

Fruit and Vegetable Bingo

Grade Level(s)

K - 2

Estimated Time

One 90-minute session or three 30-minute sessions

Purpose

Students will recognize the names of different fruits and vegetables and understand why they are important.

Materials

Activity One

- *Fruit and Vegetable Bingo Cards* (seven different cards provided)
- Dried beans (optional)
- Crayons
- *Fruit and Vegetable Picture Cards*
- Fruits and vegetables cut for snacks

Activity Two

- Basket
- Various fruits and vegetables to include; apple, pear, cantaloupe, green pepper, strawberry, carrot, potato, tomato, pumpkin, corn, onion, radish, orange
- T-chart
- *Foods From Farms* by Nancy Dickmann

Activity Three

- Restaurant menu, 1 copy per group (copied with permission from local restaurant or printed from website)
- Sentence Strips

Essential Files (maps, charts, pictures, or documents)

- [Fruit and Vegetable Bingo Cards](#)
- [Fruit and Vegetable Picture Cards](#)
- [T-chart](#)

Essential Links

- [USDA Farm to School](#)
- [National Farm to School Network](#)

Vocabulary

fruit: part of a flowering plant that contains the seeds; fruits that we eat are usually fleshy, juicy, and sweet, like strawberries, apples, and pineapple, but some are less sweet, like tomatoes and cucumbers

vegetable: any edible part of a plant that is not a fruit, such as the root (carrot), tuber (a potato), seed (a pea), stem (asparagus), flower bud (broccoli), or leaf (lettuce); vegetables can be eaten whole or in part, raw, or cooked

Did you know? (Ag Facts)

- Fruits and vegetables are nutritious in every form; fresh, frozen, or canned and as a delicious drink as long as the juice is 100% .
- Brussels Sprouts is one of the most nutritious vegetables, but one of the most disliked because of its taste.
- Broccoli contains more protein than steak.
- Watermelons can keep you hydrated.
- Blueberries improve night vision.

Background Agricultural Connections

It is a known fact that having a diet consisting of **fruits** and **vegetables** is good for human health. However, knowing the nutritional value, classification, and how to prepare them for eating is also important. Fruits and vegetables should replace the unhealthy foods in our diets, not simply just be an addition. They both provide a rich source of vitamins, minerals, and fiber in addition to being low in calories and cholesterol. Some have been proven to reduce chronic illnesses such as diabetes, cancer, and certain heart conditions. However, if young students don't understand the value of their own nutrition then it is highly unlikely they will choose fruits and vegetables in their diets.

The USDA supports a program called Farm to School. Farm to School offers schools' nutrition directors the opportunity to buy and serve locally produced farm-fresh foods to students in the cafeteria. These foods include fruits, vegetables, eggs, honey, meat, and beans. This program connects the local producers within the communities to the educational districts so students can gain access to healthy foods and improve the local economy. This program is also known to help schools create school gardens and cooking lessons for students; consequently this type of education affords students the ability to make better decisions concerning their diet. More information regarding the National Farm to School Network can be found on www.farmtoschool.org.

Through the USDA Farm to School program schools can spend a portion of their USDA Foods entitlement money specifically on fresh fruits and vegetables through the DoD Fresh Fruit and Vegetable Program. This program is operated by the Department of Defense for supplying fresh fruits and vegetables to schools. To find out more about these programs, contact your state Department of Agriculture or visit their website and look for educational resources.

Interest Approach – Engagement

1. After reviewing the vocabulary, discuss the difference between a fruit and vegetable in simple terms. Bring out the following.
 - Fruits are often sweet (strawberry)
 - Fruits are sometimes sour (lemon)
 - Fruits help our bodies heal
 - Vegetables aren't usually sweet as fruits
 - Vegetables help our bodies grow
2. With the students, review the pictures of each fruit or vegetable, making sure to cover the names of each. Use the *Fruit and Vegetable Cards* included in the Essential Files.

Procedures

Activity One: "F & V" Bingo

Teacher Tip: Because there are only seven different Bingo Cards, there is the possibility of several winners if students recognize the names of the different fruits and vegetables.

1. Distribute copies of the seven different *Bingo Cards* to students.
2. Randomly call out the names of the different fruits and vegetables: apple, grapes, strawberry, orange, pear, carrot, peas, potato, broccoli, corn, bananas, pumpkin, lemon, chili peppers, onion, pineapple, watermelon, avocado, celery, bell pepper, tomatoes, peaches, cherries, eggplant.
3. Have students cover the appropriate square with a dried bean or X the square out with a crayon.
4. Reward students who successfully call out "Bingo" with a choice of their favorite fruit or vegetable snack.

