



Champions for Change
Arizona Nutrition Network

FRUITS & VEGGIES ACTIVITY SUGGESTIONS

Elementary School Edition 2012

Get kids excited about being a Champion for Change by eating fruits and veggies!

Who is this for? Kids and their parents

Why is this a good idea? Fruits and veggies are healthy for growing kids

“Things a veggie might say,” “Things a fruit might say”

- Pictures of fruits and veggies on one side of paper.
- Quotes on the other side of the paper.
- **Objective:** Draw a line to the quote that the fruit or veggie would say.
- **Example:** “I’m an orange root vegetable that’s packed with vitamins and minerals... especially Vitamin A!” The proper answer would be to draw a line to the picture of the carrot.

“Pick & Pack”

- The farmers’ market needs help keeping the shelves stocked with the right amount of fruits and veggies.
- Each child is given a request for a specific amount of fruits and/or veggies.
- Order sheets would have all possible fruits and veggies listed in one column, of which one or more would be pre-circled. There would also be a quantity column with a number written next to the selected fruits and veggies.
- The child would then either select actual fruits and veggies or cut-outs to put in the basket to re-stock the display at the market.

For more fun games, visit EatWellBeWell.org.



This material was federally funded by USDA’s Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.



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FRUITS & VEGGIES ACTIVITY SUGGESTIONS

Elementary School Edition 2012 (cont'd)

“Bunches in the Basket”

Items needed: A basket or a bucket

- Print-outs of black & white pictures of fruits and vegetables.

Objective: Drop the fruit or veggie in the basket.

- Each child would randomly receive a fruit or vegetable to color and cut out. The children would stand over the basket and take turns (round robin) dropping their fruit or veggie into the basket. The first drop would be at waist height. If the child makes the shot, they will drop the item from shoulder height for their next turn and forehead height for the next turn and over their head for their final turn. If they miss, the game is over for them. The game is completed when everyone has missed with the exception of one child.

“Fruity Falls” & “Veggie Village”

Items Needed:

- Markers or Crayons (at least 5 colors).
- Tape (to connect game board together).
- Scissors (to cut out cards and game pieces).

Instructions:

- Print out game cards (5 sets for a total of 25). Cut out and mark them with the color that corresponds to the color written on the card.
- Print out game pieces (1 page). Cut out and color them as each fruit or vegetable looks in real life. For example: The watermelon is green on the outside and red on the inside.
- Print out game board (4 pages). Color spaces in 5 alternating colors. Also color locations and characters. Tape the 4 pages together so the board becomes one piece, making sure they are in the right order.

Gameplay:

- Place the board on the table.
- Take the colored game pieces and place them face down next to the board.
- Place all game pieces next to the “Start” space on the board.
- The youngest player in the game will then choose the top card and move their game piece to the closest corresponding color on the board.
- The player to their right will then do the same thing and so on.
- If a player lands on one of the locations or characters, they will follow the instructions that will either help or hurt their movement through the game.
- The game is completed when a player successfully reaches Fruity Falls & Veggie Village.

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Champions for Change

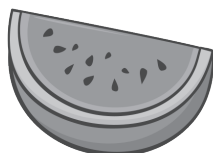
Arizona Nutrition Network

THINGS A FRUIT OR VEGGIE MIGHT SAY

Draw a line to the quote that the fruit or veggie would say.



"I'm an orange root vegetable that's packed with vitamins and minerals, especially Vitamin A!"



"Many people consider me a vegetable, but because I have seeds, I'm actually a fruit. I come in all colors, but red is my most popular look."



"You can find me in many colors at your farmers' market, green, yellow and red, just to name a few. You may have also seen me in pie, cider or as juice."



"I'm a vine melon with a thick green rind and a juicy red center."



"My name may lead you to believe that I came from a chicken, I'm known for my oval shape and dark purple color."



"I grow on a green leafy stalk, but my kernels are what people love to eat."

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Campeones del Cambio

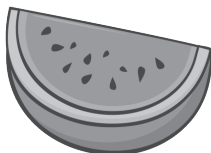
La Red de Nutrición de Arizona

COSAS QUE UNA FRUTA O VERDURA PUDIERA DECIR

Dibuja una línea a la frase que diría la fruta o verdura.



“Yo soy una verdura de raíz, color naranja, que está llena de vitaminas y minerales, ¡Especialmente de Vitamina A!”



“Mucha gente me considera una verdura, pero debido a que tengo semillas, realmente soy una fruta. Vengo en todos los colores, pero el rojo es mi color más común”.



“Me puedes encontrar en muchos colores en tu mercado de agricultores, verde, amarillo y rojo, para mencionar algunos. Quizá también me hayas visto en un pastel, cidra o como jugo”.



“Soy un melón de enredadera con una cáscara verde y gruesa y un centro rojo y jugoso”.



“Conmigo se preparan riquísimos platillos, se me conoce por mi forma ovalada y color morado oscuro”.



“Yo crezco en un tallo verde con muchas hojas, pero son mis granos los a que la gente le gusta comer”.

Para más juegos divertidos, visita ComeSanoViveMejor.org.



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PICK & PACK

Fruits and veggies quantity request form.

Corn _____

Green beans _____

Onions _____

Apples _____

Lettuce _____

Carrots _____

Peppers _____

Tomatoes _____

Eggplant _____

Cucumbers _____

Watermelons _____

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Campeones del Cambio

La Red de Nutrición de Arizona

ESCOGE Y EMPACA

Corta las frutas y verduras de acuerdo con las cantidades necesarias.

Elote _____

Ejotes _____

Cebollas _____

Manzanas _____

Lechuga _____

Zanahorias _____

Pimientos _____

Tomates _____

Berenjena _____

Pepinos _____

Sandías _____

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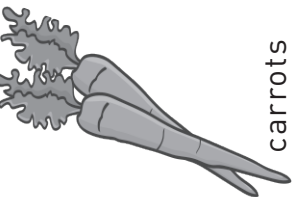















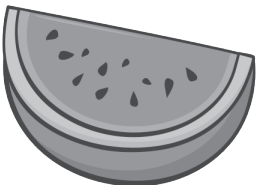
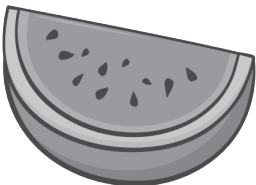
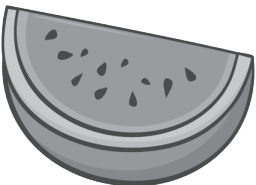
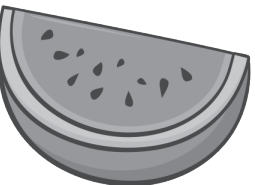
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PICK & PACK

Cut out the fruits and veggies according to the quantities needed.

 carrots	 carrots	 carrots	 carrots
 apple	 apple	 apple	 apple
 eggplant	 eggplant	 eggplant	 eggplant
 tomato	 tomato	 tomato	 tomato
 green beans	 green beans	 green beans	 green beans
 watermelon	 watermelon	 watermelon	 watermelon

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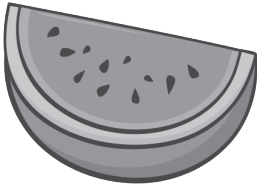
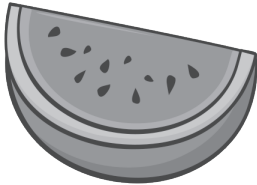
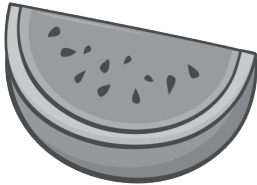
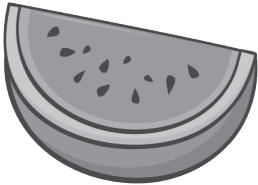
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Campeones del Cambio
La Red de Nutrición de Arizona

ESCOGE Y EMPACA

Corta las frutas y verduras de acuerdo con las cantidades necesarias.

 zanahorias	 zanahorias	 zanahorias	 zanahorias
 manzana	 manzana	 manzana	 manzana
 berenjena	 berenjena	 berenjena	 berenjena
 tomate	 tomate	 tomate	 tomate
 ejotes	 ejotes	 ejotes	 ejotes
 sandía	 sandía	 sandía	 sandía

Para más juegos divertidos, visita ComeSanoViveMejor.org.



