It’s In The Bag

Fruit & Vegetable Identification Activity

Objective:
Explore and identify some new and different fruits and vegetables.

Age:
8 years and older.

Length:
Approximately 15 to 20 minutes.

Supplies and Materials:
1. Variety of fresh fruits and vegetables (one of each), some common and some less known. Select up to 10 items from local grocery stores. Here are a few ideas:
   apple, pear, banana, avocado, tomato, kiwifruit, onion, turnip, pomegranate, jicama, grapefruit, cantaloupe, broccoli, green pepper, orange, persimmon, papaya, star fruit, peach, cauliflower
2. Bags or sacks for participants to reach into, without seeing, to feel the produce – one for each fruit or vegetable. Label each one with a number.
   Creative idea: Cut sleeves off an old sweatshirt. Place a rubber band around the cut ends to seal the bottom. Place the fruit or vegetable in the sleeve. Participants can reach into the bag through the wristband and feel the item at the bottom.
3. Fruit and Vegetable identification sheet. Copy and cut in half – one half-sheet per person.
4. Pencils.

Special Considerations:
Writing Difficulties: Have an older participant or more advanced writer pair up with any participants who may have difficulty with writing. They can work as a pair and complete one sheet.

Activity Directions:
1. Create a round-robin setting for participants to feel each item and try to guess what fruit or vegetable is in the bag without seeing the item. If feasible, participants can also try to smell the produce. Guesses are to be kept secret until the end of the activity.
2. After everyone has a chance to guess, reveal each fruit or vegetable using the following format:

* Ask what they thought was in the bag.
* Reveal the fruit or vegetable and tell what it is. Identify whether it is a fruit or a vegetable.
* Ask how they would eat the item. All of the above examples (except the onions) are peel and eat, wash and eat, or slice and eat. This is why fruits and vegetables really are fast foods – they are so convenient to eat.
* For each item, ask the group to identify a physical activity that starts with the same letter as the first letter of the item. Then have everyone do the activity.

  For example: banana = basketball (pretend to dribble and shoot a basket); tomato = tennis (pretend to serve and return the ball).

**Variation:** Work in pairs with one partner feeling and describing the fruit or vegetable to the other partner. Alternate roles.

**Take Home Tidbit**

Take home slip says the following:

“Ask me what unusual fruit or vegetable I learned about during the WIN Kids Fun Day.”

**Source:**