Activity Two: Food From Farms

1. Prepare a basket with as many of the following items as you can find: apple, pear, cantaloupe, green pepper, strawberry, carrot, potato, tomato, pumpkin, corn, onion, radish, and watermelon. You may call on parents or volunteers to help provide these items.
2. Call on students to choose an item from the basket and tell why they chose this fruit or vegetable.
3. Ask students the following questions; *Do you like to eat this type of fruit or vegetable? Is your item a fruit or vegetable? Who grew your fruit or vegetable? Where can you purchase these items? How do you like to best eat your fruit or vegetable; raw, or cooked?*
4. Read the book *Food from Farms* written by Nancy Dickmann emphasizing that fruits and vegetables are grown on farms by farmers in the United States. Remind them that various fruits and vegetables can only be grown and harvested during certain times of the year depending upon the climate conditions.
5. Have the students place each fruit and vegetable on a table in a random order.
6. Next, have the students use the *T-chart* found in the Essential Files to list each name of the fruit and vegetable on the left side and identify it as a fruit or vegetable on the right side. Review the vocabulary once again to help them classify the item as being a fruit or vegetable.
7. Call on a few students to identify each of the examples.

Activity Three: Fruits and Vegetables on the Menu

1. Divide students into groups of three and give each group a copy of the restaurant menu.
2. Tell the students to find at least five fruits and vegetables listed on the menu.
3. Call on groups to share what they found on the menus. Ask the students if their fruit or vegetable was raw or cooked.
4. Help students understand that some dishes on the menu were prepared with additional fruits and vegetables such as a hamburger with lettuce, tomato, and onion while served with french fries as a side dish.
5. As an exit ticket, have each student write a sentence about their favorite fruit or vegetable on a sentence strip. Check each sentence strip for understanding.

Concept Elaboration and Evaluation

After conducting these activities, review and summarize the following key concepts:

- Fruits and vegetables are a part of a healthy diet.
- Most fruits and vegetables are grown on farms. Some fruits and vegetables can also be grown at our homes in a garden or on a tree.
- Fruits and vegetables can be eaten raw or cooked.
- Some fruits and vegetables can be grown locally, others need a more specialized climate found in other locations.

Enriching Activities

- Invite a farmer to your classroom who grows fruits or vegetables. If they can't attend ask if they could Skype for 15 minutes and discuss their farming operation.

Suggested Companion Resources

- [Fill MyPlate Game](#) (Activity)
- [Eating the Alphabet](#) (Book)
- [Growing Vegetable Soup](#) (Book)
- [The Fruits We Eat](#) (Book)
- [The Vegetable Alphabet Book](#) (Book)
- [What is a Fruit? What is a Vegetable? Bulletin Boards](#) (Poster, Map, Infographic)
- [Food-A-Pedia](#) (Website)

Sources/Credits

Activity 1 provided by Utah Agriculture in the Classroom.

- <http://www.farmtoschool.org/about/staff>
- <http://www.cfaitc.org/factsheets/pdf/factsheets.pdf>
- <http://www.fns.usda.gov/nslp/nslp-material-fact-sheets-vegetables-fruits>

Author(s)

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Organization Affiliation

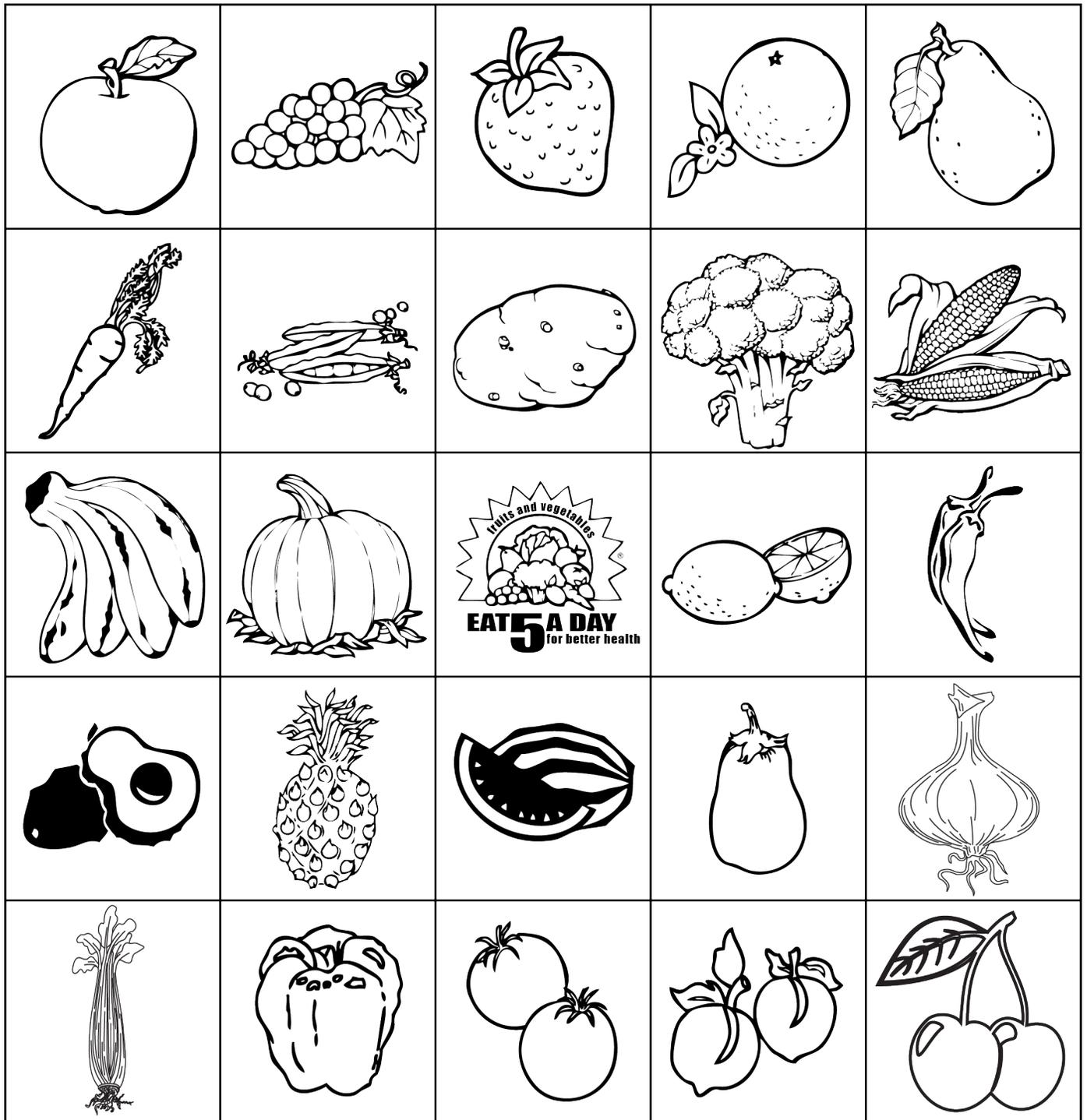
National Agriculture in the Classroom and Utah Agriculture in the Classroom