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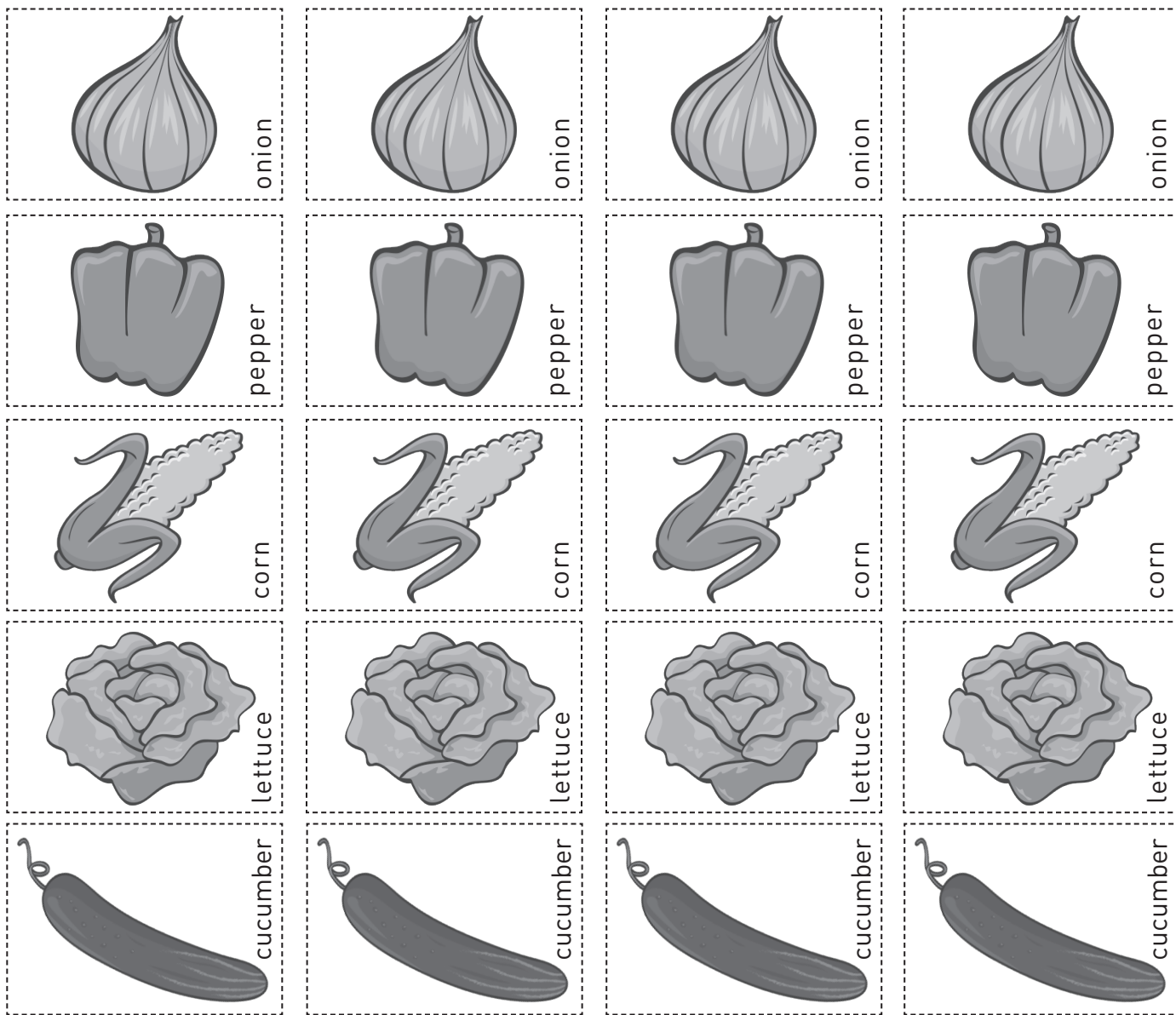


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PICK & PACK

Cut out the fruits and veggies according to the quantities needed.



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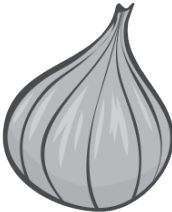
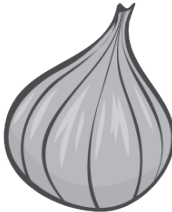
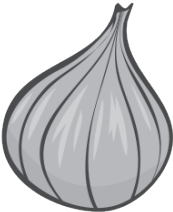








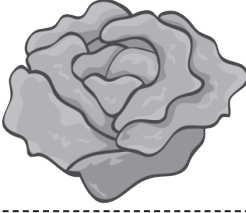
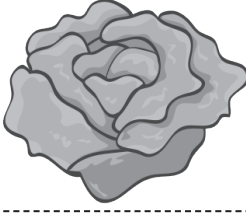
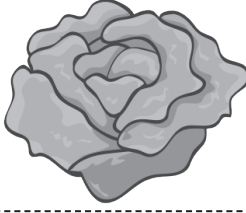
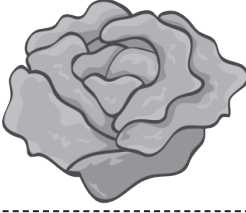






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ESCOGE Y EMPACA

Corta las frutas y verduras de acuerdo con las cantidades necesarias.

 cebolla	 cebolla	 cebolla	 cebolla
 pimiento	 pimiento	 pimiento	 pimiento
 elote	 elote	 elote	 elote
 lechuga	 lechuga	 lechuga	 lechuga
 pepino	 pepino	 pepino	 pepino

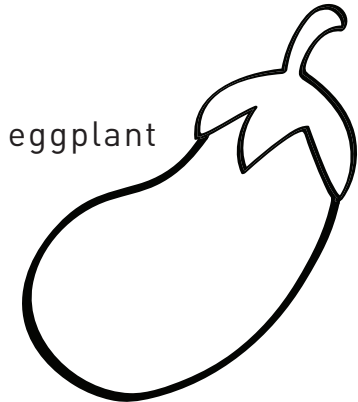
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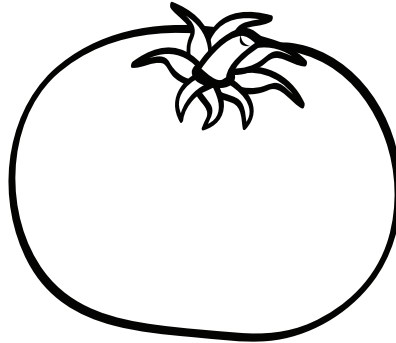
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BUNCHES IN THE BASKET

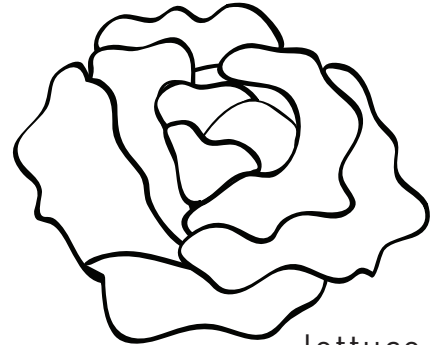
Color and cut out, then drop the fruit or veggie in the basket.



