

Fruits and Veggies Galore

Grades 2–5



Materials:

paper
student copies plus a teacher copy of “Farm-Fresh Bingo”
game markers



Introducing the lesson:

Remind students that eating fresh produce is a tasty way to provide the nutrients their bodies need to grow and stay well. Inform students that no one fruit or vegetable can provide the body with all the nutrients it needs. This is why it is important to eat a variety of fresh produce every day.



Steps:

1. Ask each student to write a top ten list of his or her favorite fruits and vegetables.
2. Divide the class into small groups. Direct each group to determine how many different types of produce are included on their compiled lists. Have each group report its count.
3. Take a class vote. Find out how many students think they eat a variety of fruits and vegetables.
4. Inform students that there are more than 100 varieties of fruits and vegetables. Hand out individual copies of “Farm-Fresh Bingo.” Instruct each student to write a different color in the top row of boxes and below each, name fruits and vegetables of that color. Provide game markers.
5. To play, randomly call out produce colors and corresponding produce names from your copy, making note on your copy of each item called. The first student to get a bingo announces “Farm fresh!” Students will learn about different fruits and vegetables and might be inspired to try something new!



Extensions:

- Have students highlight on their copies of “Farm-Fresh Bingo” the fruits and vegetables they have never tried. Suggest that students ask their families to try one or more of the highlighted items.
- Have each student research a different fruit or vegetable to learn where the plant is most often grown, what part of the plant is eaten, the nutritional value of the fruit or vegetable, and two or three interesting facts about it.
- Arrange for parent volunteers to provide a surprise snack for students that includes fresh produce.
- Take the pledge to pack healthier lunches at PowerYourLunchbox.com!



Oranges are the primary source of vitamin C for most Americans.

An individual banana is called a finger. A bunch of bananas is called a hand.

Name _____

Farm-Fresh Bingo

Purple

purple fig
elderberry
purple asparagus
plum
eggplant
purple cabbage
purple grape

Yellow

lemon
yellow squash
pineapple
grapefruit
yellow pepper
corn
yellow pear

Orange

apricot
cantaloupe
mango
pumpkin
carrot
tangerine
sweet potato

Red


radish
rhubarb
cranberry
cherry
beet
strawberry
watermelon

Green

avocado
honeydew
spinach
cucumber
lettuce
broccoli
okra

White

turnip
onion
cauliflower
parsnip
mushroom
banana
potato

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Note to the teacher: Use with "Fruits and Veggies Galore." Have students write produce colors as headings and then write in each row produce items of the corresponding color.