Fruit and Vegetable Bingo

- **Science:**
 - **Kindergarten:**
 - Standard K.L.2: The student will demonstrate an understanding of organisms found in the environment and how these organisms depend on the environment to meet those needs.
- **English Language Arts:**
 - **K-5:**
 - RI-MC Standard 5: Determine meaning and develop logical interpretations by making predictions, inferring, drawing conclusions, analyzing, synthesizing, providing evidence, and investigating multiple interpretations.
 - RI-LCS Standard 8: Interpret and analyze the author's use of words, phrases, text features, conventions, and structures, and how their relationships shape meaning and tone in print and multimedia texts.
 - W-MCC Standard 2: Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content
 - C-MC Standard 1: Interact with others to explore ideas and concepts, communicate meaning, and develop logical interpretations through collaborative conversations; build upon the ideas of others to clearly express one's own views while respecting diverse perspectives.

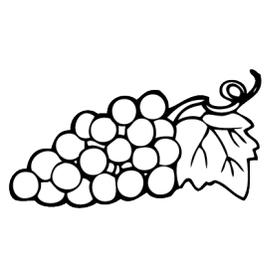
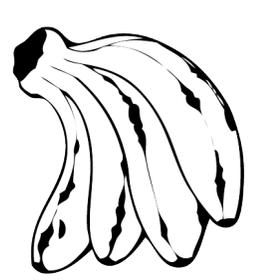
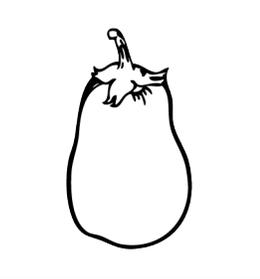
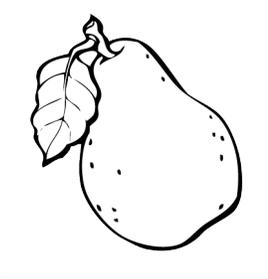
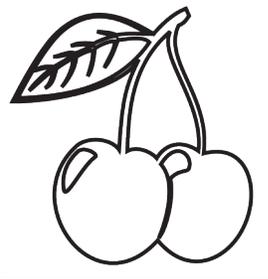
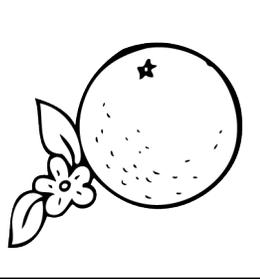
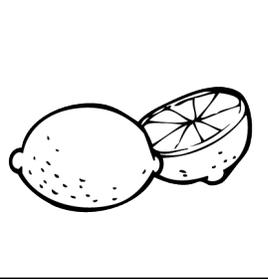
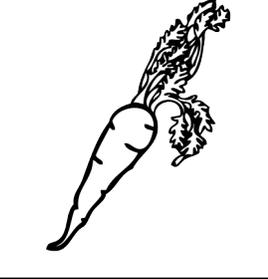
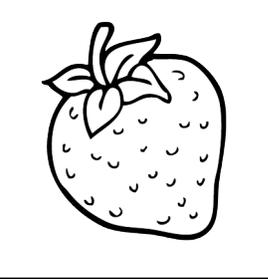
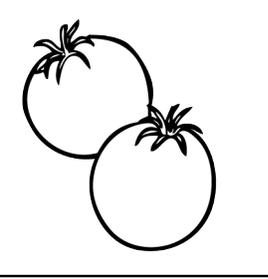
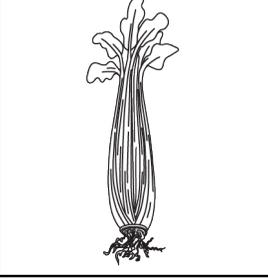
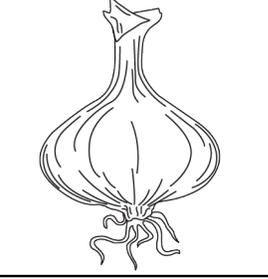
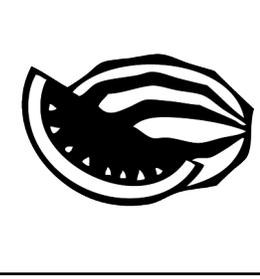
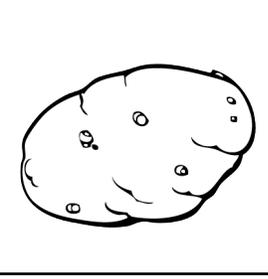
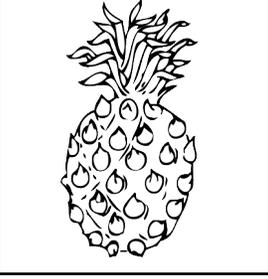
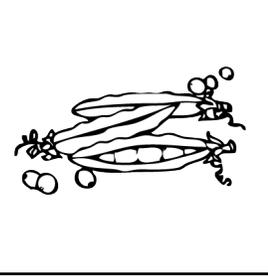
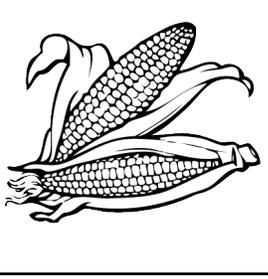
Fruit & Vegetable Bingo