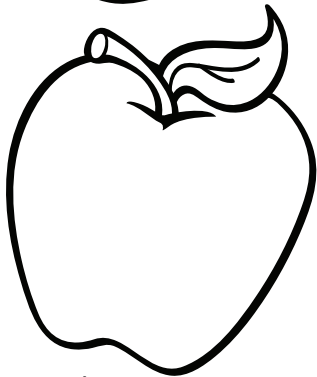
eggplant



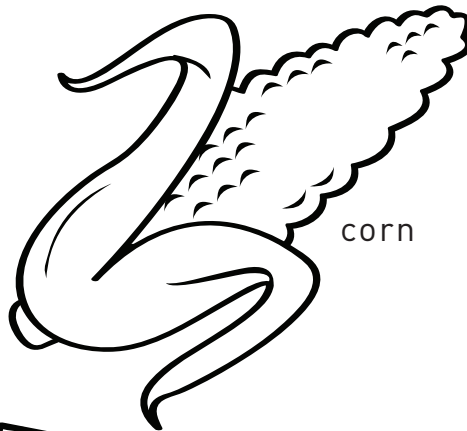
tomato



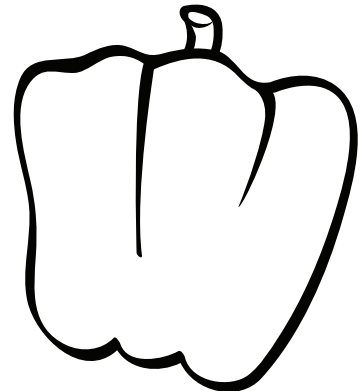
lettuce



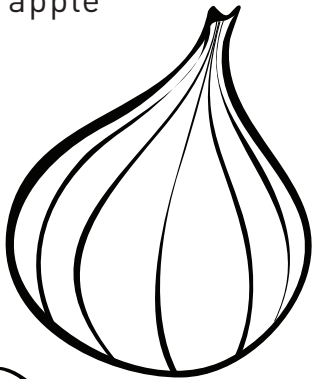
apple



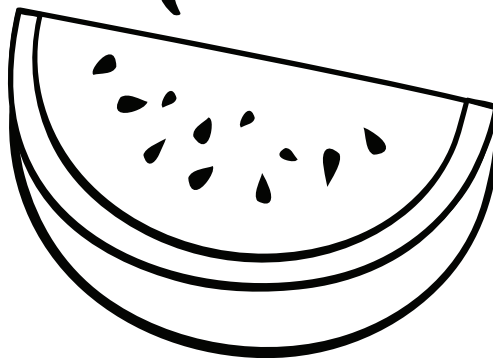
corn



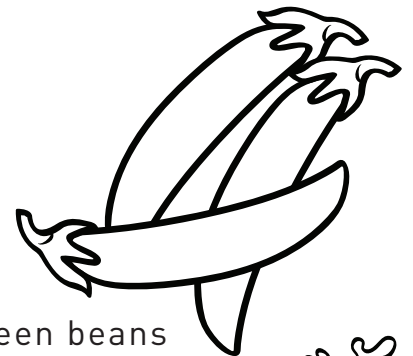
pepper



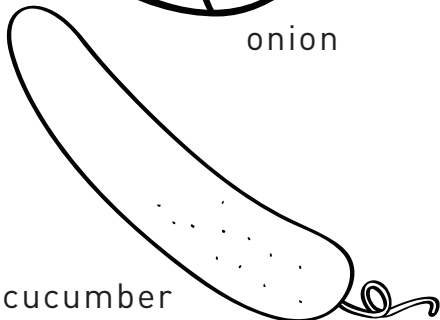
onion



watermelon



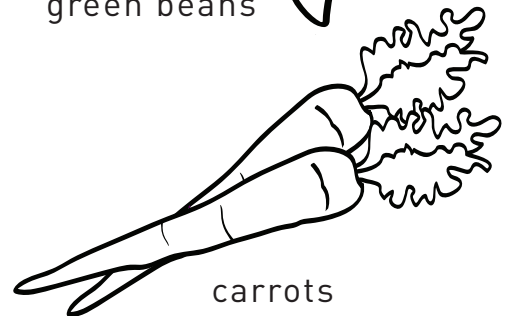
green beans



cucumber



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carrots

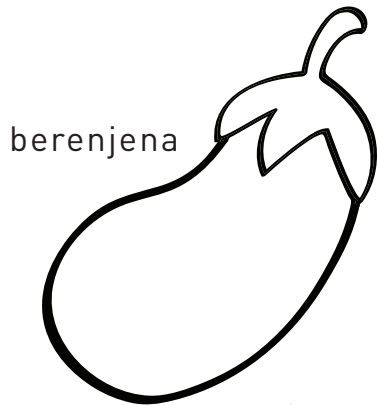
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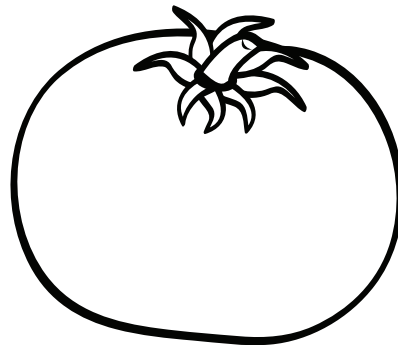
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RACIMOS EN LA CANASTA

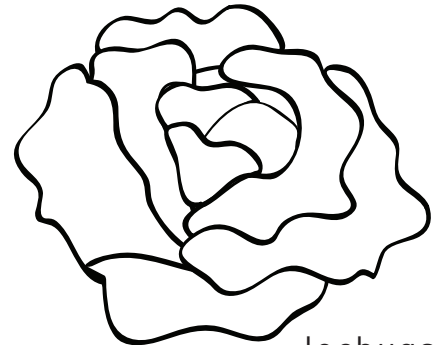
Colore y corta, luego echa la fruta o verdura en la canasta.



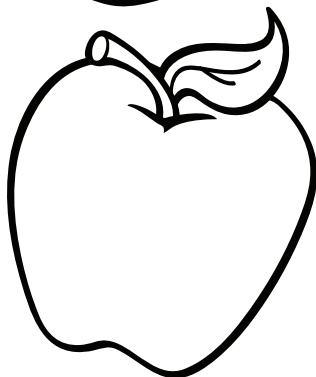
berenjena



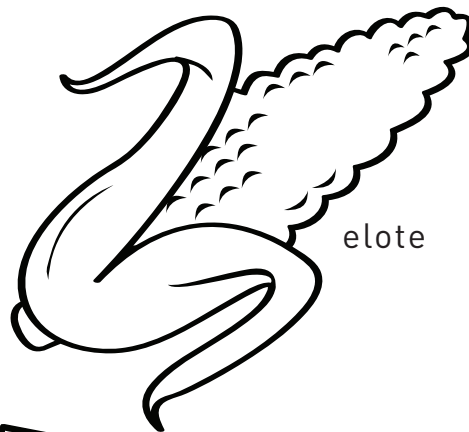
tomate



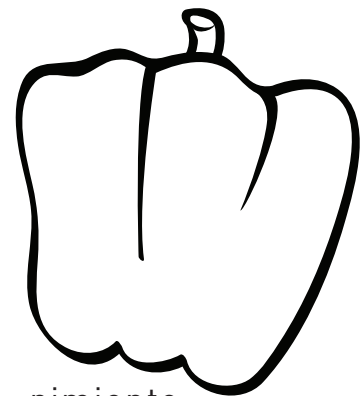
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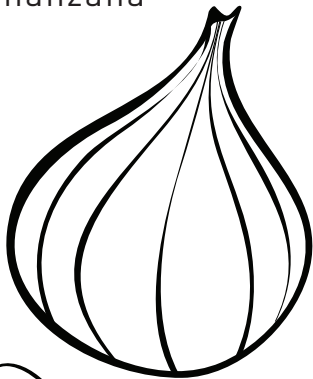
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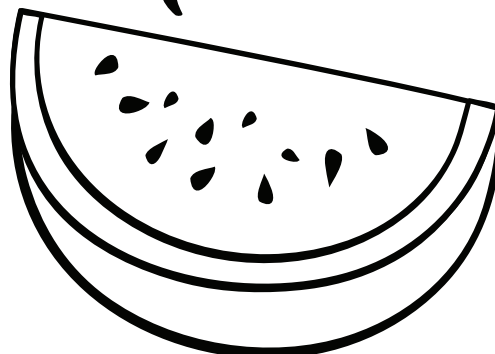
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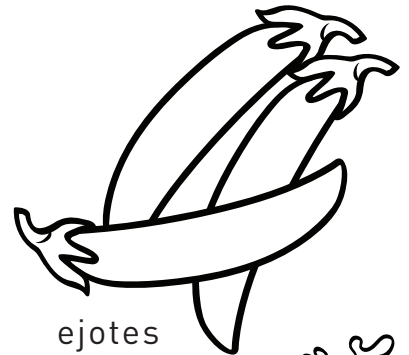
pimiento



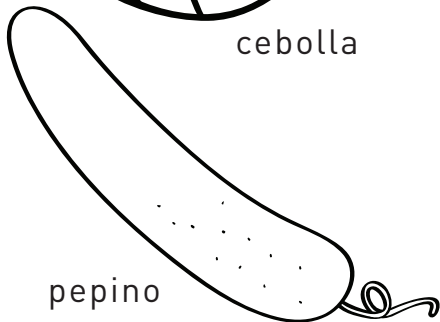
cebolla



sandía



ejotes



pepino



Campeones del Cambio
La Red de Nutrición de Arizona



zanahorias

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FRUITY FALLS & VEGGIE VILLAGE

Game cards: cut out, color and leave back white.

RED

BLUE

YELLOW

GREEN

ORANGE

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CASCADA DE FRUTAS Y VILLA DE LAS VERDURAS

Tarjetas de juego: cortar, colorear y dejar el reverso blanco.

