NOURISH GAMES

Look. Learn. Eat.

Fifty-two whole foods, one to a card, each with a fact worth knowing and multiple ways to enjoy the food. Print the sheets that follow, cut on the dashed lines, and you have the deck.

WHAT YOU NEED

Fourteen sheets of card stock (plain paper works too). Print at actual size (100%).

CUTTING

Cut on the dashed lines: four cards per sheet, 4 by 5¼ inches (10 by 13.3 cm).

WAYS TO PLAY

Deal them out and sort by food group. Share the fun fact or pick one of the tasty ideas. Or take one to the store or farmers market and find the real thing.

THE LAST CARDS

A sorting card listing the seven food groups, and two blanks for a food that matters at your table and is not in the deck.

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Look. Learn. Eat.

THE DECK

Fifty-two whole foods, one to a card. Each one carries a fact worth knowing and multiple ways to enjoy the food. Deal them out, sort them into groups, or just read one aloud while dinner cooks.

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Almonds

1 / 52

NUTS & SEEDS

Wild almonds are bitter and poisonous, because they make a chemical called amygdalin. A change in one single gene switched it off, and that change is what turned almonds into a food people could grow.



TASTY IDEAS

- try almond milk and almond butter
- toast and add to green salads
- make homemade trail mix with other nuts and dried fruits
- chop and sprinkle on yogurt or ice cream
- eat raw

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Apples

2 / 52

FRUIT

China grows more apples than every other country on Earth put together: about half the world's crop.



TASTY IDEAS

- serve with cheese
- make fresh apple juice
- bake apple pie
- eat dried apple rings
- eat raw

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Apricots (dried)

3 / 52

FRUIT

The word apricot traveled through Arabic, Greek, Spanish, and French before it reached English. Its oldest root is a Latin word meaning “early ripening” (the same root as our word precocious), because apricots ripen before most other stone fruits.



TASTY IDEAS

- choose for a healthy snack
- cut up in cereal
- add to trail mix
- cook with chicken or lamb stews
- bake in cookies

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Arugula

4 / 52

VEGETABLE

In many countries, arugula is known as salad rocket or garden rocket.



TASTY IDEAS

- make a simple salad with lemon juice and shaved Parmesan cheese
- add to pesto and sauces
- use as a lettuce substitute
- serve under grilled meats or seafood
- sprinkle atop pizza and pasta

Wikipedia: Arugula

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Avocados

5 / 52

FRUIT

The avocado is also called an alligator pear. The name began as “avocado pear,” for the fruit's pear-like shape, and got twisted into “alligator” over time.



TASTY IDEAS

- eat raw with a little lemon and salt
- slice and use in salads
- make guacamole
- add to tacos or fajitas
- use as a garnish in chicken soup

Wikipedia: Avocado (etymology)

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Bananas

6 / 52

FRUIT

A banana plant flowers once, grows one enormous bunch (up to 180 bananas in nine tiers called hands), and then that stem dies. A new shoot from the base takes its place.



TASTY IDEAS

- sauté with a bit of brown sugar and top with lime juice
- bake banana bread or muffins
- blend in a smoothie
- serve with peanut or almond butter
- eat raw

Wikipedia: Banana

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Barley

7 / 52

GRAIN

In 1324, King Edward II of England standardized the inch as equal to “three grains of barley, dry and round, placed end to end lengthwise.”



TASTY IDEAS

- eat as an oatmeal substitute for breakfast
- use in soups and stews instead of rice
- mix into salads
- make barley pilaf or “risotto”
- sauté cooked barley with onions and other vegetables for a side dish

Wikipedia: Inch

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Basil

8 / 52

SEASONING

The word basil comes from the Greek “basileus,” meaning “king.” Many cooks consider basil the “king of herbs.”



TASTY IDEAS

- stir into lemonade
- layer with sliced tomato and mozzarella, then drizzle with balsamic vinegar
- sprinkle basil on top of pizza or pasta
- cook in stir-fries or egg scrambles
- blend basil with olive oil, pine nuts, parmesan cheese, and garlic to make pesto

Wikipedia: Basil

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Beans

9 / 52

LEGUME

Beans are an ancient food known as a legume. Some have been used for more than 7,000 years.