Cover the fruit or vegetable with a bean or X when the name of the fruit or vegetable is called out.



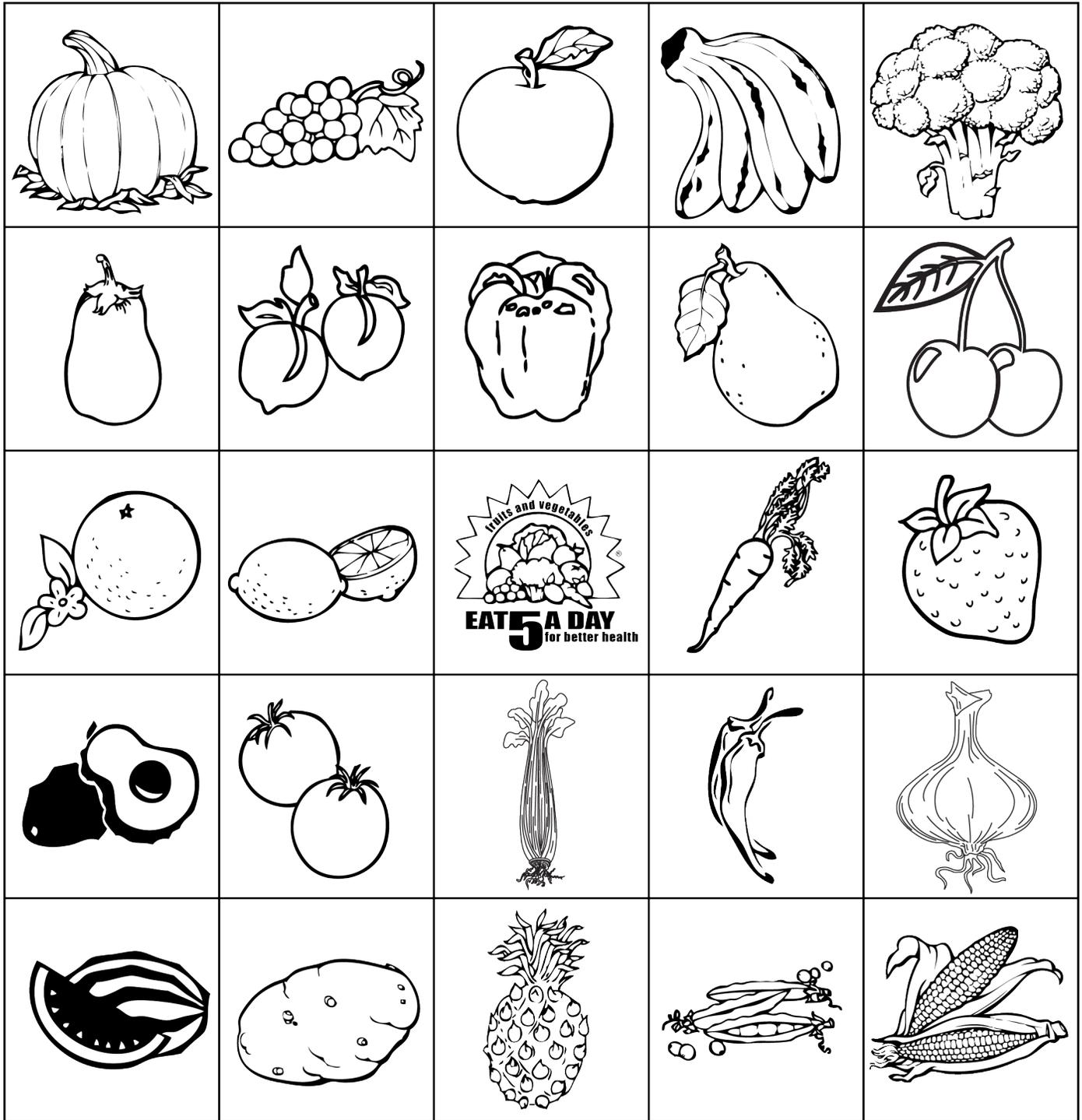
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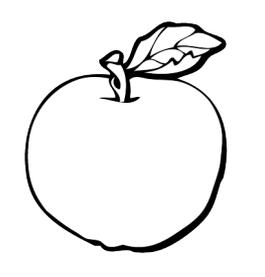
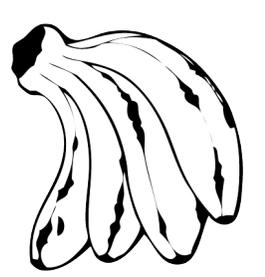
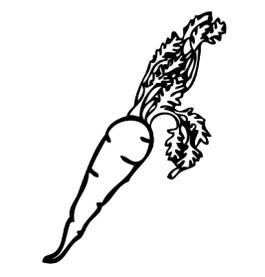
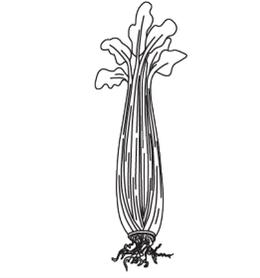
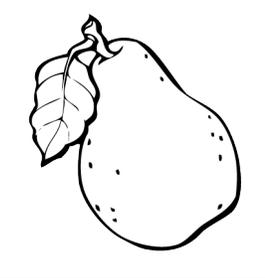
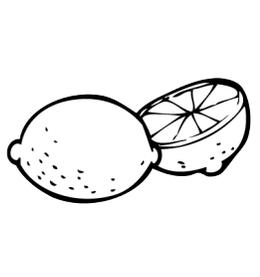