ROJO

AZUL

AMARILLO

VERDE

NARANJA

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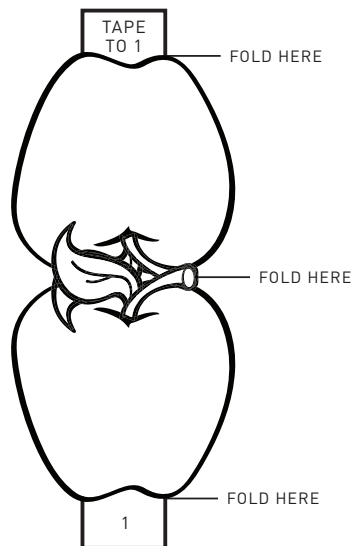
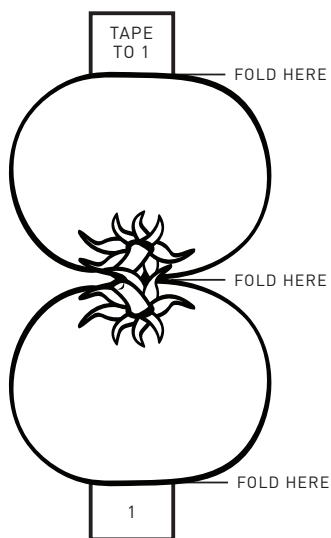
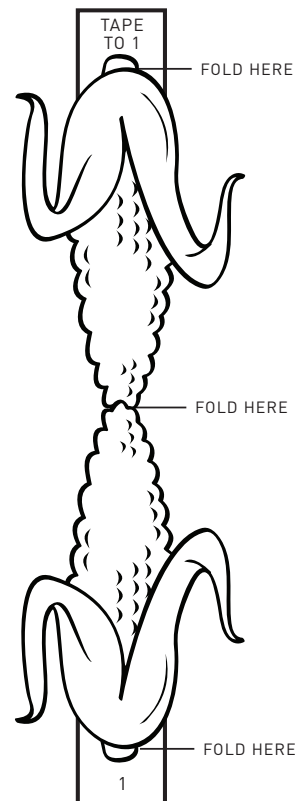
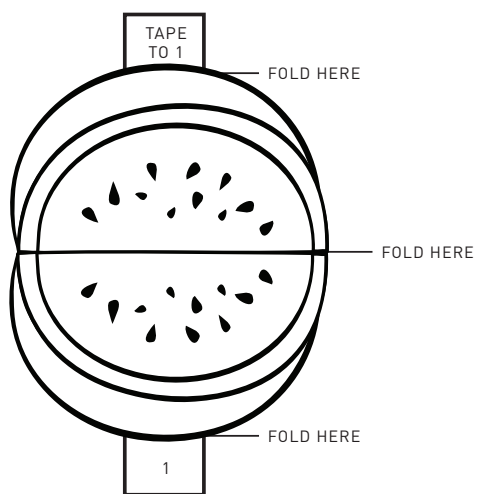
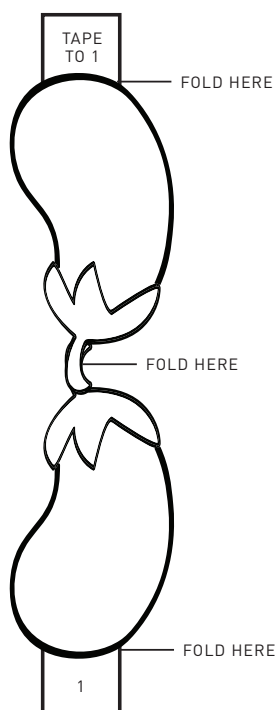
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FRUITY FALLS & VEGGIE VILLAGE

Game pieces: cut out and color.



For more fun games, visit EatWellBeWell.org.



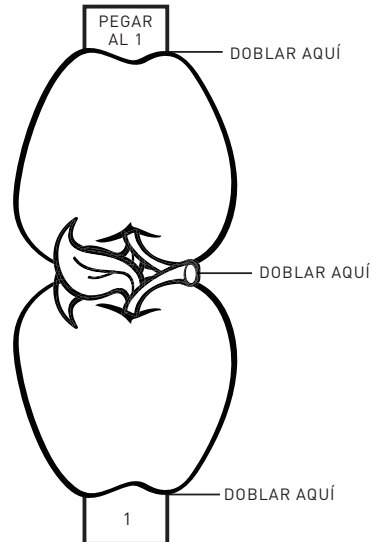
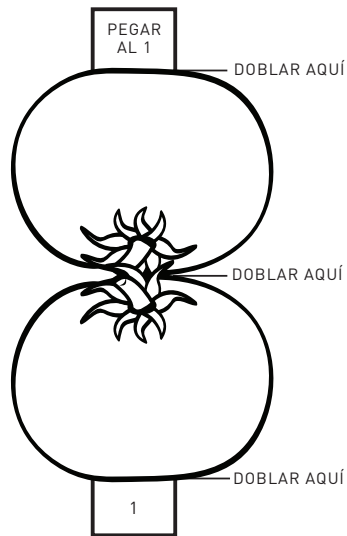
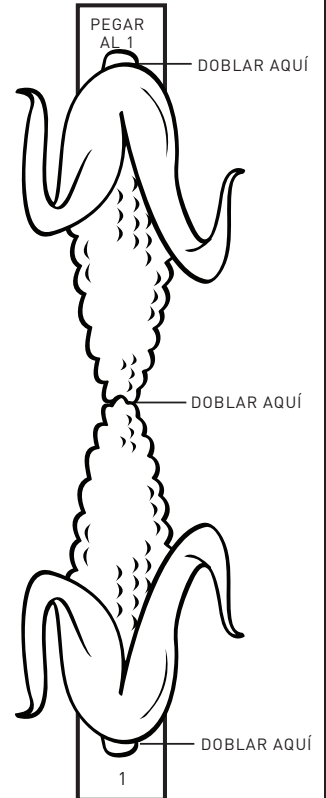
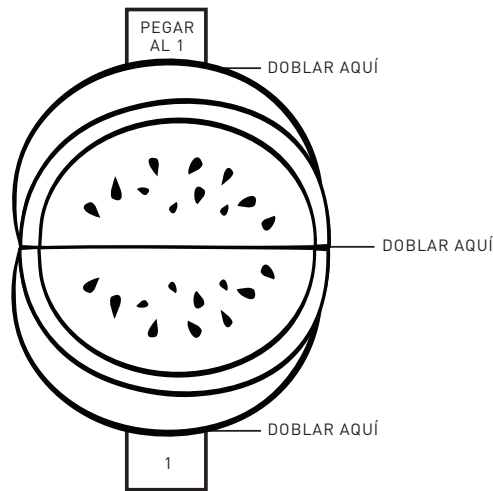
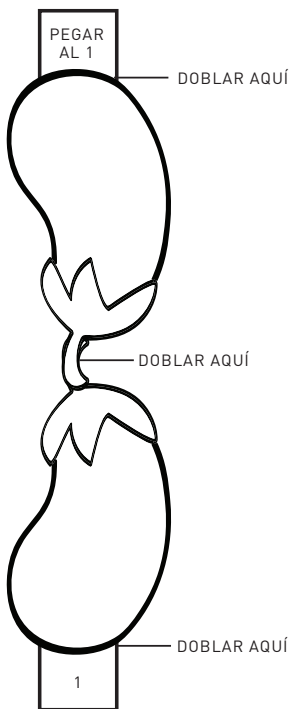
This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.



Campeones del Cambio
La Red de Nutrición de Arizona

CASCADA DE FRUTAS Y VILLA DE LAS VERDURAS

Piezas del juego: corta y colorea.



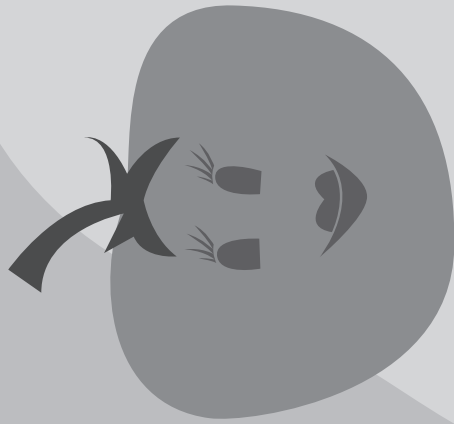
Para más juegos divertidos, visita ComeSanoViveMejor.org.



Este material se desarrolló con fondos proporcionados por el Programa de Cupones para Alimentos del Departamento de Agricultura de los EE.UU. (USDA para sus siglas en inglés). El Programa de Cupones para Alimentos ofrece asistencia relacionada a la nutrición para gente con bajos ingresos. Le puede ayudar a comprar comida nutritiva para una mejor dieta. Para obtener más información, comuníquese al 1-800-352-8401. Esta institución brinda igualdad de oportunidades en el empleo y en los servicios que provee.

