FRUIT/VEGETABLE GROUP PICTURE CARDS

What to do

Give each child one of the Fruit or Vegetable Group picture cards.

- Have each child show their card and name the food if they can
- Ask if they have tried them, did they like it, will they eat it again
- What color is it
- Does it have a seed inside
- Do you peel it or eat the peel

Purpose:

To learn about different fruits and vegetables.

Supplies:

- Fruit/Vegetable picture cards included (print on cardstock paper and cut out)
FRUIT CARDS

Apples
Green/Red

Apricots

Bananas

Blackberries
Cranberries
Figs
Grapefruit
Grapes
Green/Purple/Red
Honey Dew Melon

Mango

Oranges

Papaya
Peaches

Pears
Bartlett/Bosc/Red

Pineapple

Plum
Raspberries

Rhubarb

Strawberries

Watermelon
Asparagus

Beets

Broccoli

Brussel Sprouts
Cabbage
Purple and Green

Carrots

Cauliflower

Celery
Corn

Cucumber

Eggplant

Green Beans
Lettuce
Head and Leaf

Okra

Onions

Peas
Peppers
Green/Red/Yellow/Hot

Potatoes

Salad Greens

Scallions
Green Onion
Winter Squash
Acorn

Winter Squash
Blue Hubbard

Yam
Sweet Potatoes

Zucchini