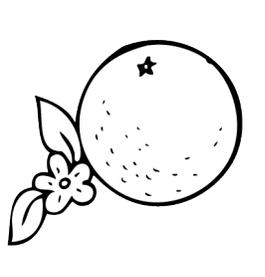
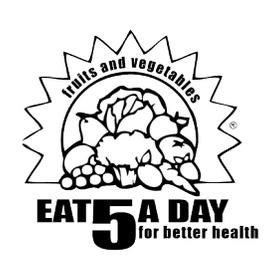
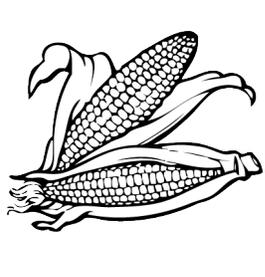
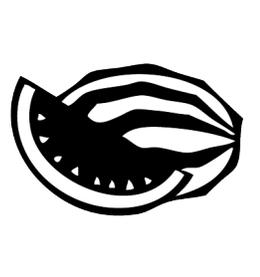
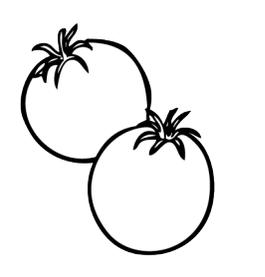
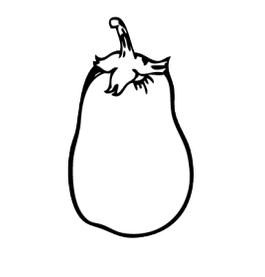
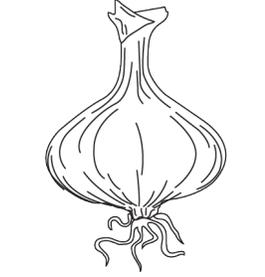
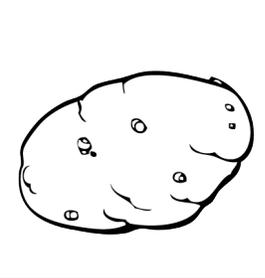
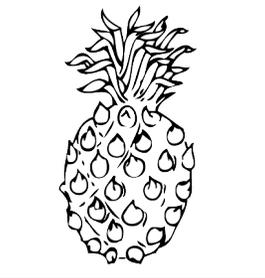
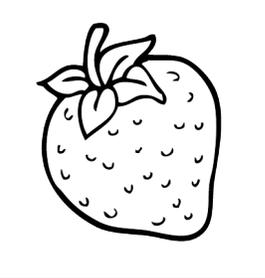
Fruit & Vegetable Bingo

