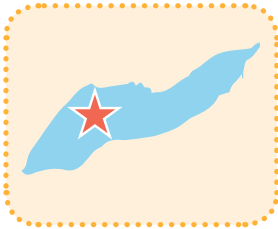


# Scavenger Hunt

Explore the store and find a food from each of the original Blue Zones<sup>®</sup> areas of the world, where people live longer, better!

bluezonesproject.com

## IKARIA, GREECE



**Clue:** Buzzing bees make me so that I can add sweetness to food and drinks. What am I? Write a brand you see.

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Can you find a brand made in your home state?

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## SARDINIA, ITALY



**Clue:** People often think I'm a veggie, but I'm actually a fruit! I start out green, but then I turn red. I'm often found in salads, salsas, or can even be crushed into a sauce.

What am I? Weigh the largest one of me you see. How much did I weigh?

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## NICOYA PENINSULA, COSTA RICA



**Clue:** Many different Hispanic cultures enjoy eating me, and often I'm served with rice. You can find the dry version of me in a bag, or ready to go in a can.

What am I? What is your favorite meal that includes me?

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## OKINAWA, JAPAN



**Clue:** I'm the sweeter version of my spud cousins. I have to be dug up out of the ground, so I might be a little dirty. I can be baked and served whole, mashed up, or cut up and used in other dishes. "Orange" you glad I'm a tasty vegetable?

What am I? How much do I cost?

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## LOMA LINDA, CALIFORNIA



**Clue:** Sometimes I can be a bit wild, growing on shrubs in forest-like areas. Or I might be found on a farm where you can pick me yourself. I make a great topping for oatmeal, to add sweetness to a healthy smoothie, or eaten alone as a yummy snack.

What am I? Name the different colors of me you see.

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