



Activity #5: Fruit + Veggie Encyclopedia

Directions for Teachers

Health, Language Arts, Science

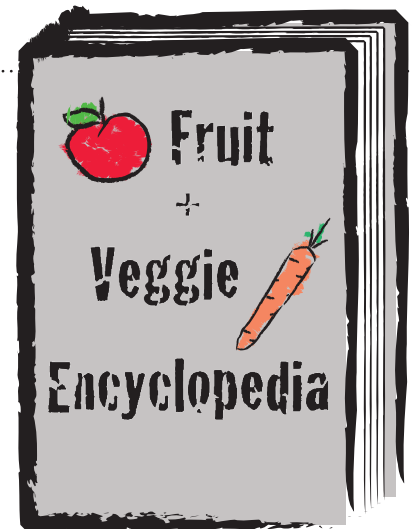
Objective: Children will discover the benefits of fruits and vegetables and learn how to research topics, answer questions, and share information. In researching different fruits and vegetables, children will become more familiar with a wide variety of fruits and vegetables and learn about their special benefits, qualities and histories. They will create a class **Fruit + Veggie Encyclopedia** that can be used throughout the year.

Directions:

1. Discuss the wonderful world of fruits and vegetables with your class. See **Background Information, page 4**, for information.
2. Have each student “adopt” a fruit or vegetable to research. They can select a favorite, or one they’ve never heard of before, or you can assign them. You can also have them look at the school lunch menu to choose fruits and vegetables served at school, or tie this activity with the foods served as part of the USDA Fresh Fruit and Vegetable Program, if your school offers it.
3. Ask children to do their research at the library or online, if computers are available. Encourage students to seek out answers from cook books, gardening books, and books about food, to get library experience instead of just relying on the web. Also encourage students to look for their fruit or vegetable in the school lunch program, at the supermarket, or at the farmers’ market with their parents.
4. Review questions on the students’ **Activity #6** worksheet with your class to clarify.
5. Once students have completed their research and have filled out their worksheets, put the pages together into a class notebook that can be accessed throughout the year.

ADDITIONAL ACTIVITIES:

1. Have students write a fun speech about their fruits or vegetables to say over the loudspeaker for morning announcements to promote the food that will be served that day for lunch or snack.
2. Throughout the year, whenever there is a new fruit or vegetable served at lunch, breakfast, or snack, have children look up the encyclopedia page for that food before the meal to help familiarize students with the new food. Research shows that the more children learn about food in their classroom, the more likely they will be to try the food in the cafeteria.
3. Break your class into groups, and assign each group a fruit or vegetable. Have each team come up with an exciting advertisement for its fruit or vegetable, and then present it to the rest of the class! Or, stage a cooking show and have students demonstrate healthy snacks made with their team’s fruit or vegetable.
4. For a fun event, have kids bring in their fruits or vegetables for a special Fruit + Veggie Party where kids can sample each other’s selections. For free “Tickets to Fresh Adventures! recipe cards, go to: www.foodplay.com/free_materials/kids.html



Activity #5: Fruit + Veggie Encyclopedia

Researched by: _____

Food Name: _____

Country of origin: _____

When is it in season? _____

Which part of the plant is it? _____

(root, stem, leaf, fruit, seed)

Taste: sweet sour spicy bitter _____

Texture: crunchy chewy juicy mushy _____

Three fun ways to eat it (give ideas for part of a meal, snack, or even dessert!):

1) _____

2) _____

3) _____

Is rich in which nutrients? _____

Special health benefits? _____

Three fun facts about this food:

1) _____

2) _____

3) _____



Draw a picture of the food in this box.

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Draw a picture of the plant that produces the food.