

# Games from the Garden

A fruit and veggie activity book



# This Activity Book Belongs To\*

.....

My Favorite Activity\* .....

My Favorite Fruit or Veggie\* .....

My Favorite Color\* .....

My Favorite School Subject\* .....

My Favorite Game In This Book\* .....

# Connect the Dots

Connect dots 1 through 12 to make the new Food Pyramid. **\*Careful:** There are some dots you'll have to go back to more than once. Then color them in by section: The first triangle on the left is orange, the second is green, the third is red, the fourth is yellow, the second one to the right is blue and the last triangle on the far right is purple.

● 1/4/7/10

●  
3/12

●  
11

●  
9

● ●  
8 6

●  
5

●  
2

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## Orange = Grains

Make half your grains whole.

Tip: Just because bread is brown doesn't mean it's 100% whole wheat. Make sure it says 100% whole wheat on the package.

## Green = Veggies

Vary your veggies.

Tip: Make your plate colorful! Go dark green with broccoli and spinach, or try orange veggies like carrots and sweet potatoes.

## Red = Fruits

Focus on fruits.

Tip: Eat a variety of fruit and choose fresh, frozen, canned or dried.

## Yellow = Oils

Know your fats.

Tip: Eat most of your fat and oils from fish, nuts and vegetable oils.

## Blue = Milk

Get your calcium-rich foods.

Tip: Look at the carton or container to make sure your milk, yogurt or cheese is low fat or fat free.

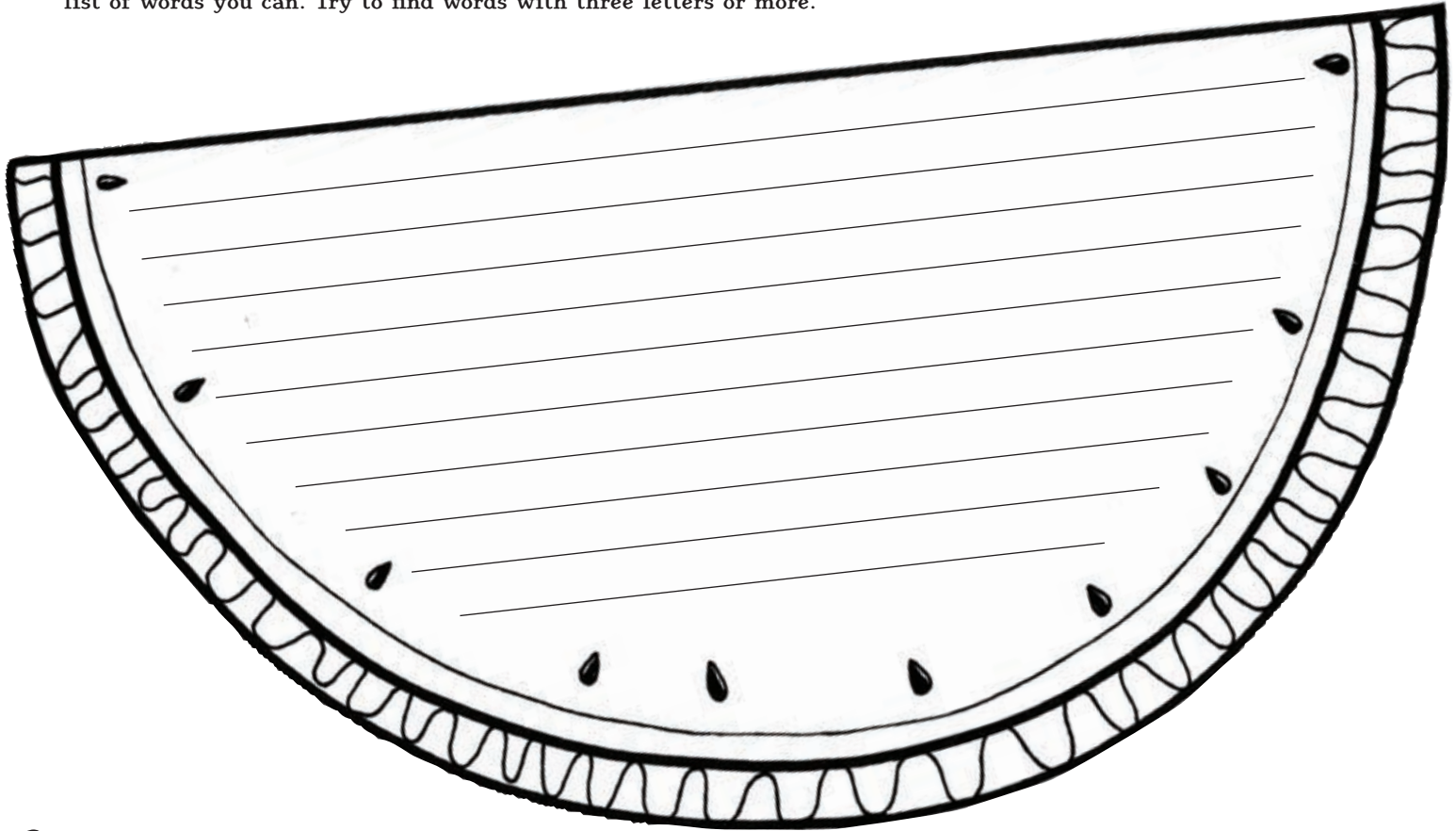
## Purple = Meat & Beans

Go lean on protein.

