



NAME THAT FOOD

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Select a prompt category from the list below. Instruct the class to name as many things as they can, as quickly as they can, that fall in the prompt category.
- Allow 2 minutes for responses. Write responses on the whiteboard or flip chart.
- Repeat rounds using new prompts as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use different prompts.
- Encourage distance learners to join in from home.

Hello! I'm glad we are all here for our Total Brain Health "Brain Play." These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today's "Brain Play" is "Name That Food." In a minute, I am going to give you a category. When I say "go," you will work together to call out foods that fit into that category. No repeats! We will have 90 seconds to work together and think of as many foods as possible. Let's set a good pace by (clapping/snapping our fingers) as we go.

"NAME THAT FOOD" CATEGORY PROMPTS

Foods that begin with the letter T
Foods that begin with the letter B
Foods that are vegetables

Foods that are fruits
Foods that end in a vowel (a,e,i,o,u)
Foods that are green



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows a healthful patterned eating plan such as the Mediterranean diet offers a protective effect on brain health and is correlated with a decreased rate of cognitive decline and a lower risk of cognitive impairment.

BUILD YOUR BRAIN

Pick one of the menu items below and in 3 minutes create an ingredient list for this signature dish. Get creative with your ingredient choices! Include as many flavor-filled food items and spices as you'd like to make your "recipe" unique and tasty. Be sure when listing your ingredients to "eat like a Greek" and include plenty of leafy greens, vegetables, fruits, whole grains, beans, nuts, legumes and, of course, olive oil for each dish.

"NAME THAT FOOD" PROMPTS

WHITE BEAN SALAD:

My ingredients: _____

GREEK BLACK-EYED PEA SOUP:

My ingredients: _____

MEDITERRANEAN TUNA SALAD SANDWICHES:

My ingredients: _____

BRAISED EGGPLANT AND CHICKPEA STEW:

My ingredients: _____

MOROCCAN VEGETABLE TAGINE:

My ingredients: _____

SIMPLE ITALIAN MINISTRONE SOUP:

My ingredients: _____

GREEK CHICKEN AND POTATOES:

My ingredients: _____