TASTY IDEAS

- use cold in salads
- add to soups or stews
- enjoy in burritos and tacos
- eat warm as a side dish combined with rice

Wikipedia: Bean

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Beets

10 / 52

VEGETABLE

A famous stew or soup made from beets is called borscht. It is found primarily in Eastern Europe.



TASTY IDEAS

- add raw or cooked to a salad with lettuce and goat cheese
- roast with olive oil
- make a beet and citrus salad
- juice with various fruits and vegetables
- sauté the beet greens and serve as a side dish

Wikipedia: Borscht

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Bell Pepper

11 / 52

VEGETABLE

Green and red bell peppers come from the same plant. Bell peppers become sweeter as they ripen on the vine and change color from green to red.



TASTY IDEAS

- cut off the top and make an edible serving bowl for hummus
- roast with other vegetables as a side dish
- grill on kebabs
- sauté in stir-fries
- eat raw

Wikipedia: Bell pepper

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Blueberries

12 / 52

FRUIT

Ripe blueberries look blue because of a dusty wax coating called the bloom. Rub it off and the skin underneath is deep purple.



TASTY IDEAS

- cook a blueberry sauce to serve on pancakes
- use in cereal, yogurt, or smoothies
- make blueberry muffins
- try dried
- eat raw

Wikipedia: Blueberry

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Bok Choy

13 / 52

VEGETABLE

Bok choy is sometimes called spoon cabbage, for the shape of its leaves. Its name means white vegetable in Cantonese.



TASTY IDEAS

- slice thinly and eat raw in salads
- add to stir-fries and soups
- steam just like broccoli
- sauté with garlic as a side dish

Wikipedia: Bok choy

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Broccoli

14 / 52

VEGETABLE

Broccoli is the flower of the plant, but it's harvested to eat before its flower buds open.



TASTY IDEAS

- shred stems finely for a slaw
- add to a veggie omelet
- sauté with a little olive oil or soy sauce
- steam for a quick side dish
- eat raw

Wikipedia: Broccoli

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Brussels Sprouts

15 / 52

VEGETABLE

Brussels sprouts got their name from being grown near Brussels, Belgium, as early as the 13th century. By the 16th century they had spread across northern Europe.



TASTY IDEAS

- shred finely for a salad
- roast with olive oil
- boil or steam and serve with butter or cheese
- cut in half and stir-fry with fresh lemon juice

Wikipedia: Brussels sprout

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Cantaloupe

16 / 52

FRUIT

The cantaloupe sold in North America is really a muskmelon. It is sometimes called a netted melon, for the raised web of lines across its skin.



TASTY IDEAS

- eat raw for breakfast or dessert
- add to smoothies
- cut up in a fruit salad
- make fresh cantaloupe juice
- puree with other fruits for cold soups

Wikipedia: Cantaloupe

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Carrots

17 / 52

VEGETABLE

Carrots are about 88 percent water.



TASTY IDEAS

- eat raw with hummus
- cut or shred in salads
- make fresh carrot juice
- roast with olive oil
- add to soups and stews

Wikipedia: Carrot

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Cauliflower

18 / 52

VEGETABLE

Cauliflower is actually a head of undeveloped white flower buds.



TASTY IDEAS

- eat raw with dip or hummus
- chop and use in salads
- roast with olive oil
- boil and mash as a mashed potato substitute
- add to soups or stews

Wikipedia: Cauliflower

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Cherries

19 / 52

FRUIT

Hundreds of cherry varieties are grown around the world, split between sweet cherries for eating fresh and sour cherries for baking.



TASTY IDEAS

- dip in chocolate
- pit and cut up for a fruit salad
- make jam, compote, or pie
- try dried cherries
- eat raw

Wikipedia: Prunus avium

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Chickpeas

20 / 52

LEGUME

India grows more chickpeas than the rest of the world put together: around three-quarters of the global crop.



TASTY IDEAS

- add to any green salad
- make hummus
- mix with other beans for a cold bean salad
- use in soups, stews, or curries
- roast for a crunchy snack

Wikipedia: Chickpea (FAO 2023)

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Cinnamon

21 / 52

SEASONING

The cinnamon spice comes from the inner bark of cinnamon trees.



