Objectives:
1. To expand the variety of fruits and vegetables eaten as a wide variety of fruits and vegetables are identified.

Description:
Play an adaptation of “Pictionary,” to identify a variety of fruits and vegetables.

Materials Needed:
• Board or flip-chart
• Markers
• (optional) Cut up samples of fruits and vegetables
• (optional) Plates, napkins or paper towels
• (optional) Toothpicks

Procedure:
Setup and introduction
1. Play “What Am I?”

Divide the students into pairs or teams and explain the game.

“What Am I?” is played like the game “Pictionary.” A youth from each pair or team draws a fruit or vegetable so that the rest of the group can guess what it is. Let each pair or team take turns at the board or flip-chart. The first team to get a certain number of points wins.
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2. After the game, discuss the following:

- What are some of your favorite fruits and vegetables?
- Name the part of the plant the food you just named comes from.
- Where in the U.S. are these foods you just named grown?
- Why is it important to eat fruits and vegetables?
- Name some ways to eat a variety of fruits and vegetables every day.
- What new fruits or vegetables were you introduced to with this activity?
- Which of these new fruits or vegetables would you like to try?

Useful resources: