

# Grocery Scavenger Hunt

## Part 1

Let's explore new foods! Frozen and refrigerated foods offer a range of delicious options. See if you can match the clues to the foods.

### Word Bank

orange juice    frozen dragon fruit    frozen ravioli    plant-based burger    ice cream    coconut milk  
frozen mixed vegetables    chicken curry    refrigerated mashed potatoes

1. This food might be found in the dairy aisle — but it's not made with cow's milk. \_\_\_\_\_
2. This food doesn't grow on a plant, but it's made from plants and tastes like meat. \_\_\_\_\_
3. This tasty Indian dish is often a rich yellow color. And yes, you can buy it frozen. \_\_\_\_\_
4. This fruit doesn't breathe fire...it's frozen solid. \_\_\_\_\_
5. No need to squish these vegetables...they're already mashed. \_\_\_\_\_
6. This colorful mix will keep you growing strong. \_\_\_\_\_
7. These little pockets of meat and cheese will keep your taste buds happy. \_\_\_\_\_

## Part 2

Is any of these foods new to you? If so, would you like to try it? Why? Is there another new food that you would like to try?

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Do you have a favorite food from the frozen or dairy aisle that is ready-made? If so, what is it and how would you describe it?

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### Message to Families:

Ready-to-eat refrigerated and frozen meals and snacks are becoming increasingly popular — for good reason. Today's sophisticated choices are easy to prepare, easy on the taste buds, and budget friendly. Be adventurous and try something new from your grocery store's frozen or dairy sections. To find out more, go to [easymomemeals.com](http://easymomemeals.com).

