

# 1) FRUIT & VEGGIE ENCYCLOPEDIA

## Teacher Directions

Have your class create its own **Fruit & Veggie Encyclopedia**, with each student contributing!

**Objective:** Children will learn how to research topics, answer questions, and share information. They will create a class **Fruit & Veggie Encyclopedia** which can be used throughout the year as a reference.

In researching different fruits and vegetables, children will become more familiar with the wide variety available to them and learn about each food's special benefits, nutrients, and histories. The information gathered for the encyclopedia can then be used to carry out additional activities in this section.

Language Arts

Science

Health

Social Studies

Art

All Grades

### Directions:

1. Have each student adopt a fruit or vegetable to research. They can select a favorite, one they've never heard of before, or you can cut apart the fruit and vegetable "stickers" from the **Fruit & Veggie Tasting Journal** activity (pages 20-21), and have students draw a selection out of a hat.
2. Copy and distribute the two encyclopedia entry pages to each student. Encourage students to seek out answers from books such as cookbooks, gardening books, and books about food, as well as researching on the web. Also, encourage students to look for their fruit or vegetable at school lunch or at home with their families, or when shopping at the supermarket or farmers market.
3. Review each question on the entry pages with students to clarify.
4. Once students have completed their research and have filled out their pages, 3-hole punch each page where shown. Assemble pages alphabetically in a binder, creating a 2-page spread for each food. Then have your class design a cover for your Classroom Fruit & Veggie Encyclopedia. You may wish to use the illustration from the cover of this activity kit. A template of it can be found on the last page of this book.

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For Preview Only

**FRUIT & VEGGIE ENCYCLOPEDIA**

Food Name: \_\_\_\_\_

Country of origin: \_\_\_\_\_

Does it grow in New Mexico? \_\_\_\_\_

When is it in season? \_\_\_\_\_

Which part of the plant is it? \_\_\_\_\_  
(root, stem, leaf, fruit, seed)

Number of different varieties: \_\_\_\_\_

Top 3 most popular varieties:

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

Taste: □ Sweet □ Sour □ Spicy □ \_\_\_\_\_

Texture: □ Crunchy □ Chewy □ Juicy □ \_\_\_\_\_

Three favorite ways to eat it:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Is rich in which nutrients? \_\_\_\_\_

Special health benefits? \_\_\_\_\_

Three fun facts about this food:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**This food researched by:** \_\_\_\_\_

Draw a picture of the food in this box

Draw a picture of the food cut in half

Write down a recipe you can use for this food

Write down a fun recipe you can use for the food

Food name starts with this letter: \_\_\_\_\_

Write down a fun fact about this food

# 1) FRUIT & VEGGIE ENCYCLOPEDIA

Food Name: \_\_\_\_\_

Country of origin: \_\_\_\_\_

Does it grow in your state? \_\_\_\_\_

When is it in season? \_\_\_\_\_

Which part of the plant is it? \_\_\_\_\_  
(root, stem, leaf, fruit, seed)

Number of different varieties: \_\_\_\_\_

Top 3 most popular varieties:

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

What color is it on the outside? \_\_\_\_\_ On the inside? \_\_\_\_\_

Taste: sweet sour spicy bitter \_\_\_\_\_

Texture: crunchy chewy juicy mushy \_\_\_\_\_

Three favorite ways to eat it:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Is rich in which nutrients? \_\_\_\_\_

\_\_\_\_\_

Special health benefits? \_\_\_\_\_

\_\_\_\_\_

Fun facts or unique qualities that would make this food especially appealing to kids:

1) \_\_\_\_\_

2) \_\_\_\_\_

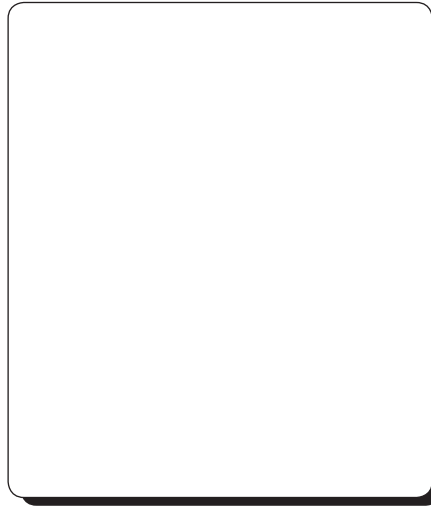
3) \_\_\_\_\_

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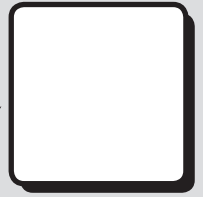
# This food researched by: \_\_\_\_\_



Draw a picture of the food in this box.

