

clue: "Largest egg size"

Source: <http://www.myrecipes.com/extracrispy/whats-the-difference-between-jumbo-and-large-eggs>

### **DOWN CLUES:**

answer: "RICE"

clue: "Grain thrown at weddings"

Source: <https://www.robertscentre.com/come-origins-behind-popular-wedding-traditions/>

answer: "YOLK"

clue: "Yellow, internal part of an egg"

Source: [http://www.sites.ext.vt.edu/virtualfarm/poultry/poultry\\_eggparts.html](http://www.sites.ext.vt.edu/virtualfarm/poultry/poultry_eggparts.html)

answer: "KANSAS"

clue: "Top wheat-producing state, Dorothy's home in Wizard of Oz"

Source: <https://www.wheatworld.org/wheat-101/wheat-facts/>

answer: "GHOST"

clue: "Hottest pepper, known by this spooky nickname"

Source: <https://www.cayennediane.com/peppers/bhut-jolokia-ghost-pepper/>

answer: "HOT",

clue: "Eating peppers might make your mouth feel this way"

Source: <https://www.poison.org/articles/2010-oct/capsaicin-when-the-chili-is-too-hot>

answer: "THROW"

clue: "According to tradition, you might be tempted to do this with a rotten tomato"

Source: <https://www.robertscentre.com/come-origins-behind-popular-wedding-traditions/>

answer: "CINNAMON"

clue: "Spice in many baked goods"

Source: [http://herbs.lovetoknow.com/Where Does Cinnamon Come From](http://herbs.lovetoknow.com/Where_Does_Cinnamon_Come_From)

answer: "FIBER"

clue: "Beans are a good source, helps you feel full"

answer: "GLADIATORS"

clue: "Roman fighters, they rubbed onions on their muscles to gain strength"

Source: <http://theplate.nationalgeographic.com/2014/12/01/stinky-smelly-wonderful-onions/>

answer: "COCOA"

clue: "Ingredient in chocolate"

Source: <http://www.divinechocolate.com/uk/about-us/research-resources/divine-story/bean-to-bar>

answer: "PHARAOHS"

clue: "Ancient Egyptian leaders, they were buried with onions as a sign of eternity"

Source: National Onion Association. "About Onions: History". 2006. Available at: <http://www.onions-usa.org/about/history.asp>. Accessed 5/16/06.

answer: "EASTER"

clue: "Eggs are associated with this holiday"

Source: <https://www.history.com/topics/holidays/easter-symbols>

answer: "LEEK"

clue: "Another member of the onion family"

Source: <https://bonnieplants.com/product/leeks/>

answer: "WISCONSIN"

clue: "State nickname is 'America's Dairyland'"

Source: <https://www.statista.com/statistics/194968/top-10-us-states-by-milk-production/>

answer: "DIABETES"

clue: "Cinnamon can help regulate blood sugar, helpful to those with this disease"

Source: <https://www.webmd.com/diabetes/cinnamon-and-benefits-for-diabetes>

answer: "TOMATO"

clue: "Popular ingredient in Italian cooking"

Source: <https://www.lifeinitaly.com/food/tomatoes.asp>

answer: "YOGURT"

clue: "Cultured dairy product"

Source: [https://en.wikipedia.org/wiki/Fermented\\_milk\\_products](https://en.wikipedia.org/wiki/Fermented_milk_products)

answer: "ALLIUM"

clue: "Family name of onion, garlic, shallot"

Source: [https://www.thevegetariansite.com/health\\_allium.htm](https://www.thevegetariansite.com/health_allium.htm)

answer: "DARK"

clue: "This type of chocolate contains antioxidants"

Source: <https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate>

## Fun Food Facts “Easy” Trivia Game

1. What spice comes from the bark of an Asian Evergreen tree?

- a. Peppercorn
- b. Chili Powder
- c. Bay Leaves
- d. Cinnamon**

Source: [http://herbs.lovetoknow.com/Where\\_Does\\_Cinnamon\\_Come\\_From](http://herbs.lovetoknow.com/Where_Does_Cinnamon_Come_From)

2. Roman gladiators rubbed their muscles with this vegetable to build strength.

- a. Onions**
- b. Asparagus
- c. Potatoes
- d. Carrots

Source: <http://theplate.nationalgeographic.com/2014/12/01/stinky-smelly-wonderful-onions/>

3. If you filled school buses with the wheat grown every year, it would wrap around the equator how many times?
- 1
  - 5
  - 10
  - 22

Source: <http://www.cherrycrestfarm.com/The-Amazing-Fun-Time-Blog/10-Fun-Facts-About-Wheat/>

