

READY, SET, EAT:

Famous Fruits & Various Vegetables

Objective:

The children will identify a variety of fruits and vegetables based on their physical characteristics.

Learning & Life Skills:

- Classifying
- Applying knowledge

Materials:

- ☐ MyPyramid for Kids poster or handout (see Helpful Resources section)
- ☐ Slips of paper
- ☐ Pens, pencils, crayons or markers
- ☐ Masking tape
- ☐ Hat or small box

Time:

5 minutes

Procedure:

Before the meeting:

1. Display the MyPyramid for Kids poster or handout in your meeting space where the children can easily see it.
2. Write words that describe fruits and vegetables from the following list on the slips of paper. Put the word slips in the hat or small box.

| | | | |
|----------|-----------|---------|----------|
| • Red | • White | • Round | • Smooth |
| • Green | • Orange | • Hard | • Sour |
| • Yellow | • Crunchy | • Bumpy | • Sweet |
| • Blue | • Juicy | • Fuzzy | • Chewy |

During the meeting:

1. Have the group sit on the floor in a circle. Explain to them that there are a great variety of fruits and vegetables that are delicious and nutritious. Fruits and vegetables come in many colors, textures and tastes. Ask them to think about the colors of the streamers in the fitness activity, then ask: "Can you name some fruits and vegetables that are the same colors as those streamers?" Tell them that they're going to play a game called "Famous Fruits and Various Vegetables" that will help them stretch their minds to think about the physical characteristics of fruits and vegetables that make them unique.
2. Ask the children to take turns coming to the front of the room and drawing a slip of paper with a descriptive word on it from the hat or box. After they have drawn a slip, have them return to their seats.
3. Next, tell them that when you call out a word, such as "red" or "juicy," the person with the matching slip of paper should stand up and name a fruit or vegetable that the word describes. If the person has trouble thinking of an appropriate fruit or vegetable, ask the other group members for suggestions.
4. Continue to play until all of the children have had a chance to name a fruit or vegetable with the characteristic described on their slip.

Talking It Over:

Ask the group the following questions:

Share It:

What did you learn about fruits and vegetables in doing this activity?

Process It:

What helped you to think of a fruit or vegetable to match the descriptions?