TASTY IDEAS

- add to your morning oatmeal
- make cinnamon toast
- sprinkle in coffee or hot chocolate
- use in curries or stews
- stew mixed fruits with cinnamon

Wikipedia: Cinnamon

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Eggplant

22 / 52

FRUIT

Europeans once believed the eggplant could cause insanity, and English speakers called it the mad apple. The Italian name melanzana sounds like mela insana, or crazy apple, but it really comes from the Arabic word badinjan.



TASTY IDEAS

- roast for an easy side dish
- add to pasta sauces, soups, and stews
- brush with olive oil and grill
- make ratatouille
- layer into lasagna

Wikipedia: Eggplant (etymology)

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Eggs

23 / 52

EGGS

To tell if an egg is fresh or hardboiled, just spin it. If it wobbles, it's raw. If it spins easily, it's hardboiled.



TASTY IDEAS

- make a morning scramble or hardboiled eggs as a midday snack
- eat fried, over-easy, or poached with a side of toast
- bake a vegetable frittata
- make an egg salad
- use in Spanish tortilla with potatoes

Self-verifying kitchen test

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Farro

24 / 52

GRAIN

Farro is not a cousin of wheat: it is wheat. The name covers three ancient kinds: einkorn, emmer, and spelt, all of which hold onto their husks and must be hulled before cooking.



TASTY IDEAS

- cook and eat with fruit for breakfast
- substitute farro for rice when making risotto
- make a grain salad
- add to soups and stews as you would barley
- try farro pastas

Wikipedia: Farro

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Flaxseed (ground)

25 / 52

NUTS & SEEDS

The ancient Egyptians spun fiber from the flax plant into linen for clothing and for wrapping mummies. The same plant gives us flaxseed.



TASTY IDEAS

- use in homemade salad dressings
- add to smoothies or juices
- mix in yogurt or cereal
- sprinkle into stews, soups, and other dishes
- mix with flour and use in cookie recipes

Wikipedia: Flax / Linen

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Figs

26 / 52

FRUIT

Figs have no blossoms on their branches. The flowers are hidden inside the fruit, and each crunchy little bit you bite is really its own miniature fruit.



TASTY IDEAS

- pair with fresh basil and goat cheese
- use as a pizza topping
- make fig jam
- try dried figs for a snack
- eat raw

Wikipedia: Fig

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Garlic

27 / 52

VEGETABLE

A whole garlic clove barely smells of anything. The sharp smell appears only when you cut or crush it, because that breaks the cells open and lets two chemicals meet for the first time.



TASTY IDEAS

- use as a base for almost any savory dish
- mince and sauté with oil before adding to other dishes
- add to pasta sauce
- slice and stir-fry with vegetables

ACS: Molecule of the Week

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Ginger

28 / 52

SEASONING

Ginger has a strong, distinct flavor that can increase your production of saliva. It is also considered one of the best spices for an upset stomach.



TASTY IDEAS

- mince or grate and add to stir-fries and curries
- steep slices in boiling water to make ginger tea
- bake gingersnaps or gingerbread

Wikipedia: Ginger

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Grapefruit

29 / 52

FRUIT

A grapefruit is 90 percent water, which is why half a grapefruit can feel like a whole drink.



TASTY IDEAS

- use instead of vinegar in a homemade salad dressing
- cut into segments and add to salads
- add to salsa
- make fresh grapefruit juice
- eat raw

Wikipedia: Grapefruit

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Grapes

30 / 52

FRUIT

Grapes come in many colors: green, pink, crimson, black, and deep blue-purple. “White” grapes are really green ones.



TASTY IDEAS

- try frozen grapes
- grill on a kebab with meat and vegetables
- cut in half and add to spinach salad
- make fruit salad or a fruit smoothie
- eat raw

Wikipedia: Grape

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Kale

31 / 52

VEGETABLE

In Ireland, kale is part of a popular dish on Halloween. Small coins are sometimes hidden inside as prizes.



TASTY IDEAS

- slice thinly in salads
- mix into egg scrambles or omelets
- boil, steam, or sauté with a little garlic and olive oil
- chop up and simmer in soups or stews
- add to pasta dishes

Wikipedia: Halloween / Colcannon

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Kiwi

32 / 52

FRUIT

Kiwifruit came from China, where it was called the macaque peach. New Zealand growers renamed it in 1959 to sell it in America, after their national bird. Today China grows more kiwifruit than anyone.



