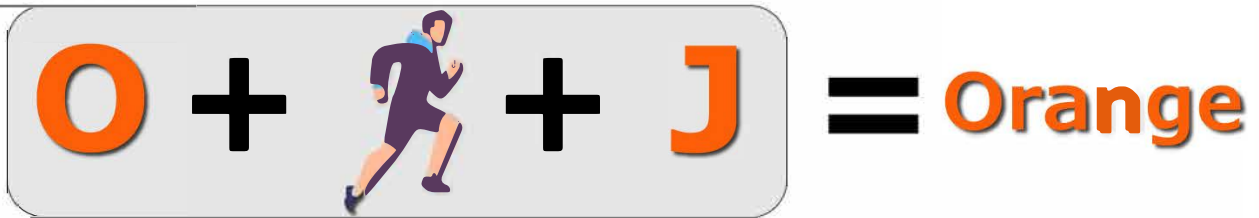
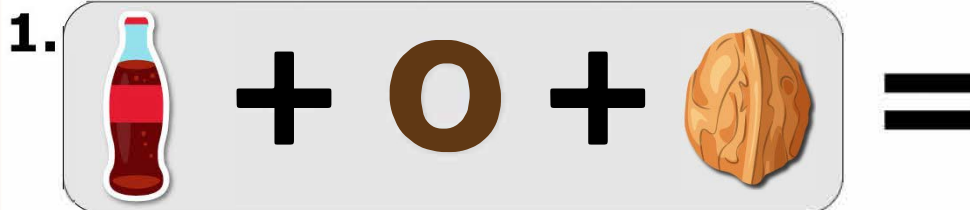


Guess the Food

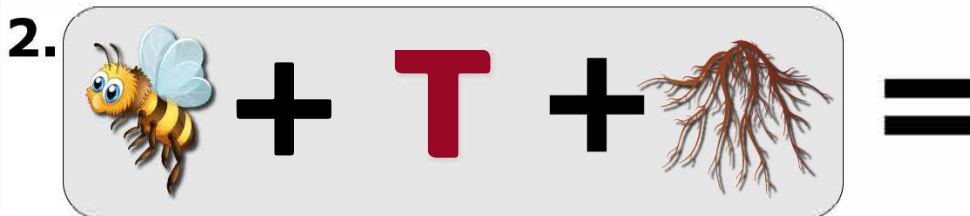
EXAMPLE:



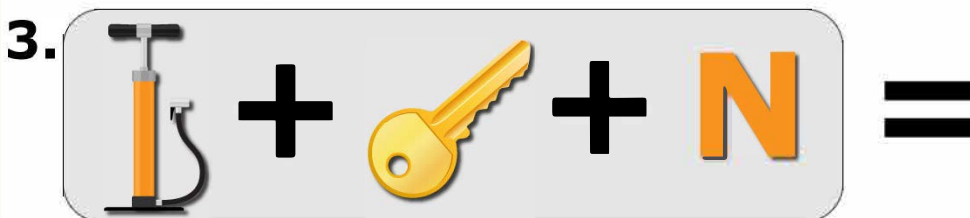
Orange: Hint: The peels are rich in nutrients and can be grated and added to juices and desserts.



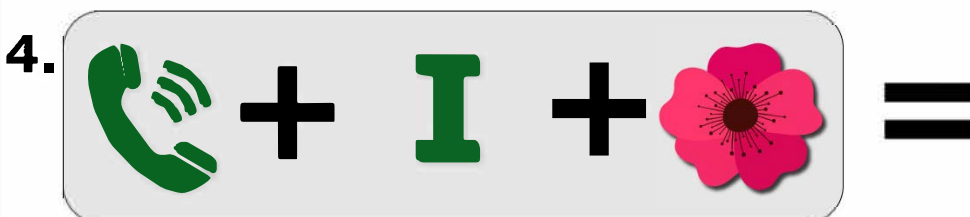
Hint: The raw flesh is rich in fiber and healthier than the cream.



Hint: This pink vegetable has leaves that are full of nutrients too.



Hint: A low-calorie creamy food used in soups and desserts and sometimes as a spread too.



Hint: It is a healthy substitute for potatoes in baked dishes, soups and in mashed potato as well.



Hint: We mostly eat the seeds or paste, but the nutrient-rich leaves can be eaten raw or cooked too.

Guess the Food

6.



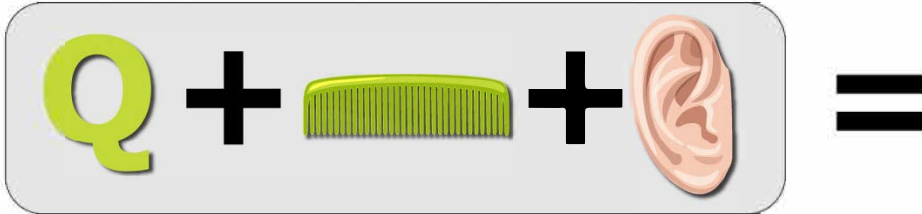
Hint: They are low in fat and high in carbs and can make us fat if we eat too much of them.

7.



Hint: The fruit is healthy but its jam is not since it has lots of sugar and very little fiber.

8.



Hint: It is a water-rich, low-calorie food which is best enjoyed raw and cold.

9.



Hint: They are also called cookies and are often high in sugar/salt, fat and/or preservatives.

10.



Hint: This fruit is delicious but the seeds are edible too and can be eaten raw or roasted.

We encourage you to share this quiz with your crew for a fun, informative activity. Do send us your answers to this quiz. We look forward to hearing from you.

Guess the Food: Answers

1. Coconut:

The raw flesh of coconut is rich in fiber and healthier than coconut cream.

2. Beetroot:

Not just the vegetable but also the leaves (beet greens) are full of nutrients.

3. Pumpkin:

It is a low-calorie food that can be used in soups or desserts and even as a spread instead of butter.

4. Cauliflower:

Use it as a substitute for potato in baked dishes, soups and mashed potato as well for a healthier meal.

5. Mustard:

Not just seeds and paste, mustard leaves are healthy too and can be eaten raw or in cooked form.

6. Potato:

Potatoes are very low in fat. Eating too many potatoes causes weight gain because of their high carbohydrate content.

7. Strawberry:

Strawberry jams are low in fiber and other nutrients but high in sugar thereby making them unhealthy.

8. Cucumber:

Cucumber is a water-rich, low-calorie food. Certain types have edible peels that are a rich source of nutrients too.

9. Biscuit:

Biscuits are also referred to as cookies in certain countries. Eat them in limited quantities since they are high in sugar, salt, fat and/or preservatives.

10. Watermelon:

Watermelon seeds are edible too and are a powerhouse of nutrients. You can eat them raw or roasted.