

What am I?

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 student 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.

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?