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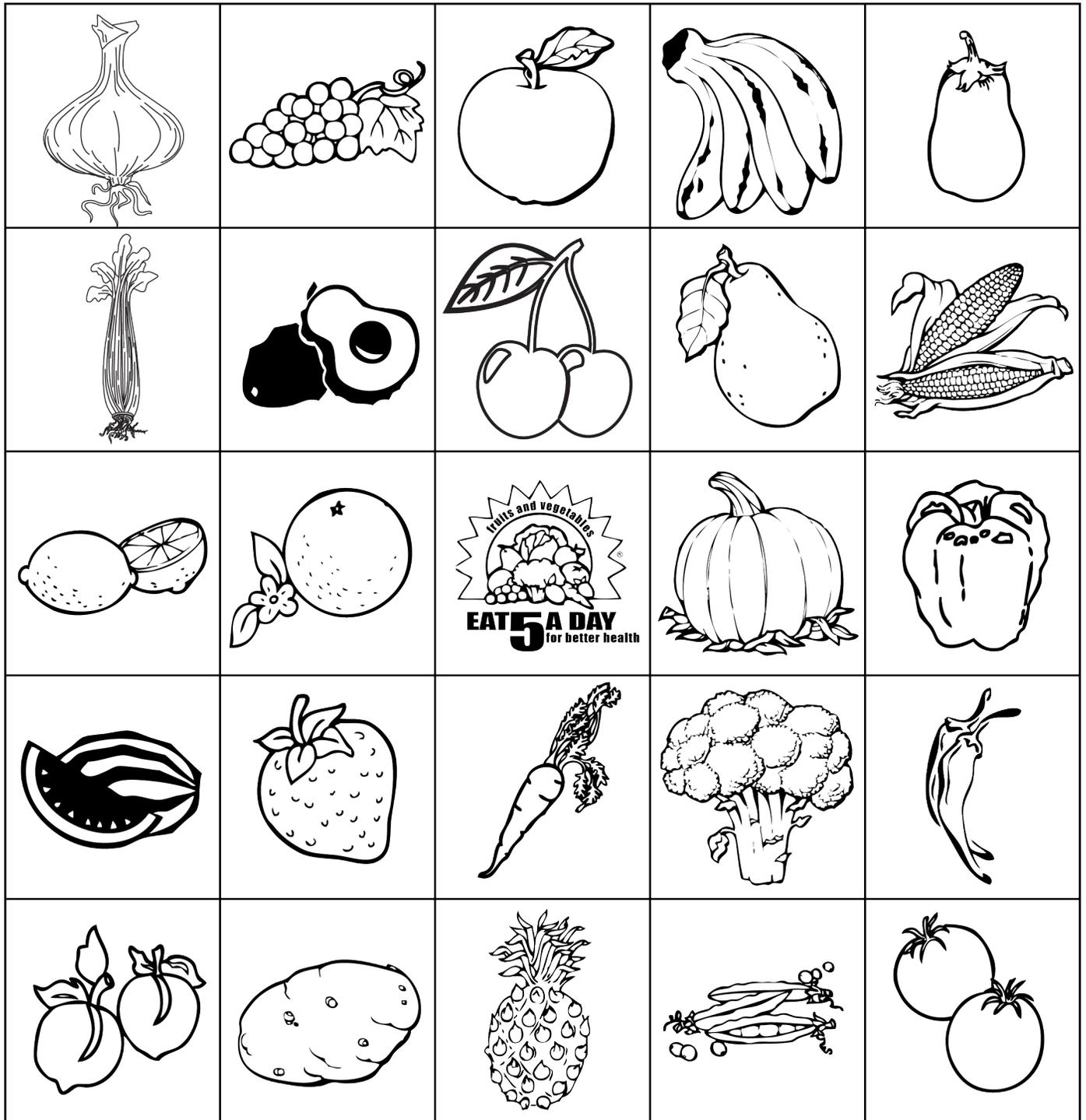
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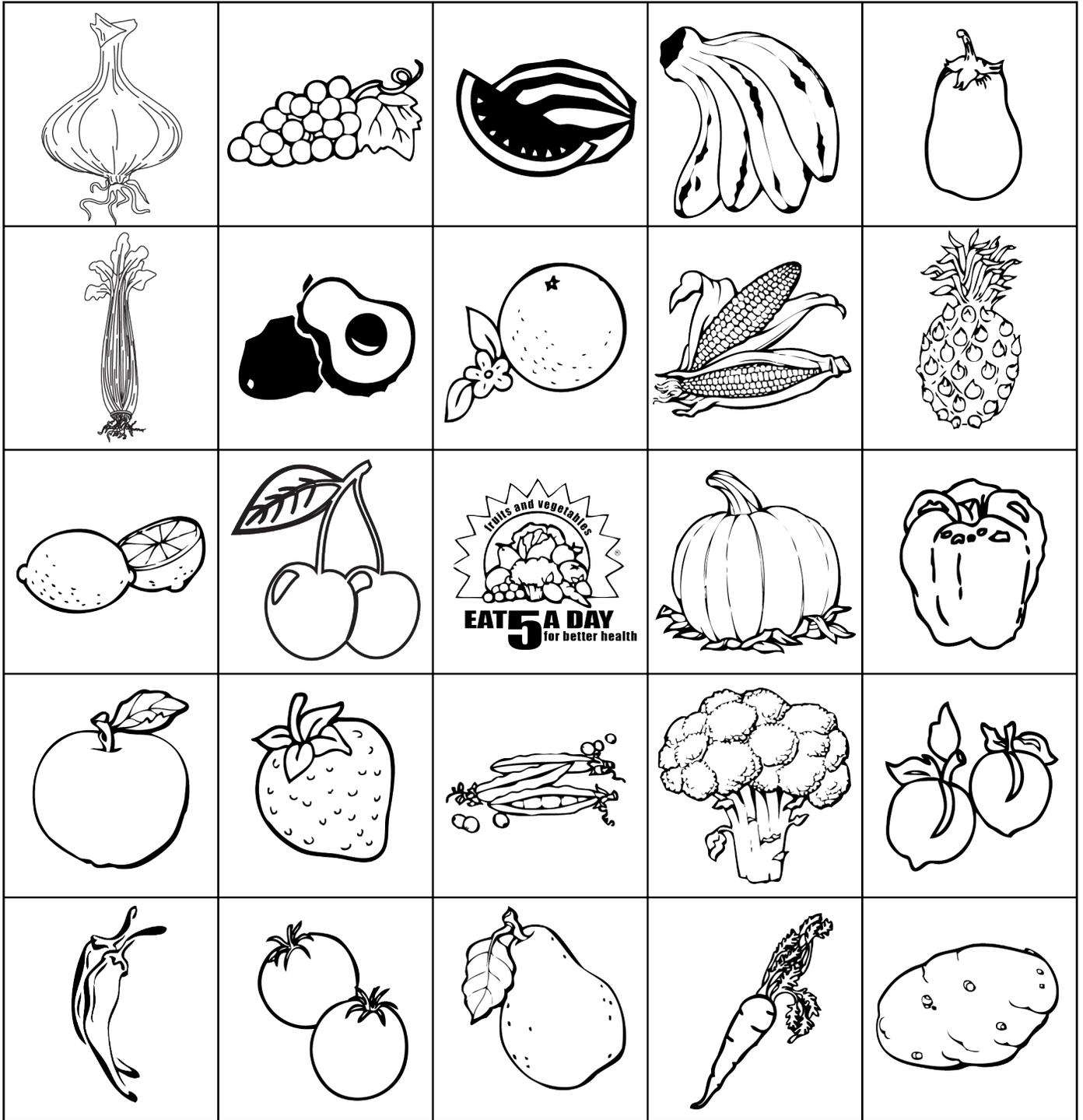
