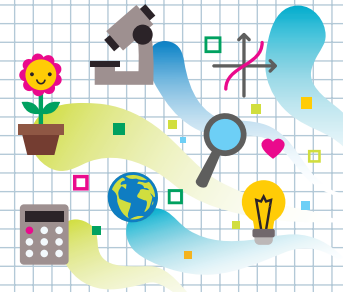




HEADS IN, HEARTS IN

Fruit or Vegetable?

Instructions for Set-Up



Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 2 small paper bags
- Marker
- “Fruits and Vegetables” handout
- 3 large pails, buckets or laundry baskets
- Several balls in fruit and vegetable colors (such as one yellow ball, one green ball, one red ball)
- Display table

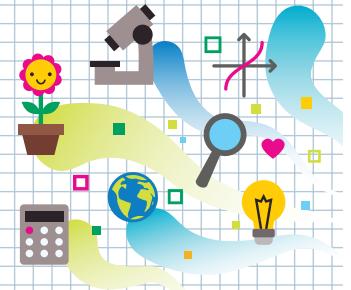
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ With the marker, label one paper bag “Fruits” and the other “Vegetables.”
- ▶ Print a copy of the “Fruits and Vegetables” handout on durable paper. Cut the fruits and vegetable cards apart and laminate. Place them on the table with the images facing up.
- ▶ Place all balls in one large pail, bucket or basket.
- ▶ Place empty pails a few feet away from the pail of balls.
- ▶ Set up the display table with necessary supplies.





HEADS IN, HEARTS IN



Fruit or Vegetable?

Guide for Families

Learning Objectives

What you need to know:

It's important to eat fruits and vegetables every day.

According to U.S. Department of Agriculture guidelines, young people 2 to 13 years old need to eat 1 to 1½ cups of fruit and 1 to 1½ cups of vegetables each day. Fruits and vegetables are a great source of dietary fiber, which helps with digestion. They also contain vitamin C, which helps to heal cuts and bruises, and keeps teeth and gums healthy. Fruits and vegetables come in a variety of colors, shapes and textures. They can be prepared in multiple ways.

What you will do and learn:

You will learn to identify fruits and vegetables by determining if the picture on the card is of a fruit or a vegetable and placing the card in the correct bag. You will also play a quick ball toss game.

Instructions

1. Choose a card on the table.
2. Look at the picture.
3. Determine if it's a fruit or vegetable.
4. Flip it over to see if you are correct.
5. Depending on the answer, place the card in either the bag labeled "Fruits" or the bag labeled "Vegetables."
6. Once complete, remove the cards from the bags and place back on the table for the next participant.
7. Next, choose a ball from the large pail.
8. Look at the color of the ball.
9. Name a fruit or vegetable that is that same color. Then try to throw the ball into the pail that is a few feet away from the large pail.

Fruit or Vegetable?

Fruits and Vegetables Handout



Photos © iStock.com

Fruit or Vegetable?

