

Little Riddles

(Grades 2 to 3)

Overview

In this lesson, students will explore food and develop language arts skills by creating and sharing riddles.

Estimated time: 30 minutes

Materials

- A small box
- Pictures and/or drawings of food
- Tape or glue
- Scissors

Procedures

- Decorate the box with the food pictures
- Have students compose riddles for any food group food. Riddles can then be read to their fellow classmates or to K-1 students. The riddle should include characteristic clues about the food such as its colour, taste, source, function, and use.
- Use the riddles at the end of the lesson as examples.
- Each student writes a riddle, then rolls or folds it up and puts it in the food group box. Take out one riddle each day and have the riddle read aloud. The class tries to guess “What Am I?”

More information for Teachers

Curriculum links

This lesson supports the Big Ideas and Learning Standards in the Physical and Health Education [BC curriculum](#) and can also link to other subject areas.

Background

Want to do more nutrition education with your class?

Explore our other [lesson plans](#) or book a [free 1-hour workshop](#).

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Riddle Examples

What Am I?

Creamy and sour,
Good with fruit at lunch hour.
I can be white, orange or pink,
Eat me with a spoon or as a drink.

and

What Am I?

I swim in the ocean,
A lake or a river,
In water so cold it would
Make people shiver,
Until they would catch me
And fry up a dish,
Now I wish you can guess
That I am a _____.

Answers: yogurt, fish