FRUITS & VEGGIES ACTIVITY SUGGESTIONS
Adults, Seniors and Caretakers Edition 2012

Get excited about being a Champion for Change by eating fruits and veggies!

Who is this for? Adults, seniors and, if applicable, caretakers

“Seeds of Knowledge”
- A variety of fruits are laid out on the table.
- There is a bag that contestants will reach inside, but they cannot see its contents.
- In the bag there are images of seeds that correspond to the fruits on the table.
- **Objective:** Pull a seed image out of the bag and match the fruit with the seed that it bears.

“Scavenger Hunt”
- Each group is given a bag and a hint as to what is required (i.e. 2 Leafy Vegetables, 3 Citrus Fruits, 1 Melon, etc.)
- The items (or pictures of the items) are hidden randomly throughout the grounds.
- **Objective:** Be the first group to find all the items on the list.

“The Farmers’ Marker”
- **Needed:** presentation-style drawing pad (or poster board or erasable whiteboard) and a marker.
- Contestants will be broken into two groups with one person representing them for drawing at each turn (only one person drawing at a time).
- The person representing their team will be shown a card on which a particular fruit or veggie will be named. They will then draw the item while their team attempts to guess what it is. They have a total of 20 seconds to do this.
- After 20 seconds have passed, if the drawer’s team hasn’t correctly guessed, the other team is allowed one guess. If neither is right, neither team gets a point.
- They go back and forth until either time runs out or a pre-determined amount of points has been gained by one team. The team with the most points wins.

For more fun games, visit EatWellBeWell.org.