

Food Explorer Clue Sheet

Clues based on the recipe for USDA's Farmers Market Salsa (see appendix, page 82)

Station 1



I'm a vegetable and a protein food. My dark color is part of my name.
People enjoy me with rice, in soups, or in burritos.

Station 2

I'm a-MAIZE-ing. My golden kernels are eaten on a cob or off.

Station 3

You can find me on a salad bar, in pizza and pasta sauce, or growing on a vine.
Sometimes I squirt juice and seeds when you take a bite!

Station 4

The first half of my name sounds like something that rings between classes or in a church.
The second half of my name can be confusing, since I'm not hot or spicy.



Station 5

I make some cooks cry when they peel and slice me. I am a vegetable that adds
flavor to many foods.

Station 6

You can separate me into cloves. In stories, I'm used to ward off vampires.

Station 7

I'm a type of bread with a pocket. My whole grains make me look tan or brown.

