Food Group Ad-Lib Game: Lunch N’ Laughs

“Ad-lib” means to improvise or make up words as you go. Create your own story by ad-libbing about healthy food choices with friends at lunch.

First, cover the story at the bottom of the page so that it is hidden. Next, complete the word list below by adding a word for each category or part of speech. Finally, uncover the story and add the words you selected for each number into the blanks. Read, laugh, and enjoy!

Learn more about healthy eating for tweens and teens on Nutrition.gov: https://www.nutrition.gov/topics/nutrition-age/teens/tweens-and-teens

Word List
1. Noun ____________________________
2. Verb ____________________________
3. Adjective _________________________
4. Adjective _________________________
5. Protein food _______________________
6. Grain ____________________________
7. Vegetable _________________________
8. Fruit _____________________________
9. Dairy _____________________________
10. Noun ____________________________
11. Beverage _________________________
12. Fruit _____________________________
13. Adjective _________________________
14. Verb _____________________________
15. Dairy _____________________________
16. Color _____________________________
17. Name _____________________________
18. Verb _____________________________

Story: Lunch N’ Laughs


I can’t wait to see what excitement the lunch table will bring today. Who knows, maybe we can finally get our teacher, Mr. [17] _______________, to [18] _______________ with us and go viral!