



# 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         | _____ | 10. Noun      | _____ |
| 2. Verb         | _____ | 11. Beverage  | _____ |
| 3. Adjective    | _____ | 12. Fruit     | _____ |
| 4. Adjective    | _____ | 13. Adjective | _____ |
| 5. Protein food | _____ | 14. Verb      | _____ |
| 6. Grain        | _____ | 15. Dairy     | _____ |
| 7. Vegetable    | _____ | 16. Color     | _____ |
| 8. Fruit        | _____ | 17. Name      | _____ |
| 9. Dairy        | _____ | 18. Verb      | _____ |

### Story: Lunch N’ Laughs

Finally! It is time for lunch, my favorite period of the day. I am ready to leave my seat in [1] \_\_\_\_\_ class and [2] \_\_\_\_\_ to the cafeteria. To power my brain for the rest of the day, I need nutritious and [3] \_\_\_\_\_ food and time with my [4] \_\_\_\_\_ friends.

On today’s menu, there is [5] \_\_\_\_\_ with [6] \_\_\_\_\_ and [7] \_\_\_\_\_. I always get [8] \_\_\_\_\_ and [9] \_\_\_\_\_ on the side too. All of the food gives me energy to catch up with my friends at the lunch table and after school in [10] \_\_\_\_\_ Club. We have a lot of fun together. In fact, one time I laughed so hard that [11] \_\_\_\_\_ came out of my nose! My best friend wanted to impress their crush by eating [12] \_\_\_\_\_ mixed with hot sauce, and it must have been too [13] \_\_\_\_\_ for them because they started to [14] \_\_\_\_\_. I had to give them my [15] \_\_\_\_\_ to cool down their mouth and bring their face from red back to the normal [16] \_\_\_\_\_ color.

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!

