

Vegetable and Fruit Guessing Game

Objective of Activity

To have students become familiar with different vegetables and fruit by having them guess what vegetable or fruit is being described.

Teacher Background Information

- Eat More Vegetables and Fruit
<http://www.albertahealthservices.ca/nutrition/Page5621.aspx>
- Canada's Food Guide
<https://food-guide.canada.ca/en/>

Vegetables and Fruits

- Vegetables and fruits are usually low in fat and calories, and are the source of many important nutrients, such as vitamins, minerals and fibre.
- Eat plenty of vegetables and fruits at each meal and snacks to help get enough.
- There are many products with “vegetable” and “fruit” in their names, or written on their packaging. However, many of these products are actually very high in fat, sugar or salt. Examples include candy, fruit jams, fruit juice and fruit drinks or vegetable chips. These products may come up when discussing vegetables and fruits. It is important that students understand these foods are not considered vegetable or fruit servings and are considered ‘other foods’.

Material Required

- None

Instructions

1. The teacher will think of a vegetable or fruit for the students to identify. Students will take turns asking the teacher questions that have a “yes” or “no” answer about the vegetable or fruit they are trying to identify.
2. Prompt questions for the game by asking students to think about things to ask about such as:
 - Colour (Is it red? Is it green? Is it purple? etc.)
 - Shape (Is it round? Is it shaped like a cylinder? etc.)
 - Texture (Is it crunchy when eaten raw? Is it mushy? etc.)
 - Size (Is it larger than a golf ball? Is it shorter than a pencil? etc.)

Vegetable and Fruit Guessing Game | 2

- Where and how it grows (Does it grow in Alberta? Does it grow on a tree? Does it grow underground? When is it in season? etc.)
3. Each student will take turns asking one question until the vegetable or fruit is identified.

Examples of vegetables and fruit to use in the guessing game:

Apple	Cherries	Peaches
Apricot	Cucumber	Pears
Beans	Dates	Peas
Banana	Eggplant	Pineapple
Beet	Figs	Potato
Blueberries	Green Peppers	Pumpkin
Broccoli	Lettuce	Raspberries
Brussel Sprouts	Mango	Red peppers
Carrot	Melon	Strawberries
Cauliflower	Onions	Tomato
Celery	Oranges	Turnip