

Event in a Box

Elementary School Edition



Get your kids excited about eating 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.

Fruits and Veggies Comic Book Characters

Have the kids create a fruit or veggie comic book character, then draw a picture of him/her. They can give the superfruit or veggie a cool comic book name like Citrus Woman, Ultra-Orange, Sonic Banana, Steel Celery, Karate Carrot or Atomic Apple. While they draw, discuss the source of their hero's superpowers: vitamin A, vitamin C, vitamin D, potassium, calcium, etc.

Fruits and Veggies: Twenty Questions

Have a fruit or veggie in mind, and have the kids guess what it is by asking twenty questions. Here are some examples to get them started: Is this fruit or veggie big or little? What color is it? What does the veggie taste like? What does it feel like? When someone guesses right, it's their turn to pick a fruit or veggie and have everyone else ask twenty questions.

Tossed Salad

Players sit on chairs in a circle, with one player, "The Grocer," in the center. The Grocer gives each of the others the name of a fruit or veggie. He/She then calls out the names of any two vegetables. The two students with these names quickly trade places, while the Grocer tries to steal one of their seats. Whoever does not find a seat becomes the Grocer for the next round. At any time, the Grocer may call out "Tossed Salad," and all the players scramble for new seats.

For more resources, 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. Fruits & Veggies — More Matters and the Fruits and Veggies — More Matters logo are trademarks and service marks of Produce for Better Health Foundation and may not be reproduced without prior written consent from Produce for Better Health Foundation. AzNN 9/09.