TASTY IDEAS

- cut in half and eat the fruit out of the skin with a spoon
- add to a fruit salad
- mix into plain yogurt
- try dried kiwi

Wikipedia: Kiwifruit

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Lemons

33 / 52

FRUIT

The Eureka lemon, the one in most supermarkets, flowers and fruits all year round. That is why it is also called the Four Seasons lemon.



TASTY IDEAS

- use the juice to make homemade salad dressing
- try lemon marmalade
- brighten up soups and stews
- serve lemon wedges to season fish
- add the juice and/or zest to marinades

Wikipedia: Lemon (cultivars)

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Lentils

34 / 52

LEGUME

High in protein, lentils have been part of the human diet for more than 10,000 years.



TASTY IDEAS

- eat cold in a green or bean salad
- mix into rice to add protein
- stew with garlic and onions and serve as a side dish
- make lentil burgers
- cook lentil soup

Wikipedia: Lentil

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Mangoes

35 / 52

FRUIT

A mango tree can grow as tall as 100 feet, about 30 meters. That's about the height of a 10-story building.



TASTY IDEAS

- purée and drizzle over frozen yogurt or ice cream
- add to salsas
- mix into yogurt
- try dried mango
- eat raw

Wikipedia: Mango

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Oats

36 / 52

GRAIN

Oats carry more protein than wheat or rice, which is part of why a bowl of oatmeal keeps you full all morning.



TASTY IDEAS

- make oatmeal with a fruit topping
- thicken a fruit smoothie with a handful of oats
- use as a rice substitute for a pilaf side dish
- add to cookie batter

Wikipedia: Oat (nutrition)

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Oranges

37 / 52

FRUIT

Most of the world's orange juice is squeezed from oranges grown in one Brazilian state, São Paulo. Brazil is the world's largest orange juice exporter.



TASTY IDEAS

- peel and eat raw
- cut into sections and add to salads
- make fresh-squeezed orange juice
- bake with fish or poultry
- add the zest to baked goods, marinades, sauces, and soups

USDA FAS: Citrus Annual

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Onions

38 / 52

VEGETABLE

Onions mattered enormously in ancient Egypt, where their rings within rings were seen as a symbol of eternal life. Onion traces were even found in the eye sockets of Ramesses IV.



TASTY IDEAS

- sauté as a base to almost any savory dish
- caramelize
- use in soups and stews
- grill with vegetables and meats on kebabs
- slice thinly on salads, sandwiches, and burgers

Wikipedia: Onion (history)

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Oregano

39 / 52

SEASONING

While we usually eat oregano leaves, the plant blooms in tiny spikes of white, pink, or purple flowers.



TASTY IDEAS

- sprinkle over omelets, roast potatoes, pizza, grilled meats, and kebabs
- add to tomato sauces
- use in homemade salad dressing and marinades
- flavor soups and stews

Wikipedia: Oregano

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Peaches

40 / 52

FRUIT

Peach pits on the Yangtze River show peaches were grown in China about 7,500 years ago.



TASTY IDEAS

- purée and use in marinades
- make jam, muffins, or pie
- mix with yogurt
- add fresh or frozen to smoothies
- eat raw

Zhao et al., PLOS ONE

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Pomegranates

41 / 52

FRUIT

A pomegranate tree can grow about 16 feet tall and may live more than 100 years. One fruit can hold anywhere from 200 to 1,400 sweet, edible seeds.



TASTY IDEAS

- eat the seeds raw
- use in oatmeal, yogurt, or cold cereals
- add seeds to salads, dips, or rice dishes
- try the juice in marinades
- scatter the seeds over grilled chicken, fish, or shrimp

Wikipedia: Pomegranate

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Prunes (dried)

42 / 52

FRUIT

French immigrant Louis Pellier brought d'Agen plum cuttings to California's Santa Clara Valley in 1856, and most California prunes still descend from them.



TASTY IDEAS

- mix into rice dishes
- cut up in hot or cold cereals
- add to trail mix
- use in baked goods
- eat raw

UC ANR: California prunes

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Pumpkin

43 / 52

FRUIT

A pumpkin is a fruit. In October 2025 two brothers in England grew the heaviest one on record: 2,819 pounds, about as much as a small car.