4. What spicy food is as old as the dinosaurs?
- Chili Peppers
  - Pepperoni
  - Salsa
  - Curry

Source: <https://www.scientificamerican.com/article/feel-the-burn-new-world-chilies-traced-back-nearly-17-million-years/>

5. What do hens do when laying an egg?
- Meditate
  - Sing a song
  - Flap their wings
  - Peck the ground

Source: <https://www.sunnyqueen.com.au/about-eggs/egg-info-and-tips>

6. The average person eats 23 pounds of cheese each year. That's roughly the size of a...
- Watermelon
  - Newborn Human Baby
  - Koala Bear
  - Microwave

Sources:

- <http://www.dailymail.co.uk/news/article-2432491/Americans-eating-23-POUNDS-cheese-year-beef-consumption-lowest-levels-1950s-reveals-report-card-changing-US-diet.html>
- <https://www.koalas.org/koala-info.html>

## Fun Food Facts “Difficult” Trivia Game

1. This country produces the most cheese in the world annually.
- Switzerland
  - France
  - United States
  - Germany

Source:

<https://www.indexmundi.com/agriculture/?commodity=cheese&graph=production>

2. What grain is most widely consumed across the globe?

- a. Wheat
- b. Barley
- c. Rice
- d. Corn

Source: <http://ricepedia.org/rice-as-food/the-global-staple-rice-consumers>

3. True or False: White eggs come from hens with white feathers and white ear lobes, whereas brown eggs come from hens with red feathers and red ear lobes.

- a. True
- b. False

Source: Trivia. Available at: [www.aeb.org/LearnMore/Trivia.htm](http://www.aeb.org/LearnMore/Trivia.htm). Accessed on: August 29, 2006.

4. According to an English proverb, the thickness of an onion's skin has been used to predict...

- a. Love
- b. The Weather
- c. Fertility
- d. Financial Success

Source: National Onion Association. "About Onions: History". 2006. Available at: <http://www.onions-usa.org/about/history.asp>. Accessed 5/16/06.

5. Most of the world's cinnamon comes from these two countries:

- a. Canada, United States
- b. Australia, New Zealand
- c. Egypt, Libya
- d. Sri Lanka, Indonesia

Source: <http://www.worldstopexports.com/cinnamon-exporters/>. Accessed July 2, 2018.

6. Native Americans believed that this fruit native to North America had magical powers.

- a. Blueberries
- b. Kiwi
- c. Pineapples
- d. Bananas

Source: US High Bush Blueberry Council. Available at <http://www.blueberry.org>. Accessed on May 3, 2006.

7. Spanish priests first brought these seeds back from Mexico, introducing them to Europeans in the mid 1500s. Today, it's an ingredient in many Italian foods.

- a. Broccoli
- b. Tomatoes**
- c. Peanuts
- d. Cucumbers

Source: <http://staff.esuhdsd.org/balochie/studentprojects/newworldfoods/>. Accessed July 2, 2018.

8. Beans or legumes are a great source of many essential nutrients. Which of these nutritional benefits is NOT provided by eating beans or legumes.

- a. Fiber
- b. Protein
- c. Vitamin B
- d. Vitamin D**

Source: <http://beaninstitute.com/bean-nutrition-overview/>. Accessed July 2, 2018.

9. The seeds of the cacao tree are used to make \_\_\_\_\_.

- a. Coffee
- b. Chocolate**
- c. Cinnamon
- d. Pizza

Source: *Wikipedia Online Encyclopedia*. Available at: [www.wikipedia.org](http://www.wikipedia.org). Accessed on June 23, 2006.

10. According to Mayan and Aztec legends, cacao was discovered by the gods on a mountain in this continent.

- a. Africa
- b. Europe
- c. North America
- d. South America**

Source: *Athena Review*, Available at: <http://www.athenapub.com/chocolat.htm>. Accessed on June 25, 2006.

11. To qualify as “whole wheat,” the entire grain must be included with all parts intact. Which of the below is NOT part of the grain?

- a. Germ
- b. Endosperm
- c. Bran
- d. Nucleus**

Source: *Wheat*. (2005, April 22). *WholeHealthMD*. Retrieved August 18, 2006

12. In the United States, there’s an area designated as the “Corn Belt” and it includes states with ideal growing conditions. Which of the following is NOT a Corn Belt state?

- a. Iowa
- b. Nebraska

c. Kansas

d. Florida

Source: <https://www.britannica.com/place/Corn-Belt>. Accessed July 2, 2018.