

# Fruits and veggies. Eat colorfully and live healthfully.

For Parents: Elementary Edition.

Get your kids excited about fruits and veggies.

**Who is this for?** Kids and their parents.

**Why is this a good idea?** Because eating fruits and veggies is healthy and delicious.

## ● Supermarket Scavenger Hunt

Pretend that whichever room you are in is a supermarket. Hide fruits and veggies all over the “supermarket” and give your kids a “shopping list” and grocery sack. Whoever finds the most items on the list wins!

## ● Fruits and Veggies Picnic Fun

Lay down a blanket and bring a picnic basket full of fruits and veggies. Here’s a fun memory game to play while you snack: The first child starts by saying, “I’m going on a picnic and I am taking an apple.” The next child says the same but adds on another fruit or veggie. For example, “I’m taking an apple and a pear.” The game continues with each child stating what the one before them did, plus adding. See how long the children can go with it before forgetting the last child’s list.

## ● Fruits and Veggies Have Families Too!

Gather up all kinds of fruits and veggies in all the different forms. Set them all out on a table and have your children organize them into families. See who can make the biggest family first, and explain how all forms of fruits and veggies count toward your health. Some ideas to get you started:

- One group could be an apple, a gallon of 100% apple juice, a jar of applesauce, and a bag of dried apples.
- Another could be a bunch of grapes, a gallon of 100% grape juice, and a box of raisins.
- Another could be a can of peas and frozen peas.

Visit [eatwellbewell.org](http://eatwellbewell.org) for more resources.

Arizona Nutrition Network



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