

A close-up photograph of grass blades covered in a fine layer of white frost. The background is a soft, out-of-focus bokeh of light blue and white, suggesting a bright, sunny day. The grass blades are sharp in the foreground, showing the texture of the frost.

West Virginia AND Virtual Scavenger Hunt

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How It Works



- All participants logged in via Zoom
- Video and sound on for all
- Each participant did a very brief introduction (10-15 seconds)
- Every 60 seconds, the moderator announced an item to find
- Participants collected their items and placed in front of the camera
- The person with the most items then held up each one as the moderator read through the list again to confirm it was an acceptable item
- Pride, no prize

Food item list

A good food source of iron

Hint: shellfish, spinach, liver and other organ meats, legumes, red meat, pumpkin seeds

A food from the protein group of MyPlate

An excellent food source of vitamin C

Hint: bell peppers, kiwifruit, strawberries, oranges, papayas, broccoli, tomatoes, and kale

A piece of fruit with an edible skin

A food that is the color red

A bottle of multivitamins

A food from the vegetable group of MyPlate

A dairy-free milk substitute

A food from the grain group of MyPlate

A healthy snack choice with 15g or less of carbohydrates

A vegan-friendly protein replacement

A caffeine-free beverage

A fresh, frozen, or canned vegetable

A whole grain food choice

A food high in calcium

Hint: dairy products, green leafy vegetables, soy products

SUMMARY

This 30 minute “game” was a great way to get to know fellow RDNs and interns!

Full credit goes to WVU intern **Elexsis Robison** for creating designing this fun activity.





THANK YOU

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