



Champions for Change
Arizona Nutrition Network

Stories out of a Bag

Cut out the stories below and put each slip of paper into a bag to be picked by each person. After they pick a piece, they can read it aloud and put it back into the bag—it's OK if questions are duplicated.

Tell us a story about a holiday meal containing veggie side dishes or fruity desserts.

Is there a fruit or veggie dish that reminds you of something from childhood?

What is your favorite fruit or veggie and why?

Was there a veggie that you didn't like growing up but you love now?

Growing up, did you have a favorite fruit that you especially enjoyed in summertime?

Where did you grow up and what fruits or veggies grow there?

Do you have a favorite warm, wintertime veggie side dish?

What is the rarest or most bizarre fruit or veggie you've ever tried?

For more fun games, visit EatWellBeWell.org.



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What Did You See?

Study the fruits and veggies below for 30 seconds. Then, flip this sheet of paper over. Without looking, write down as many fruits and veggies that were on front side as you can remember.



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