Fruits and Vegetables Handout, continued

Fruit

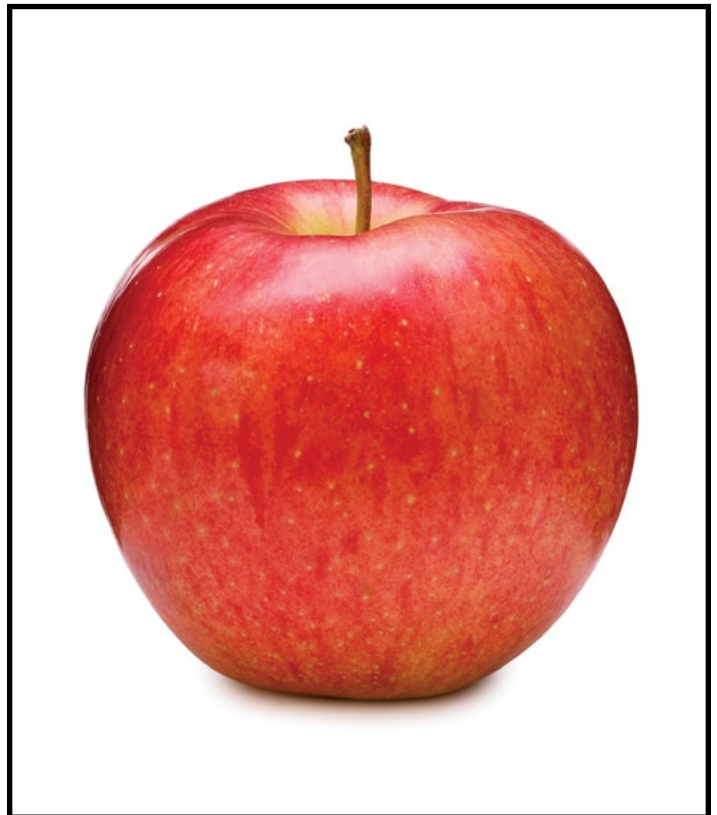
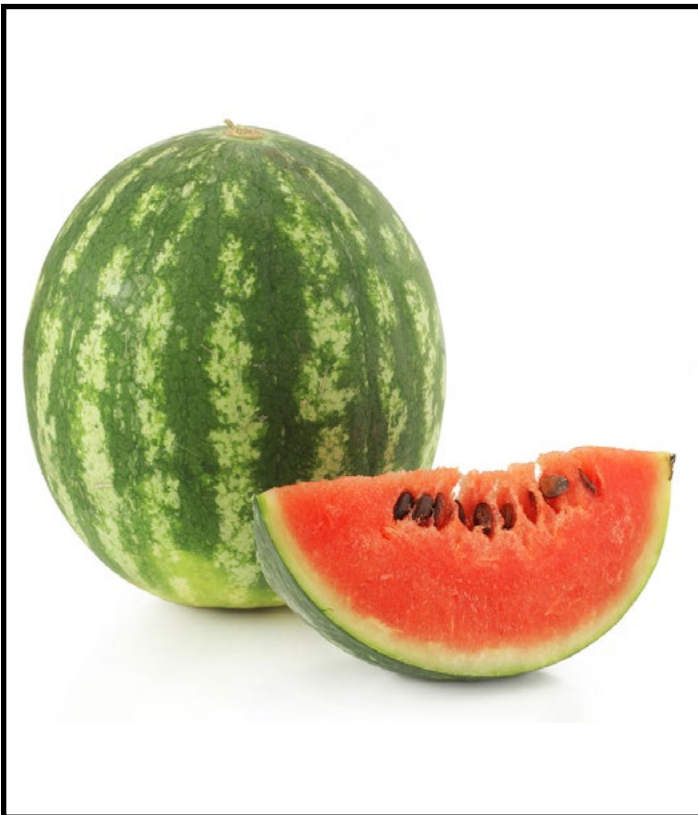
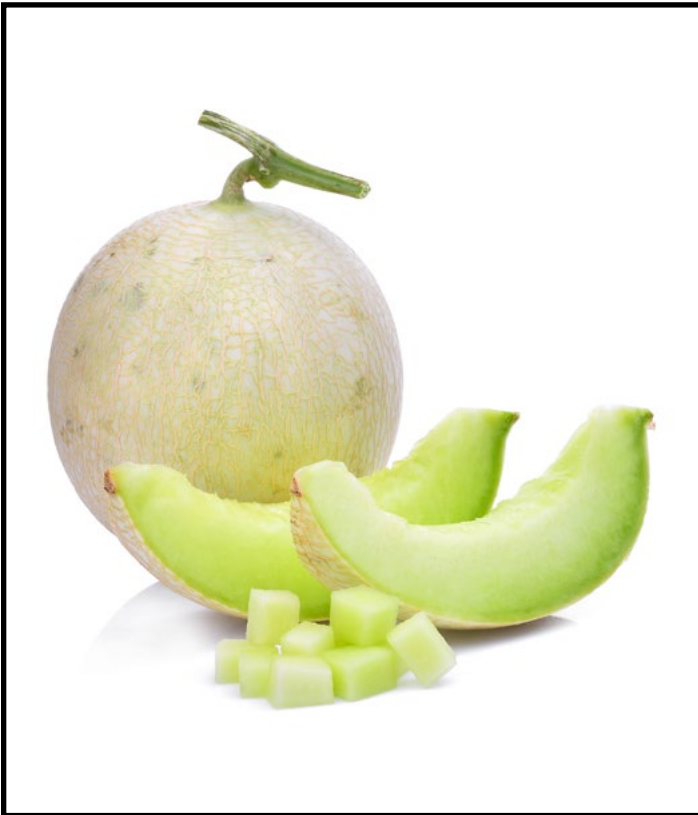
Fruit

Fruit

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Fruit or Vegetable?

Fruits and Vegetables Handout



Photos © iStock.com

Fruit or Vegetable?

Fruits and Vegetables Handout, continued

Fruit

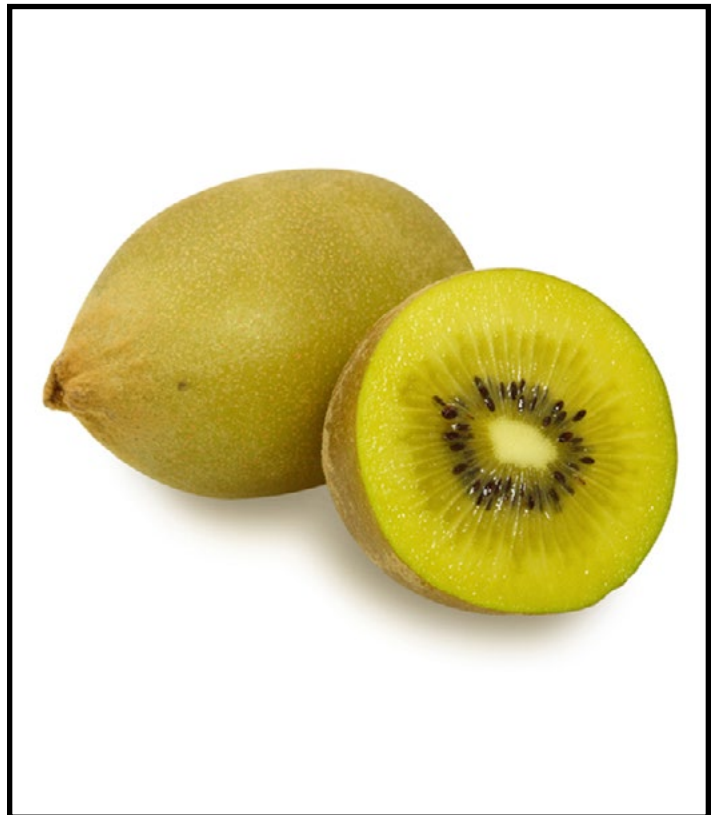
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Fruit or Vegetable?