FRUITY FALLS

MOVE AHEAD
3 SPACES

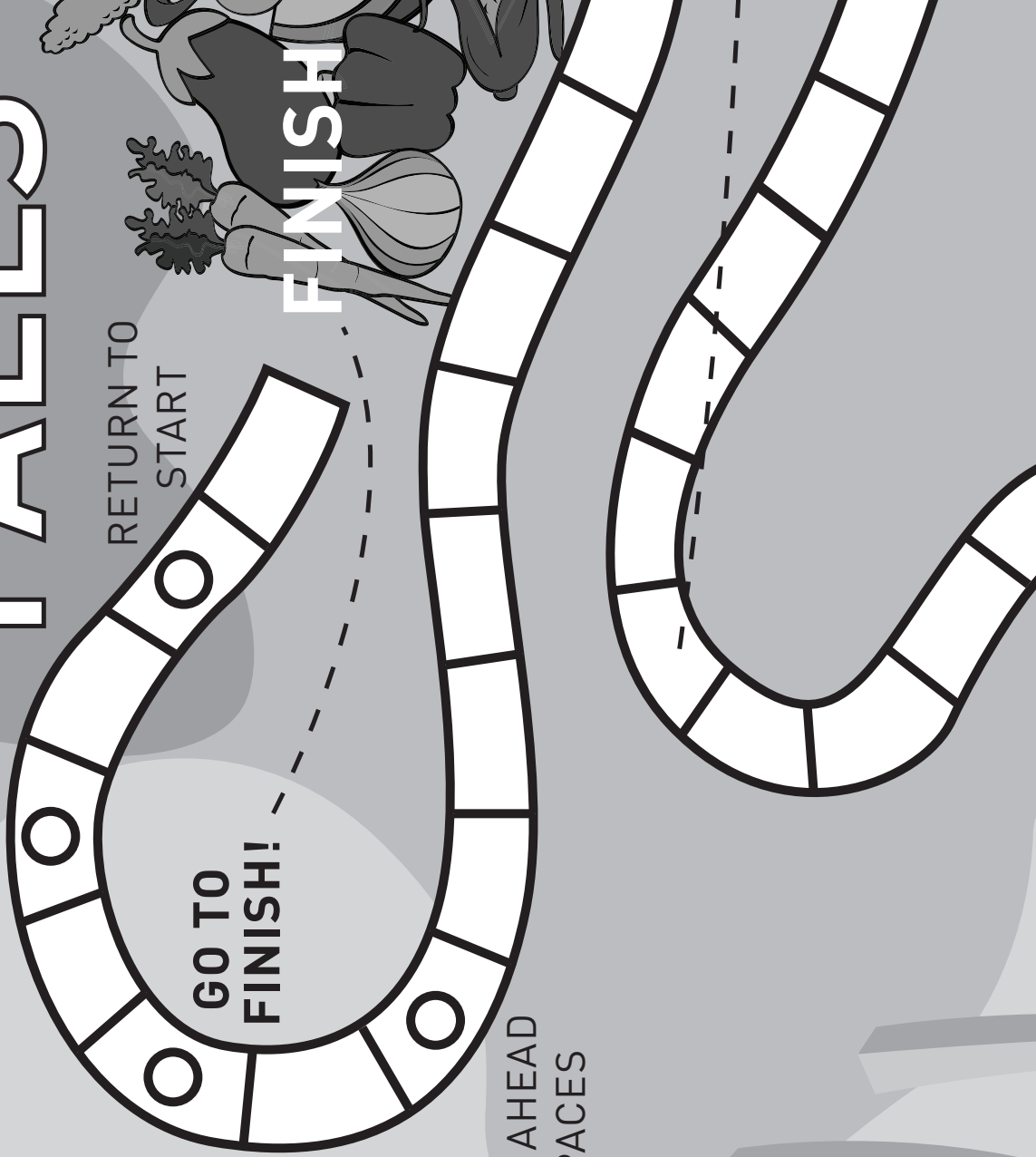


TAMMY
TOMATO

RETURN TO
START

GO TO
FINISH!

