

Food Influences Home Scavenger Hunt Portfolio

Directions: Take a look around your home from a food influences point of view! You may not be able to complete all of the items. That's alright; you only need 100 points for an A (check point values). Complete all of them for extra credit if you can. Portfolios can be hand constructed or digitally constructed (with photos taken at home of items) and should be neatly organized with each item labeled. Date Due _____ **Note:** Please don't just insert items from the internet...the portfolio should be of items from your home. The only item that may come from the internet is the article.

1. Locate a "Nutrition Facts" panel and ingredients list from a food label or food package. Be sure to include a picture of the product and its nutrition facts label. (10 points)
2. Locate some printed information about MyPlate which includes a picture of the MyPlate icon. (5 points)
3. Include a full recipe that uses a packaged food as one of the basic ingredients. For example: Puppy Chow uses Chex Cereals (do not use this one in your portfolio) (10 points)
4. Include a coupon for a real or whole food. (5 points)
5. Include a complete ad for a food product. (5 points)
6. Include a complete article about a health issue related to food such as diabetes, food allergies, obesity, etc. Be sure to include the source and date of the article. (10 points)
7. Include a store ad showing weekly specials from any grocery store. (5 points)

8. Provide the name of the most unusual herb or spice that you have at home and include the name of a dish or recipe in which you use it. (5 points)
9. Provide the title, publisher and publication date of a cookbook that is frequently used in your home. (5 points)
10. Include a full recipe for a fruit or vegetable that used at least 5 ingredients. (5 points)
11. Include a full recipe for an ethnic food that uses beef, chicken or turkey. (5 points)
12. A selfie of you and the five healthiest foods in your house right now along with a 5 sentence paragraph explanation of why they are healthy. (15 points)
13. Explain a food tradition of your family in 5 sentences minimum and include a picture if possible. Explanation should include what the food tradition is, when and how it started, and where it takes place. (5 points)
14. Include a take-out menu from your favorite eatery. (5 points)
15. Include a picture of a well-known mascot associated with a food product on the product it is used to advertise that is currently in your home. Ex. Toucan Sam is the mascot for Fruit Loops cereal. (5 points)
16. Include a list of 10 advertising jingles or slogans used to promote food products (**not** restaurants or fast food). Include both slogan and the name of the food product. Example: Frosted Flakes: "They're Grrreat!!" (10 points)
17. Create and share a school appropriate meme that shares an emotional connection you have to a specific food. (5 points)



