

## Summer Meals 2018

### Title: Fruit and Vegetable Mystery

### Goal: To Explore Good Food Together

#### Objective:

Participants will be able to identify and tell the difference between a fruit and a vegetable, describe their characteristics, and origin.

Greet Children and parents—Introduce yourself and that you are from LifeStyles of Maryland.

A great way to start would be to state, “Your lunch looks great.”

Ask Summer Meals Lunch Participants: Describe to me what’s on your plate? Are there any fruits and vegetables on your plate? Using the “My Plate” diagram, can you tell me where on the diagram the fruits and vegetables they have identified in which section it belongs? Who can give me example using the “My plate”. Great Job! (*This exercise helps to recall nutrition education previously taught and introduce new information to new participants*)

Today we are going to talk about **Fruits and Vegetables**. So, on the “My Plate”, we are only talking about what colors (hold up the plate and explain that the other spots are important too, but we are only going to talk about the Red and the Green spots today, fruits and vegetables.)

Do they come from a plant or an animal? Plant

#### How many of you know that plants have different parts?

- Every living thing has parts
  - o HUMAN BEINGS – WE HAVE PARTS TOO, RIGHT: Arms, Legs, Head && Many other Parts
  - o Did you know that Plants are living things, too? (*Show the board of a plant*)
    - Well they are, and they need Water, Light, and a Warm place to grow
  - o Plants also have many parts...Can you name some parts of a plant?

▪ There parts are:

- Root
- Stem
- Leaves

- Flowers
- Seeds



- o Fruits and Vegetables are unique because they grow in different ways
- Explain that sometimes fruits and vegetables can be a mystery. Why do you think I said that?

- Because sometimes we just don't know... (*Where it comes from, how to grow it, and its stages of growth*)
- 
- Let's play a quick game
  - Show a fruit/plant and have the students guess how it grows

<input type="radio"/> <b>TREE</b>	<input type="radio"/> <b>PLANT</b>	<input type="radio"/> <b>VINE</b>	<input type="radio"/> <b>GROUND</b>
<input type="radio"/> apples	<input type="radio"/> corn	<input type="radio"/> tomato	<input type="radio"/> potato
<input type="radio"/> avocado	<input type="radio"/> spinach	<input type="radio"/> cucumber	<input type="radio"/> watermelon
<input type="radio"/> pear	<input type="radio"/>	<input type="radio"/> pepper	<input type="radio"/>

Ask them to identify the items

Ask if they can tell which is a fruit and which is a vegetable?

Ask what makes them a fruit or a vegetable? These are quick questions and can be answered by a show of hands.

**Explain--\*\*fruit** develops from the flower of a plant, while the other parts of the plant are categorized as vegetables. *Fruits* contain seeds, while vegetables can consist of roots, stems and leaves.

### Recap:

1. We have discussed – what – (fruits and vegetables)
2. We learned that – (Fruits have seeds and they come from the flower part of the plant.)
3. Vegetables – don't have what – (seeds and they grow from the ground).
4. Name me two fruits and two vegetables.

## Summer Meals Program Fruits and Vegetable



Date: \_\_\_\_\_

Quick Survey:

1. Raise your hands if you learned something new today about fruits and vegetables?

Percentage: \_\_\_\_\_

2. How many of you will share with someone else what you learned today about how fruits and vegetables grow?

Percentage: \_\_\_\_\_

3. How many will help their parents shop for fruits and vegetables?

Percentage: \_\_\_\_\_

4. How many will look to see if the fresh fruit that you are eating have seeds and if the vegetables have seeds?

Percentage: \_\_\_\_\_

5. How many know that fruits have seeds and not vegetables?

Percentage: \_\_\_\_\_

## Possible Questions to ask about Fruits and Veggies

Which fruits and vegetables do you like the best and why?

Can you name a fruit or veggie on the board? Point to random fruit or veggie on the Vegetable/Fruit display.

Can you describe it? What color is the fruit/vegetable? What shape is it?

Is it hard or soft? Long or short? Does it have an interesting shape?

Is it round? Is it prickly or bumpy? Is it smooth?

If you have tasted it before? What does it taste like? Is it sweet or sour? Does the fruit/vegetable have visible seeds? Are the seeds large or small?

Do you know how this fruit/veggie can be prepared? Do you like to eat it mashed, steamed, cooked or raw?

Do you know where this fruit/veggie comes from? Where does it grow?

Have you seen fruits/vegetables grow on plants? Where have you seen fruits/veggies on plants? Have you ever picked fresh fruit and vegetables from plants?