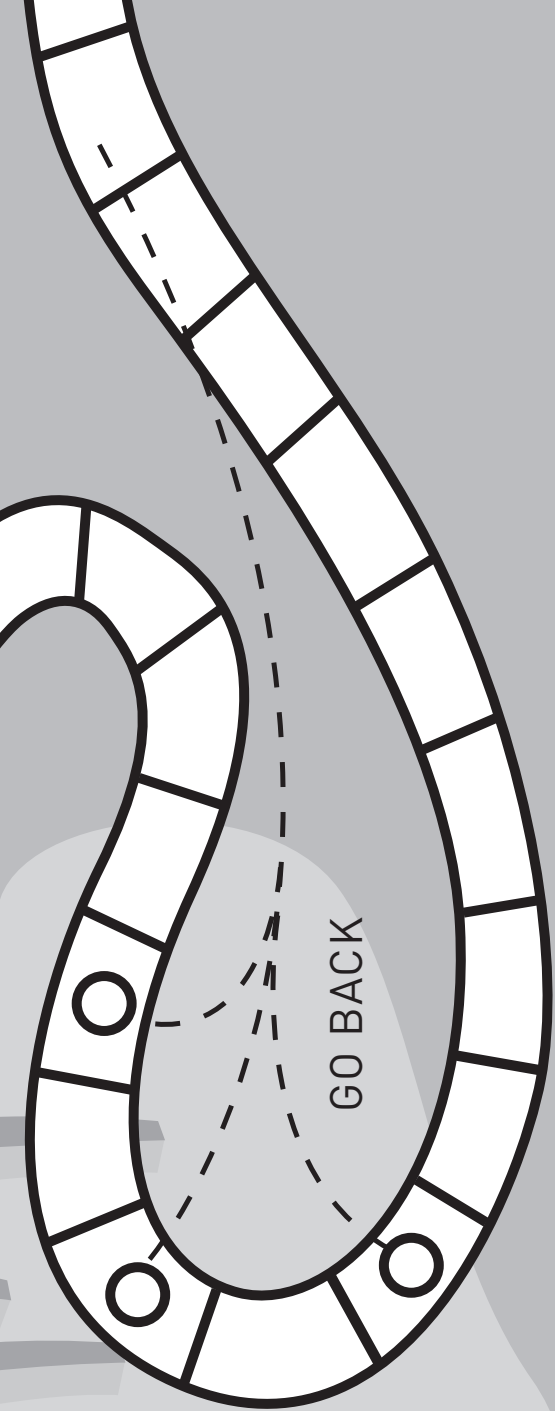
FINISH



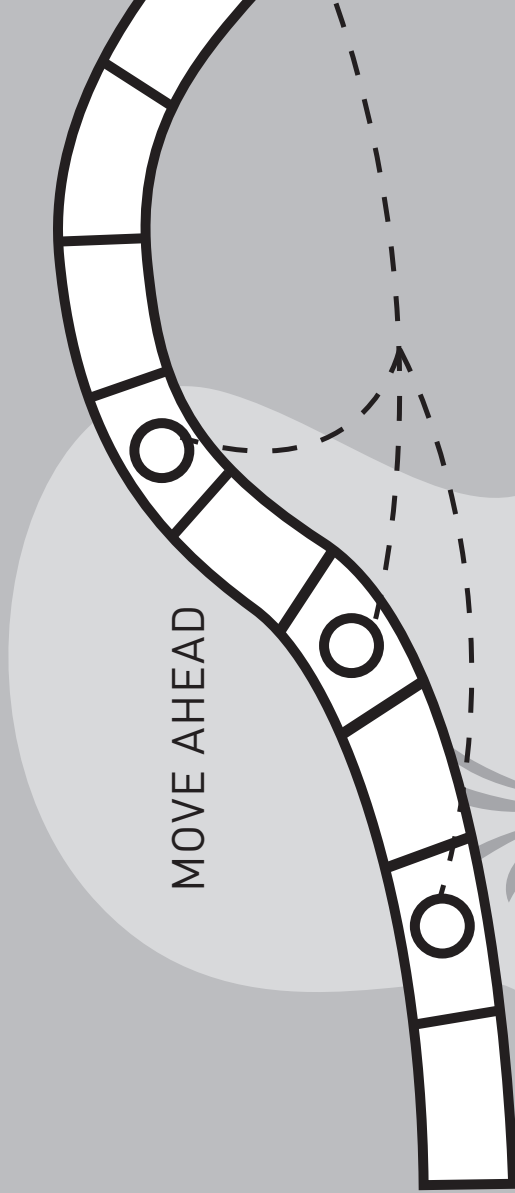
MOVE AHEAD
3 SPACES



**FRENCH FRY
FOREST**



MOVE AHEAD

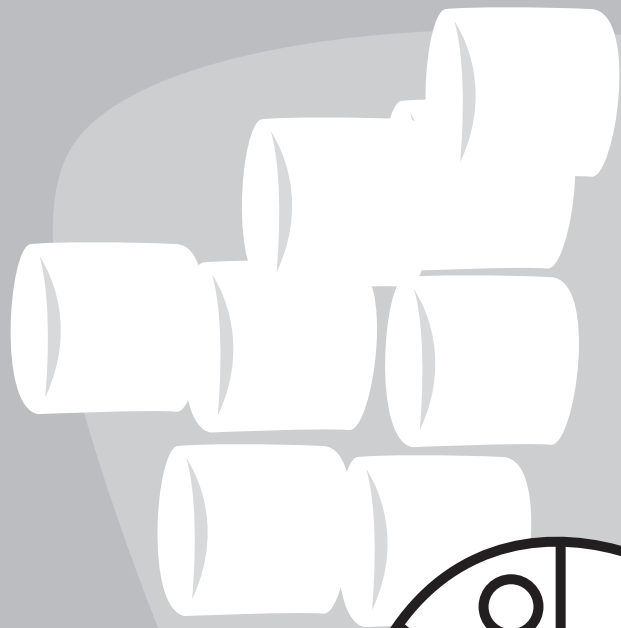


START ▶

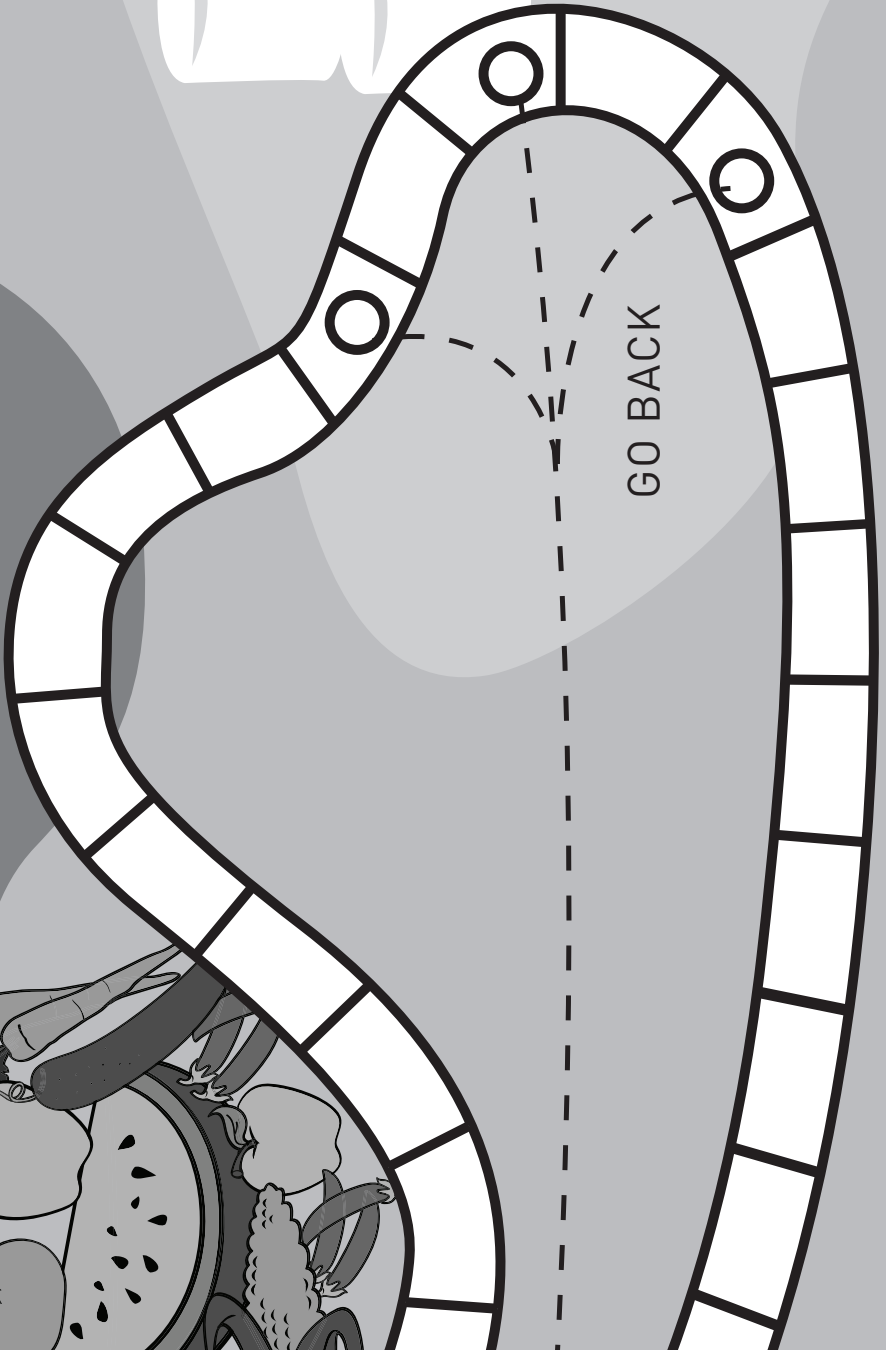
**CAPTAIN
CARROT**

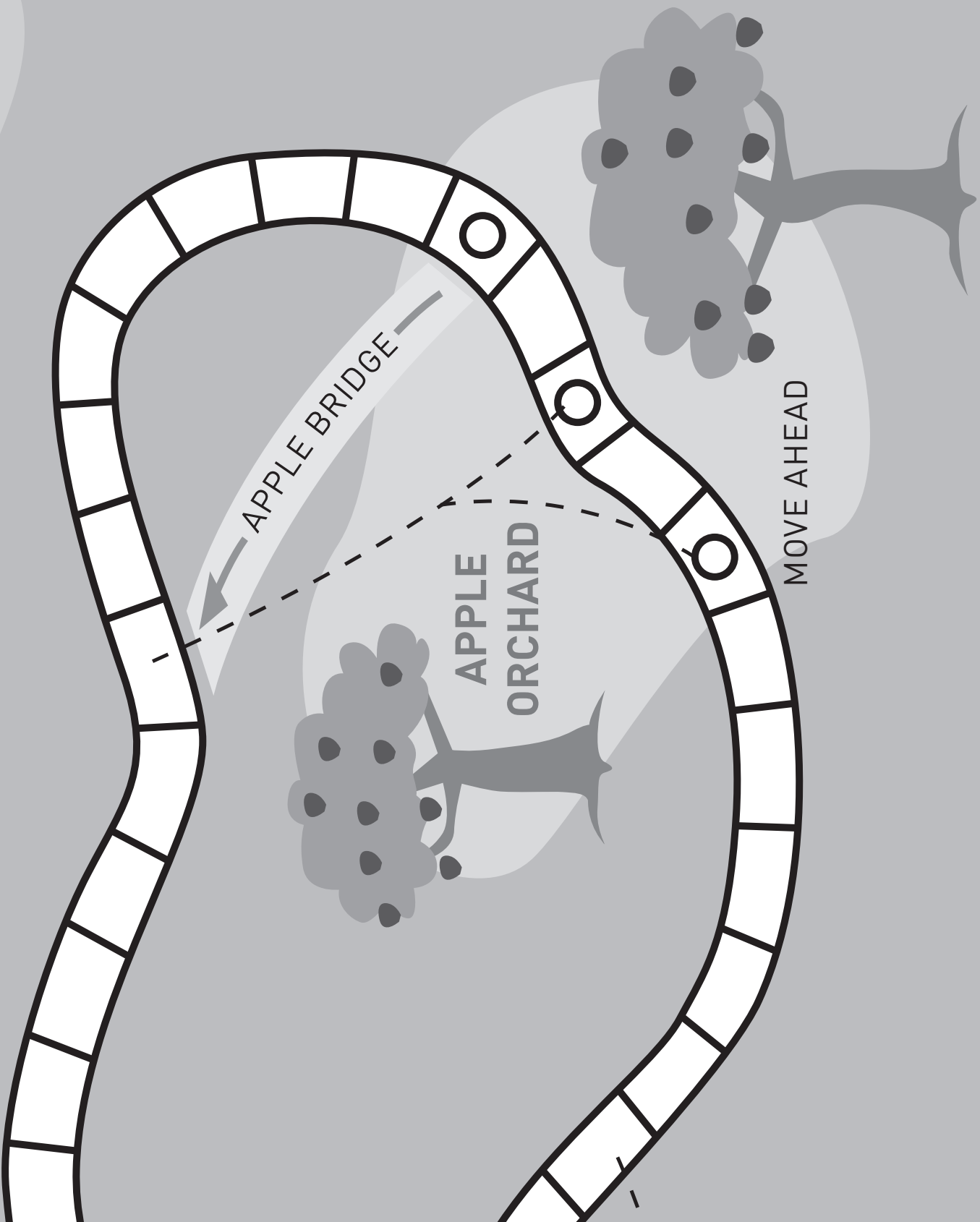


& VEGGIE VILLAGE



