



# Be a Grocery Store Sleuth

## Mission Briefing

The Plate Plunderer has struck again! This food-snatching villain was spotted in the grocery store, hiding nutritious foods that keep kids energized and strong.

Follow the clues to uncover each of these healthy treasures. When eaten together, they unlock the ancient and powerful force that fuels all of your adventures.

Look for brown rice, rolled oats and quinoa, too!

## Grains

The Plate Plunderer is trying to trick you. He put "wheat" on the bread label, but it's "100% whole wheat" that holds the real power. Search for clues like "100% whole wheat" or "whole grain" at the top of the ingredient list.

### What did you find?

Write down the name of the bread.

## Fruits

The Plate Plunderer left a sticky trail through the produce section. Follow it to find your favorite fruit. These sweet snacks are packed with vitamins and fiber.

### What did you find?

Write down the name of the fruit.

Choose whole fruit over fruit juice.

Inspired by the USDA MyPlate Grocery Store Treasure Hunt



Eat 2-3 colorful veggies with each meal.

## Vegetables

We heard the Plate Plunderer was lurking in the produce section. Stay a step ahead by searching out veggies that are dark green, red or orange. These have the most vitamins and minerals, keeping your brain sharp and your body strong for detective work.

### What did you find?

Write down the name of the dark green vegetable.

Write down the name of the red or orange vegetable.



## Dairy

Uh-oh. The trail is getting cold. But that's OK, because it leads straight to the refrigerated section! Look for milk, cheese and yogurt. They give you strong bones and teeth.

### What did you find?

Write down the dairy food.

Mix fruit into plain yogurt for a healthy treat.



## Protein

The Plate Plunderer grew stronger after passing through this section. That's because protein builds your body. You can find it in meat, seafood, eggs and beans. Quick! Get it before the Plate Plunderer does.

### What did you find?

Write down a protein-rich food that you haven't tried before.

Eat a variety of protein foods.



## Case Closed

**Congratulations!** You uncovered each of the five food treasures and foiled the Plate Plunderer! You've earned yourself a delicious, nutritious meal!



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