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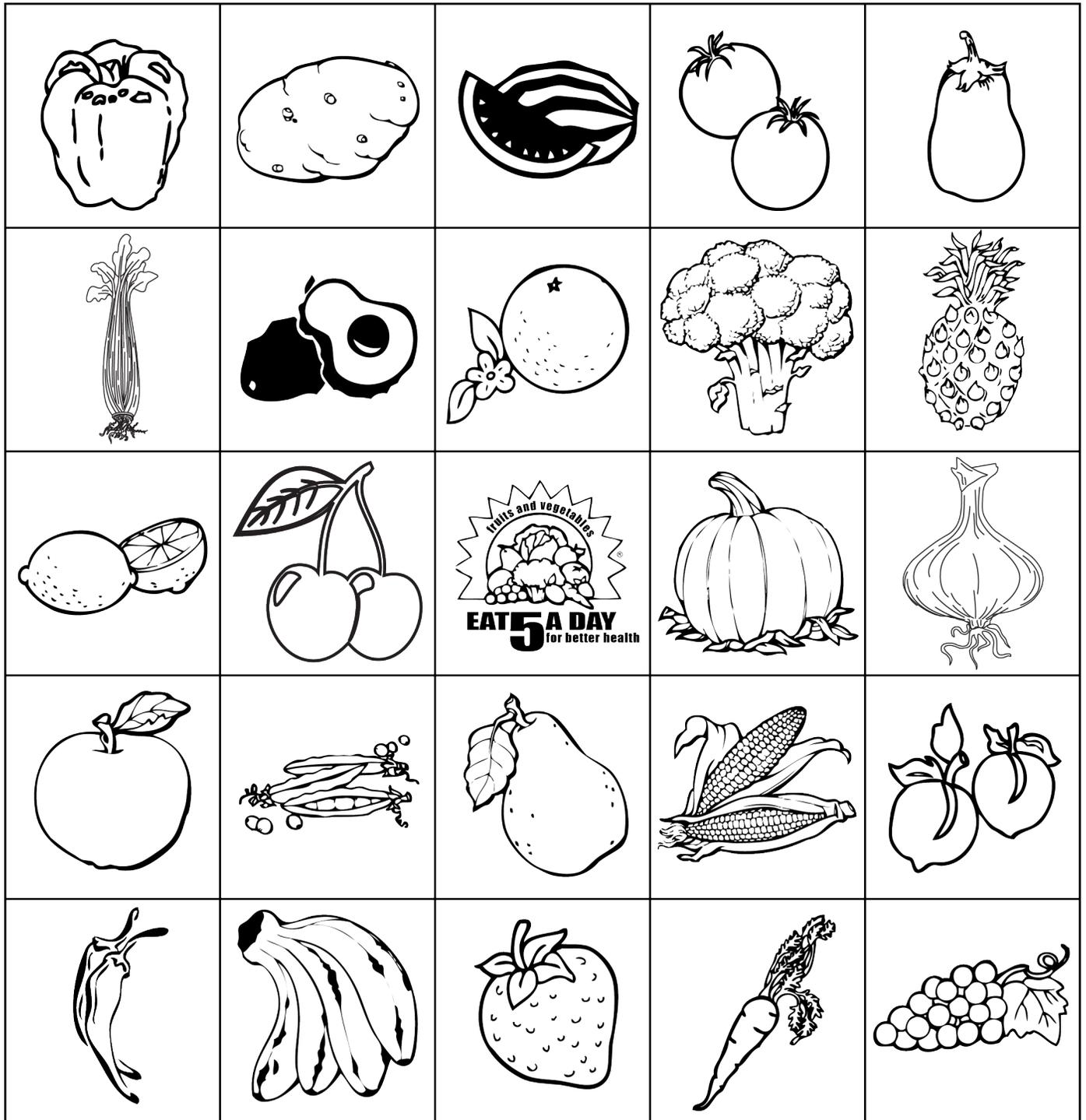
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Fruit & Vegetable Bingo