MARSHMALLOW
MOUNTAIN



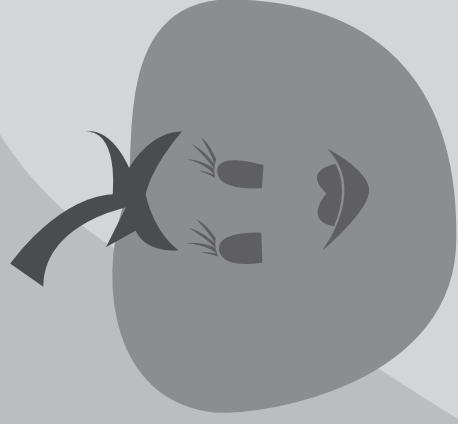


APPLE BRIDGE

APPLE
ORCHARD

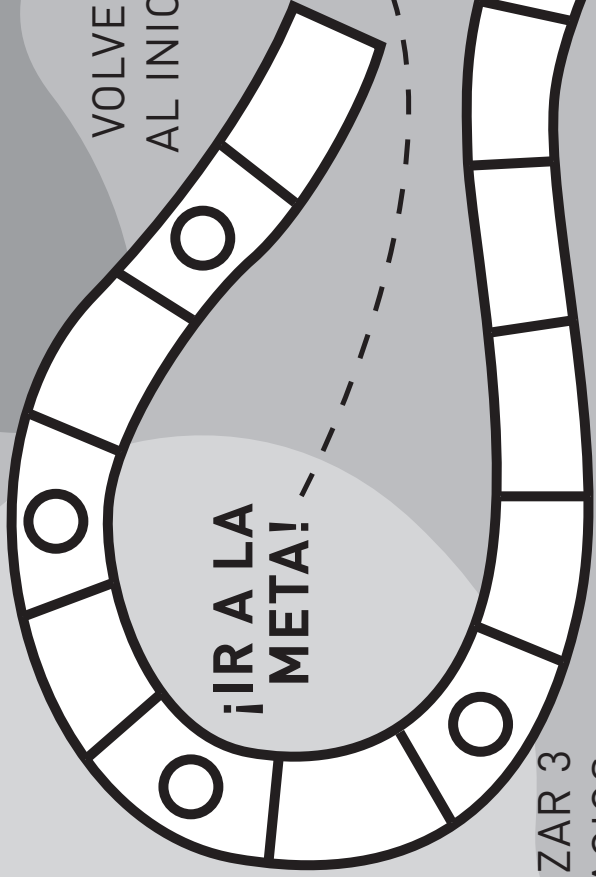
MOVE AHEAD

CASCADA DE FRUTAS



TOMATE
TAMMY

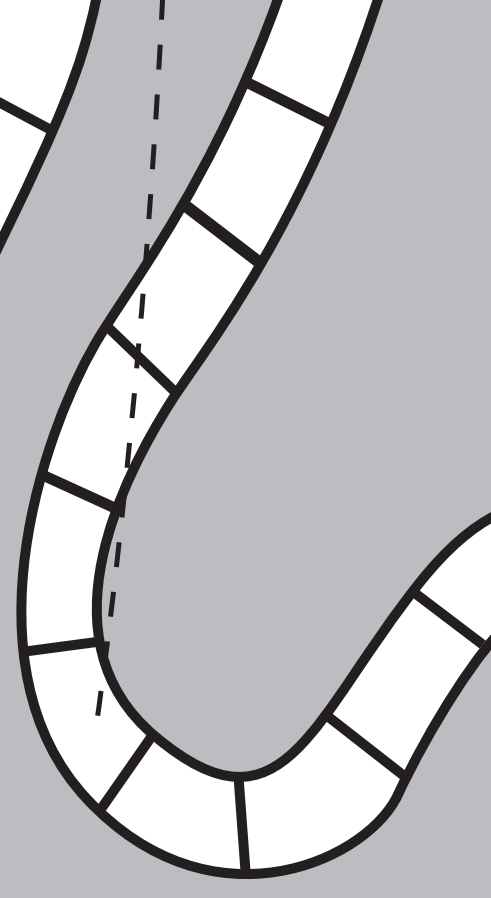
AVANZAR 3
ESPACIOS



AVANZAR 3
ESPACIOS

VOLVER
AL INICIO

META



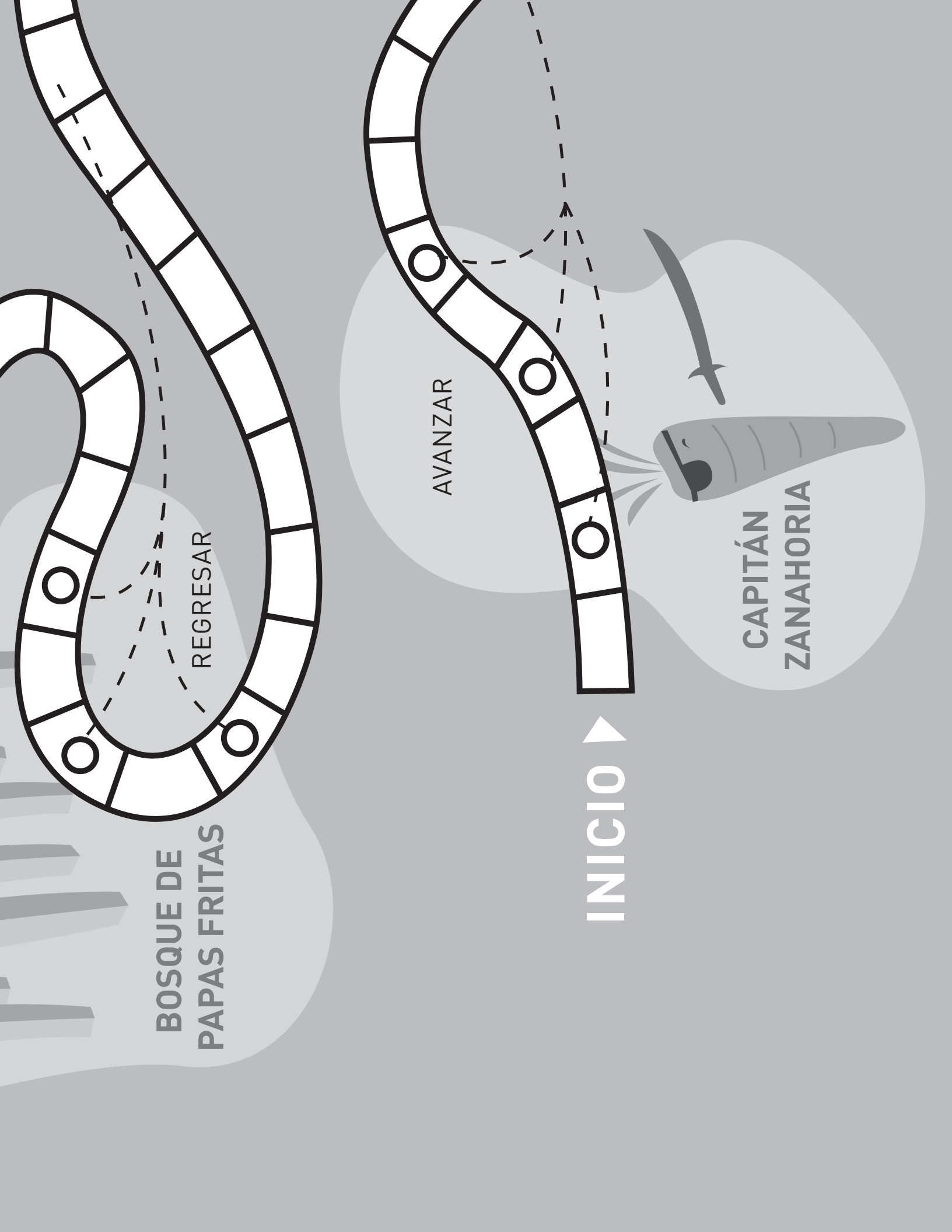
