

Do something COOL

SOY SCAVENGER HUNT

How many food products containing soybeans do you think you have in your house? Take a guess: One to five? Six to 10? More than 10? More than 20?

Some products such as soymilk or soy oil may be easy to guess. If you look more carefully, you could probably discover many more foods containing soy. But that may be harder than you think. Soy is used to make many Asian foods, but it may be listed on the label in a language you don't know, such as Chinese or Japanese. Even when you read the ingredients list on a food product label, the soy ingredient may not have "soy" in its name. Before you start your hunt, you may need some clues below to help you.

What you need to know

Names for foods that are soy

Bean curd [same as tofu]	Bean sprouts
Edamame [fresh soybeans]	Miso [fermented soybean paste]
Natto [fermented soybeans]	Okara [soy pulp left after soy milk is made]
Tamari [type of soy sauce]	Tofu [Chinese: cheese-like food made from soy milk]
Yuba [Japanese name for tofu]	

Ingredients that may be made from soy to improve the taste or texture of foods

Hydrolyzed soy protein (HSP)	Mono- and di-glycerides
Monosodium glutamate (MSG)	Lecithin
Guar gum	Gum arabic
Stabilizer	Thickener

Foods that often contain soy

Candy	Cakes and cookies
Cake mixes	Cereals
Chicken (may be processed with broth)	Chicken, meat, and vegetable broths
Chocolate	Energy bars
Margarine	Mayonnaise
Peanut butter	Protein powders
Sauces	Soups
Veggie burgers	Vitamin pills
Waxes on fresh fruits like apples	

Doing more

Write your own riddles as clues for the scavenger hunt.

1. Pick a food product that contains soy. That will be the answer to your riddle.
2. Brainstorm about the product. Write down everything you know about it or can find out about it.
3. Imagine you are the product. How would you describe yourself? You can write sentences that begin with:

<i>I am . . .</i>	<i>I look like . . .</i>	<i>I smell like . . .</i>
<i>I feel like . . .</i>	<i>I have . . .</i>	<i>You find me . . .</i>
<i>I can be . . .</i>	<i>I rhyme with . . .</i>	

Keep your riddle short.

Don't use the exact name of the answer in your riddle.

You can make your riddle rhyme if you like. Or make it funny or silly.

Examples:

Sometimes I am cold, and sometimes I am hot. I can be round or flaky, mushy or crunchy, or even snap and pop. But, however you find me, I bet you like me a lot. What am I?

Answer: Cereal!

What can be made into bars, but not the kind found in jails?

Answer: Chocolate!

That's soy interesting!

