



Champions for Change
Arizona Nutrition Network

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.



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.