**BOSQUE DE
PAPAS FRITAS**

REGRESAR

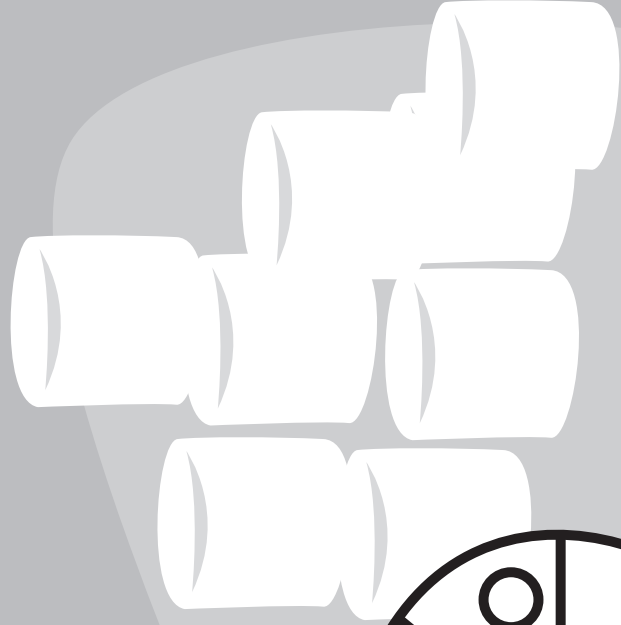
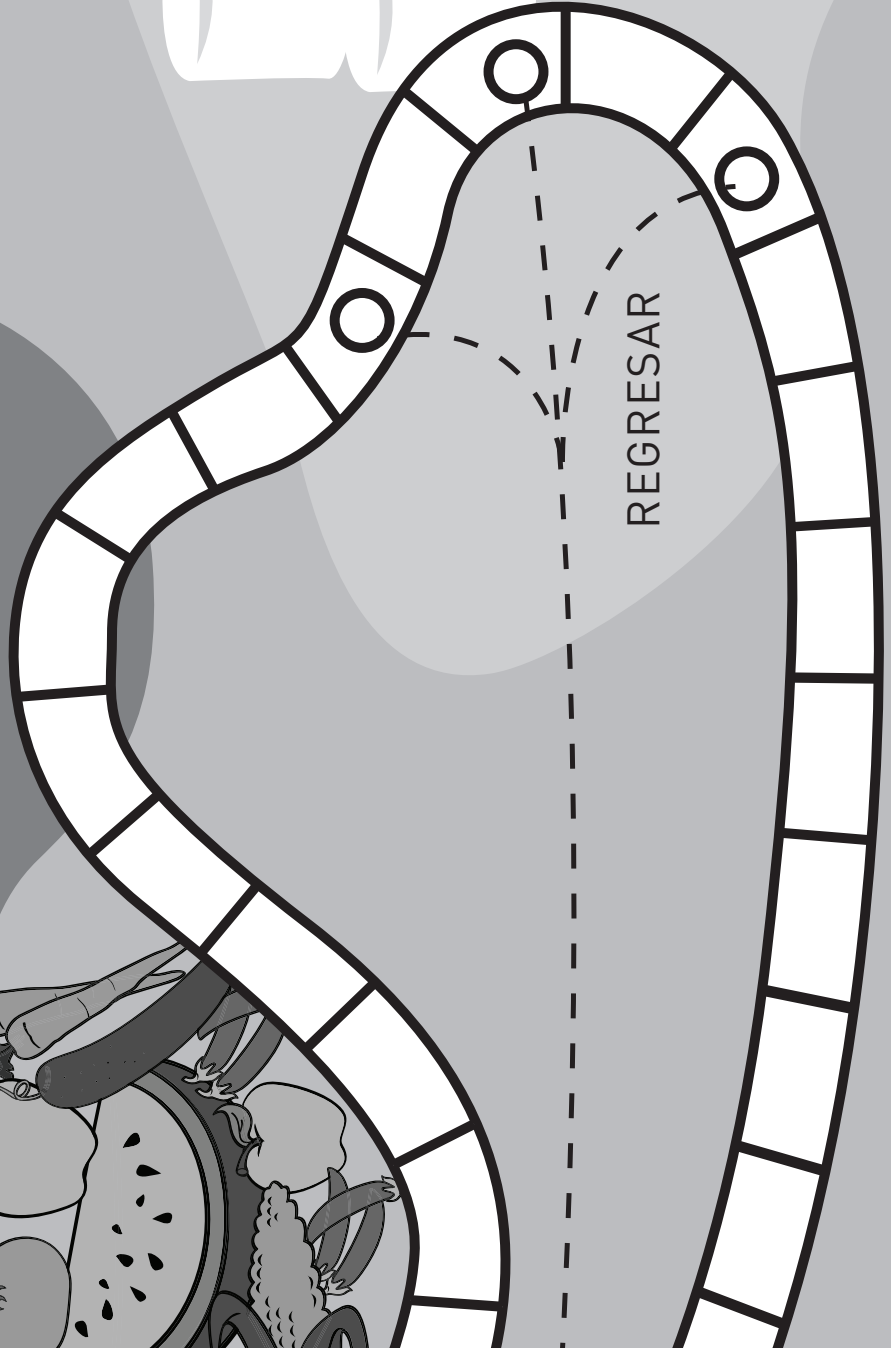
AVANZAR

INICIO ▲

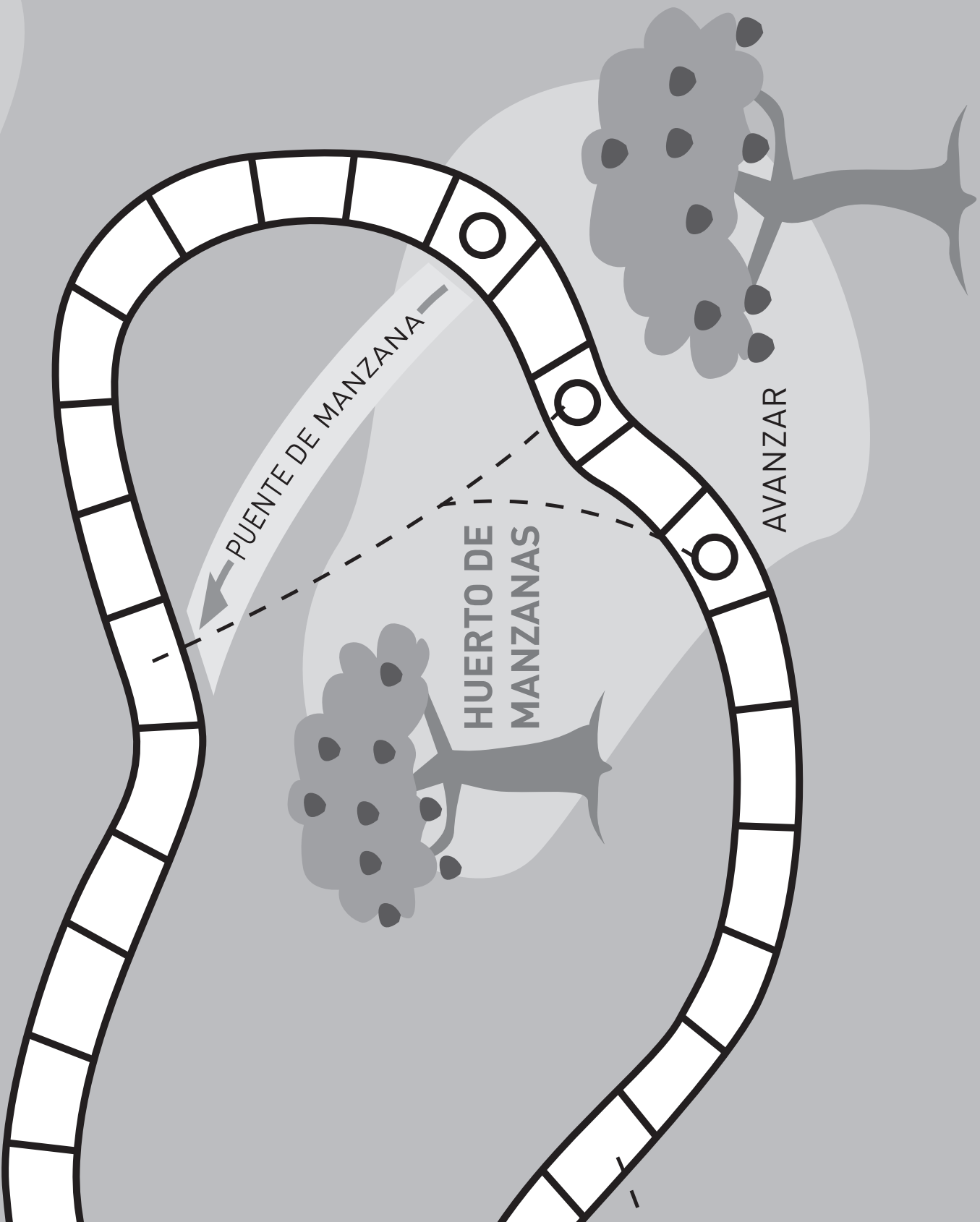
**CAPITÁN
ZANAHORIA**



VILLA DE LAS Y VERDURAS VERDURAS



MONTAÑA DE
MALVAVISCO



PUENTE DE MANZANA

HUERTO DE
MANZANAS

AVANZAR