TASTY IDEAS

- add roasted to green salads
- make a creamy soup
- roast with olive oil and serve as a side dish
- bake stuffed with rice, beans, and other vegetables
- toast the seeds

Guinness: heaviest pumpkin

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Quinoa

44 / 52

GRAIN

Quinoa has been cultivated for thousands of years in the Andes Mountains of South America. The Incas called it the “mother grain” for its importance to their culture.



TASTY IDEAS

- eat as warm breakfast cereal with cinnamon and maple syrup
- add cooked to pancake batter
- use instead of rice for added protein and other nutrients
- try quinoa pasta
- mix with vegetables and/or beans as a side dish

Wikipedia: Quinoa

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Rice (brown)

45 / 52

GRAIN

The world's rice genebank in the Philippines keeps more than 120,000 different kinds of rice and its wild relatives, the largest such collection anywhere.



TASTY IDEAS

- any way you would use white rice, just cook it a little longer
- as a side dish with vegetables
- make a salad with black beans and corn
- serve under a stir-fry
- use in soup

Intl Rice Research Institute

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Spinach

46 / 52

VEGETABLE

Spinach came from ancient Persia, reached China in 647 CE as “the Persian vegetable,” and arrived in Europe by way of the Arab world. It is 91 percent water, which is why a whole pan of it cooks down to almost nothing.



TASTY IDEAS

- mix into egg scrambles and omelets
- eat raw in salads
- steam or sauté with olive oil and garlic
- add to soups and stews
- try spinach pasta

Wikipedia: Spinach

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Strawberries

47 / 52

FRUIT

The heaviest strawberry on record was grown in Israel in 2021. It weighed 322 grams, about three-quarters of a pound, or the weight of a large apple.



TASTY IDEAS

- cut up in green or fruit salads
- add to smoothies
- mix with yogurt or cereal
- freeze whole and eat them like candy on a hot day
- make jam

Guinness: heaviest strawberry

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Sweet Potatoes

48 / 52

VEGETABLE

When Christopher Columbus reached the Caribbean in 1492, the people living there were already growing sweet potatoes. The root soon crossed the ocean and spread through Europe.



TASTY IDEAS

- bake whole in the oven
- make fries
- add to stews
- cut up and roast with other vegetables
- boil and mash with cinnamon

Wikipedia: Sweet potato

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Tomatoes

49 / 52

FRUIT

The Aztecs grew tomatoes and called them xitomatl, from words meaning navel and swelling fruit, for the little scar where the stem attaches.



TASTY IDEAS

- add to egg scrambles and omelets
- cut up with olive oil and basil
- make salsa
- create a Greek salad with cucumbers and feta
- use in soups and stews

Wiktionary: Nahuatl tomatl

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Turmeric (ground)

50 / 52

SEASONING

Turmeric is the ingredient used in mustard and curries that turns them a vibrant yellow color.



TASTY IDEAS

- sprinkle on dishes for added flavor
- use in chicken and shrimp marinades
- make curry
- add to stews and rice dishes
- make a spice rub

Wikipedia: Turmeric

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Walnuts

51 / 52

NUTS & SEEDS

Walnuts are about 15 percent protein and 65 percent fat, and most of that fat is the unsaturated kind your body needs.



TASTY IDEAS

- eat raw as a snack
- mix with Greek yogurt and honey
- add to salads
- make trail mix with dried fruits
- add to rice and other grain dishes

Wikipedia: Walnut (nutrition)

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Watermelon

52 / 52

FRUIT

Every part of a watermelon is edible, even the seeds and rinds. Watermelon seeds can be roasted and eaten as a snack similar to sunflower seeds.



TASTY IDEAS

- create a savory salad with mint and feta cheese
- blend with water and lime juice to make an agua fresca
- use in a fruit salad
- make sorbet
- eat raw

Wikipedia: Watermelon

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Food groups

HOW TO PLAY

Deal the deck out and sort it into these groups. While sorting, make it a guessing game: one player reads a food name aloud, keeping the card hidden, and the others name the food group.

THE GROUPS IN THIS DECK

- eggs
- fruit
- grain
- legume
- nuts & seeds
- seasoning
- vegetable

7 groups

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Your choice

A FAVORITE FOOD

A FACT WORTH KNOWING

TASTY IDEAS

Write a card of your own

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Your choice

A FAVORITE FOOD

A FACT WORTH KNOWING

TASTY IDEAS

Write a card of your own

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