

# Food Group Game Challenge

## MIX AND MATCH FRUITS AND VEGIES

Print the page and cut the pictures into card shapes and the descriptive words also into card shapes. Mix them up. Then see if you can match them up in the right order, by the description.

Many of these fruits and vegies are SUPERFOODS meaning they have the most nutrients that our body needs. Because they are so nutritious, they qualify as “GO” Foods.

- Go to them for a quick energy boost.
- Go to them when you want an afternoon snack.
- Go to the refrigerator instead of the pantry.
- Go to them to take care of your body’s health.
- Go to them to strengthen your immune system.
- Make them ½ your My Plate.

Glue the descriptions to the backs of the cards and make a game of guessing the right vegetable or fruit from it’s description. You will want to cut off the title and put it on the picture side too. Player 1 has the picture with title and Player 2 has the description. Player 1 keeps all the cards with description side only showing to Player 2. Each correct answer is 2 points. After 5 cards are played the roles switch. Player 2 now shuffles the deck and selects 5 cards with description showing only. The first Player to reach 10 points wins the game.



## Broccoli-Vegetable

- I am green
- I grow on the ground
- You can eat me raw
- You can eat me cooked
- I am great in salads, soups or as a snack with ranch dressing
- I am high in Vitamins C, A, K and iron folate and fiber
- I am a superfood loaded with anti-oxidants
- I look like a miniature tree



## Lettuce-Vegetable

- I am leafy
- I am green
- I grow on the ground
- I am a good source of nutrients and fiber
- I am great in a salad, by myself or on a sandwich or hamburger
- Darker lettuce (romaine, etc.) has more nutrients than iceberg lettuce



## Corn-Vegetable

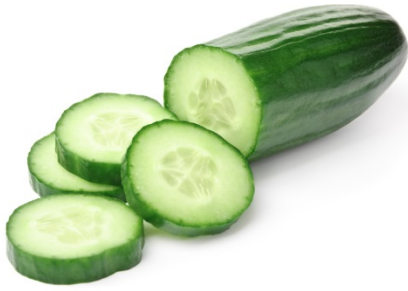
- I grow on stalks
- I am usually bright yellow or white, but I come in cool multi-colors too
- I am high in fiber, essential minerals, Vit C
- People like to eat me with butter and salt but I am great by myself
- You can grill me on a BBQ
- Some people even use me for decorations!



## Carrots-Vegetable

- I am orange, and sometimes red
- I grow under the ground I am a root vegetable
- I am an excellent source of vitamins A, B, C, K, minerals & fiber
- Munch on me raw by myself, in a salad, steamed or even in a smoothie
- I am one of the healthiest foods you can eat, full of anti-oxidants and a superfood

## Cucumbers-Vegetable



- I am green
- I am part of the melon family
- I grow on a vine
- I am almost always eaten raw
- I am a great source of vitamins K, C, & B, and lots of minerals
- Slice me up and eat me in a salad or by myself
- Scientist have found that eating lots of me can help avoid cancer cells growing in a body, I am an anti-oxidant, superfood

## Onions-Vegetable



- I am a root
- I grow under the ground
- I can make your eyes water
- I have lots of nutritional value; vitamins C, B, fiber and many minerals
- I get a bad rap because I am a little stinky, but eat me a couple of times a week and I can help you avoid cancer! How is that for awesome!
- I am a super food, considered pre-biotic...very healthy!



## Tomato-Vegetable

- I am red
- I grow on a vine
- Some of the good stuff you will find in me include; vitamins C, K, A, B, & E, & fiber (plus lots of other things great for your body!)
- I can be eaten raw by myself or in a salad, on a sandwich or hamburger
- I am very popular simmered to a thick red sauce
- You might use my sauce on spaghetti or pizza
- I am a nutrient dense superfood



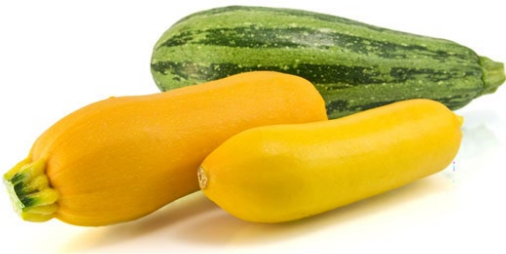
## Bell Peppers-Vegetable

- I grow on plants
- I can be orange, yellow, red or green
- I am not hot, I can even be sweet
- I look shiny and waxy on the outside
- I am loaded with vitamins, especially vitamin A & C
- My anti-oxidants neutralize free radicals



## String Beans-Vegetable

- I am green
- I grow on a plant
- I am usually eaten as a side dish, but I am great raw or in a salad too
- You can open me up and eat the pods out of the inside
- I am loaded with vitamins (C, K, A & B) and other nutrients
- My Vit C is anti-oxidant and boosts the immune system



## Squash-Vegetable

- I can grow on a bush or vine, depending on what kind of squash I am
- I come in lots of colors like yellow, green, orange or white
- The pumpkin is in my family
- There are two categories of squash; winter & fall
- I am high in Vit A and anti-oxidants
- I am delicious...you can eat my seeds too...try them toasted



## Apple-Fruit

- I grow on a tree
- I can be green or red or yellow
- I have Vit C and lots of dietary fiber
- I am a superfood and brain booster anti-oxidant
- I am delicious raw...eat my skin and all...skip the seeds



## Orange-Fruit

- I grow on a tree
- I am usually orange but can be red orange
- Peel off my skin and pull the sections apart
- I am high in Vit C
- I am high in anti-oxidants
- I am delicious raw...diced on salad...or as part of a marinade

## Peaches-Fruit



- I grow on a tree
- I am many shades of yellow, orange and red
- My skin is fuzzy, can be peeled or eaten
- I am a good source of Vit C and minerals
- I am a good source of anti-oxidants
- I am delicious raw and grilled

## Kiwi-Fruit



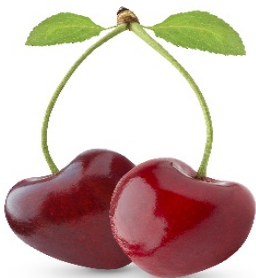
- I grow on a vine
- My fuzzy outside is tan and my insides mostly green
- I am very high in Vit C
- I am a superfood
- I am delicious raw

## Avocado- Fruit



- I grow on a tree
- I am yellow-green on the inside
- My outer skin is green-black
- I am full of vitamins
- I am a superfood
- I am delicious raw and in so many recipe

## Cherries-Fruit



- I grow on a tree.
- I am deep red or red and yellow
- I am full of vitamin C
- I am a superfood, anti-oxidant
- Yes, I am delicious too