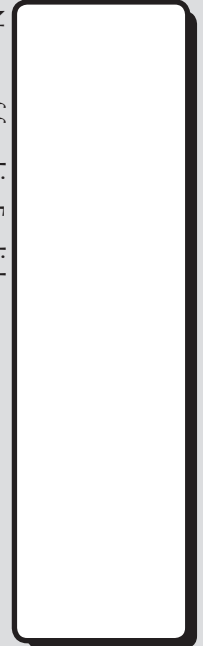


Draw a picture of the food cut in half, showing seeds when appropriate.

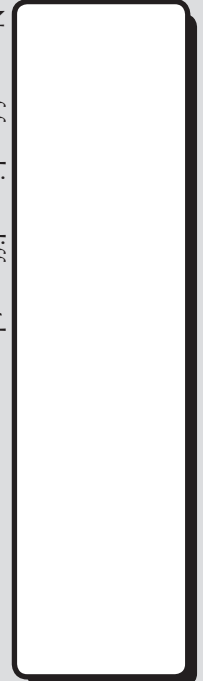


Food name starts with this letter

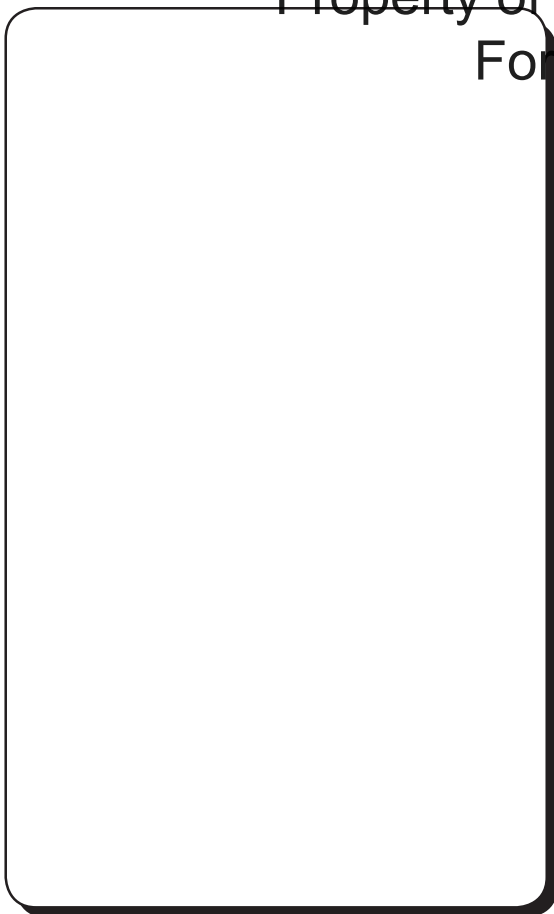
Name of food in English



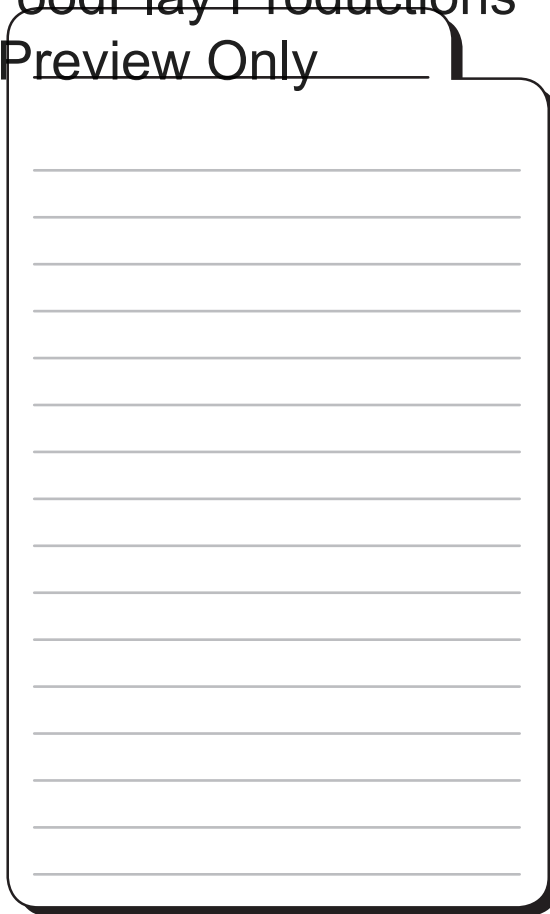
Name of food in a different language  
(language of your choice)



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Draw a picture of the plant from which your fruit or vegetable grows.



Write down a fun recipe which uses your fruit or vegetable as an ingredient.