

### Session 3

# Fruits & Vegetables / Culture & Traditions



## RIDDLES IN THE KITCHEN

Meal time is the perfect opportunity to have fun with these kitchen riddles! Ask your child to solve these puzzlers as you cook or clean up.

#### **Veggie Riddles:**

I'm leafy green and used in a salad. What am I? (lettuce)
You can eat me mashed, fried, or like a chip. What am I? (potato)
I'm orange and crunchy and rabbits like me. What am I? (carrot)

#### **Fruit Riddles**

I'm orange and make a delicious juice. What am I? (orange)
I grow in bunches and monkeys love me. What am I? (bananas)
I grow on trees. I am yellow and very sour. What am I? (lemons)

I come from a cow and I'm poured from a carton. What am I? (milk)

#### **Dairy Riddles**

I'm made from milk and mice love me. What am I? (cheese)
I come in many flavors and I am so creamy you have to eat me with a spoon. What am I? (yogurt)

#### **Utensil Riddles**

I have pointed ends and I pick up food. What am I? (fork)
You use me to eat ice cream or soup with my round end. What am I? (spoon)
I am sharp and am used to cut food. What am I? (knife)

#### Where Am I?

Ask your child to find:

I am used to handle hot pans. What am I? (pot holder)
I'm good at opening cans. What am I? (can opener)
I keep your food cold. What am I? (refrigerator)