

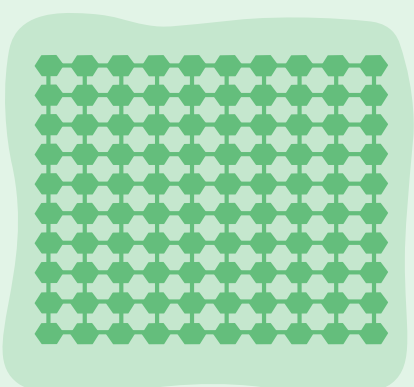
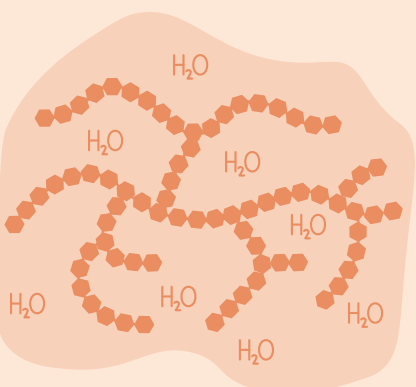
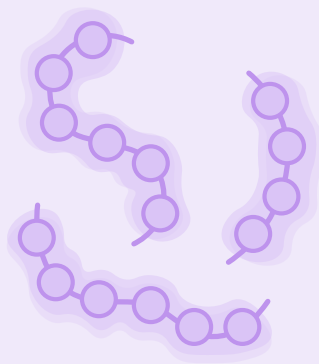
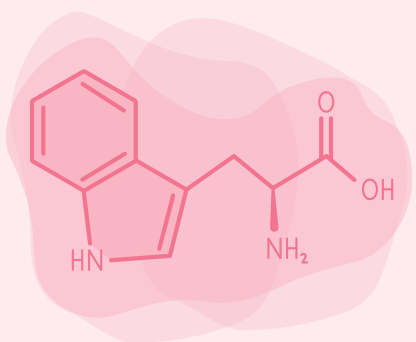
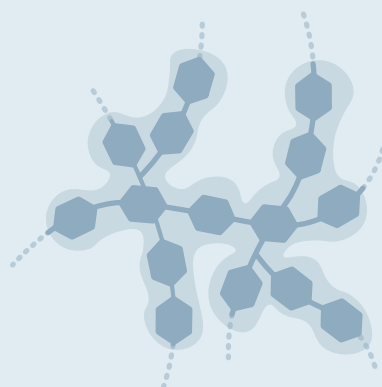
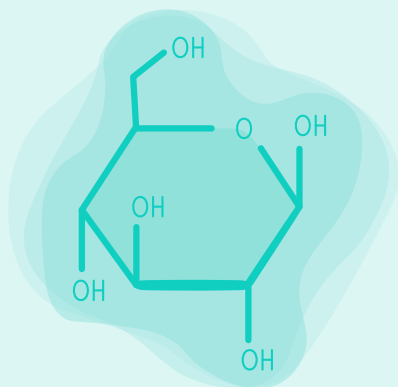
lupe

SCIENCE FOR LITTLE ONES

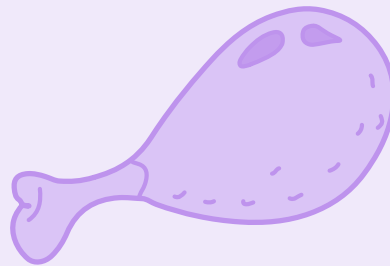
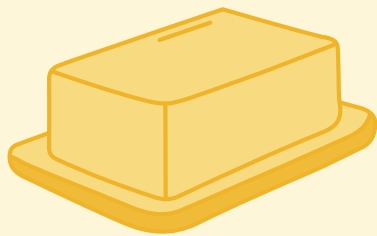
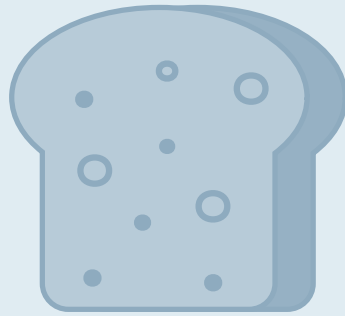
Pack 8: Inside Your Food

Molecule-to-Food Matching

8 pairs · Ages 3+









How to play

1. Print

Print double-sided so each card has the lupe pattern on the back. Use thick paper or cardstock.

2. Cut

Cut out all 16 cards (8 molecules + 8 foods).

3. Match

Each molecule goes with a food. Spread them out and match each molecule to the food it comes from. The background colors are a clue!

The pairs

Glucose → Banana

Starch → Bread

Saturated fat → Butter

Unsaturated fat → Avocado

Amino acid → Egg

Short protein → Chicken

Soluble fiber → Oats

Insoluble fiber → Broccoli

Tip

Start with 3-4 pairs and work up to all 8.
Use the cheat sheet to talk about what each molecule does and where it comes from.