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Apple

- Fruit
- Grows on trees
- Grows in every state in the United States
- October is National Apple Month



Grape

- Fruit
- Healthy snack; good source of vitamin K
- 3 colors of grapes; green, black, & red
- Harvested by hand with special clippers



Strawberry

- Fruit
- Top five most eaten fruit
- On average, 200 seeds are found on the outside of each strawberry
- Picked, sorted, & packed by hand



Orange

- Citrus fruit
- High in vitamin C & low in calories
- Florida is the top producing state of oranges
- Grow on trees



Pear

- Fruit
- Grow on self-pollinating trees
- Contain vitamin C & potassium
- Found in fruit juices, baked goods, & fruit roll-ups



Carrot

- Root vegetable
- Contains Beta-carotene for good eye and skin health
- Growing season ranges from 110 – 180 days
- Baby-cut carrots became popular in the late 1990s



Peas

- Pod-shaped, usually green vegetable
- High source of protein, fiber, iron, & antioxidants
- Grown as a cool season vegetable crop
- Pea plants can self-pollinate



Potato

- Tuber vegetable
- America's favorite vegetable
- Potato chips were invented in 1853
- A person can eat on average 110 lbs. of potatoes per year



Broccoli

- Vegetable
- California is the leading state for broccoli production
- Grows better in cooler seasons such as winter and early spring
- Medical studies have shown broccoli to prevent some forms of cancer



Corn

- Vegetable also known as Maize
- 3 varieties for humans to eat; dent (grain), sweet corn (vegetable), popcorn (food snack)
- America's most important cash crop
- Corn stalk can grow 7 – 12 feet tall



Bananas

- Fruit that grows in large, hanging bunches
- When ripe, they are yellow with a soft inside
- Bananas grow from plants, not trees
- India is the leading producer of bananas



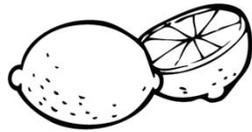
Pumpkin

- Scientifically, pumpkins are a fruit but can be prepared like a vegetable
- Normally orange, but can be yellow, white, green or red
- Pumpkin plant has both male & female flowers
- 100 grams = 26 calories of energy



Lemon

- Sour-tasting, citrus fruit
- Not eaten as a fruit, but used as a flavor enhancer
- Eureka Lemons are available all year long
- Grow on trees



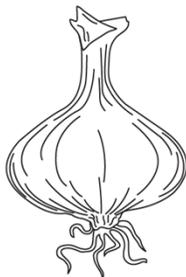
Chili Peppers

- In the tomato family, chili peppers are the fruit of its plant
- 26 known species
- Originated in South America
- The red color taken from the pod is used in lipstick



Onion

- Vegetable of several colors; white, yellow, purple, or red
- Provides flavor, color, & texture to many dishes
- High in vitamin C & a good source of fiber
- Sodium, fat, & cholesterol free



Pineapple

- Tropical fruit
- Native to South America that grows from a plant
- A single pineapple can take over two years to grow
- Good source of manganese and vitamin C



Watermelon

- Classified as a fruit because it grows from a seed
- Member of the cucumber, squash & pumpkin family making it a vegetable
- Contains 92% water & 6% sugar
- Good for brain power and eye sight



Avocado

- Fruit
- Avocado tree can produce 500 avocados per year
- 1 oz. of an avocado contains almost 20 vitamins & nutrients
- Harvested by hand



Celery

- Vegetable
- Prepared in many other dishes like the onion
- Maintains its nutrients if cooked
- One stalk equals about 10 calories



Bell Pepper

- A fruit because they grow from a flowering plant and contain seeds
- Also know as the sweet pepper
- Many colors; green, red, orange, purple, & yellow
- Good source of vitamin C



Tomatoes

- Fruit
- Grow best in warm climates but can be grown in greenhouses during winter
- Cooked tomatoes have more nutritional value than raw
- Typically red, but can be found in green, yellow, orange, & pink



Peaches

- Fruit
- Grow on small, deciduous trees
- Best availability is November to March
- Peach juice is an excellent moisturizer



Cherries

- Fruit
- Grows on trees
- Good source of Vitamin C
- 100 trees grow per acre



Eggplant

- Fruit
- Grows from a bush
- Best availability is from January to July
- High source of vitamin B6



Fruits and Vegetables

Name: _____ Date: _____

| Fruits | Vegetables |
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