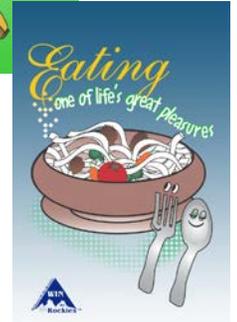


Fruit and Veggie Match

Identification Activity



Objectives:

1. Identify some fruits and vegetables and their primary nutrients.
2. Practice non-verbal communication skills.

Age:

10 years and older.

Length:

Approximately 15 to 20 minutes.

Supplies and Materials:

1. *Fruit and Veggie Picture Cards* and *Fact Cards* (attached), cut apart. Select the same number of cards as participants. Have a matching information card for each picture card. If you have an odd number of participants, include yourself.
2. Stop watch or second hand on a wristwatch.

Special Considerations:

Reading Difficulties: Allow younger or less skilled readers to have picture cards.

Activity Directions:

1. Lay the cards face down on a table. Have each participant select a card. Explain there are picture cards and cards with written information. The goal is to match the picture with the information.
2. Instruct players they are not to speak while they find the match to their card, as quickly as possible. Time the activity. Check to see if matches are correct.
3. Try the activity again to see if matches can be made faster. This gives participants an opportunity to learn about more than one item.
4. Try the activity again. This time, have participants share their fruit or vegetable and the information from the card.

Take Home Tidbit

Take home slip says the following:

“Ask me about the fruit and veggie matching game we played during the WIN Kids Fun Day.”

Source:

Tools of the Trade. A 5 A Day Marketing Resource CD-ROM. Public Health Institute. 2000.

KEY FOR MATCHING GAME

This green vegetable has fiber to help digestion of food. It is often snapped in 2-inch pieces and boiled. Sometimes it is cut French-style. – **green beans**

The dark green color of this vegetable is a clue that it is a good source of Vitamin A and Vitamin C. Some people call them “trees.” – **broccoli**

This leafy vegetable is used to make salads. The darker green the leaves, the more nutritious! – **lettuce**

This orange-colored vegetable has a lot of Vitamin A to help your eyes stay healthy. Rabbits like them too! – **carrots**

A good source of Vitamin C, this vegetable is great raw or cooked. Its name means “cabbage flower.” – **cauliflower**

This vegetable can be red, yellow or green. Also called “sweet,” they are good cooked in stews, soups and casseroles or sliced raw. – **bell peppers**

This sweet yellow vegetable has fiber and is often eaten on the cob. – **corn**

A good source of Vitamin C and potassium, this vegetable is popular fried. To get all the fiber with little extra fat, eat baked, mashed or boiled. – **potatoes**

This is a tropical fruit grown in Hawaii. It looks like a big pine cone and has Vitamin C to help your body fight infection. – **pineapple**

This fruit has a funny name, fuzzy brown skin, and black seeds. It is a source of potassium, fiber and Vitamin C. – **kiwifruit**

When you eat the skin on this fruit, you get lots of fiber. They come in red, green and yellow. The most popular variety in the U.S. is Red Delicious. – **apples**

This red, juicy fruit has its seeds on the outside. It is a source of Vitamin C, folic acid and fiber. – **strawberry**

You peel this common fruit before you eat it and it is a great source of Vitamin C to help cuts heal faster. It makes great juice. – **orange**

These fruits come in red and green and can be dried to make raisins – a great source of fiber. – **grapes**

This sweet melon is orange on the inside, reminding us that it is a good source of Vitamin A. – **cantaloupe**

This fruit grows in bunches and is loved by many humans and monkeys. It is a great source of potassium. – **bananas**

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Wellness IN the Rockies is a community-based research, intervention, and outreach project to improve the health of residents in Idaho, Montana and Wyoming. Supported by award 0004499 through IFADS (Initiative for Future Agriculture and Food Systems) Competitive Grants Program/USDA. www.uwyo.edu/wintherockies 1011