Fruits and Vegetables Handout



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Fruit or Vegetable?

Fruits and Vegetables Handout, continued

Fruit

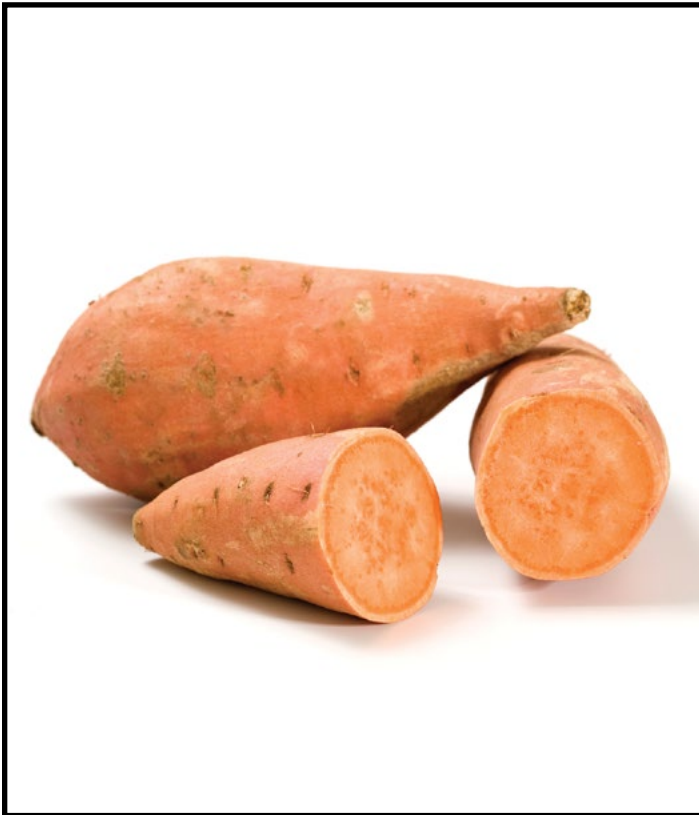
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Fruit or Vegetable?

Fruits and Vegetables Handout



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Fruit or Vegetable?

Fruits and Vegetables Handout, continued

Vegetable

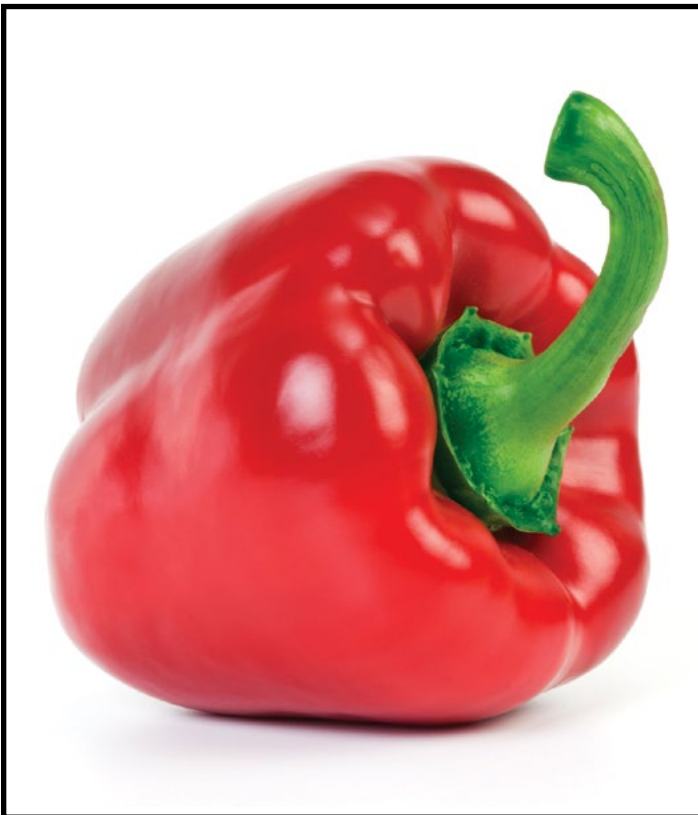
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Fruit or Vegetable?

Fruits and Vegetables Handout



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Fruit or Vegetable?

Fruits and Vegetables Handout, continued

Vegetable

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Fruit or Vegetable?

Fruits and Vegetables Handout



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Fruit or Vegetable?

Fruits and Vegetables Handout, continued

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