Tip: It's nutty, but true. Nuts, seeds, peas and beans are all great sources of protein too.

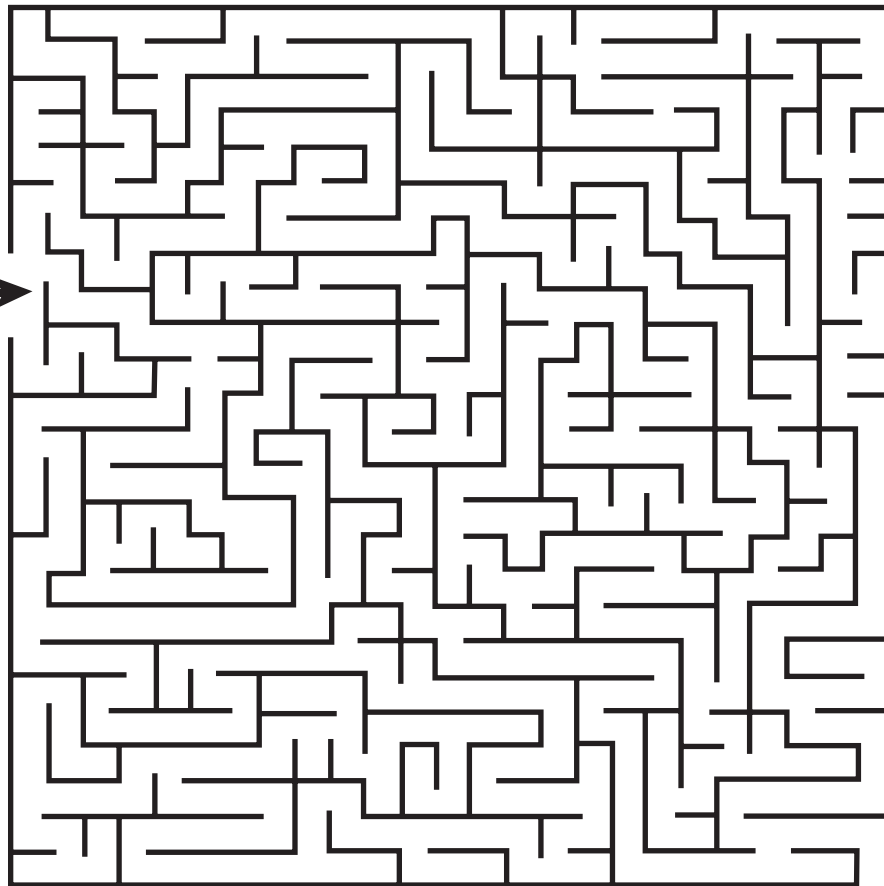
# Watermelon Words Within Words

A watermelon is a big and heavy fruit and it's also a big word. It's so big that there are lots of words inside of it - 64 to be exact! How many words can you find? Mix and match any letters from "watermelon" to create the biggest list of words you can. Try to find words with three letters or more.



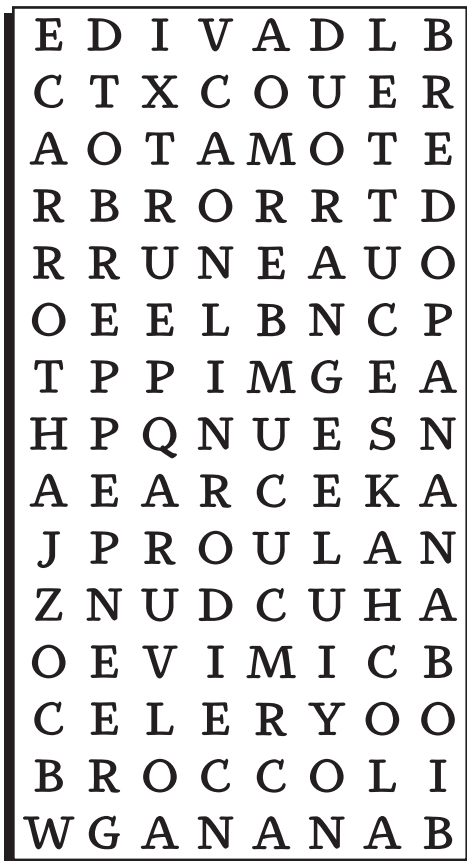
# Fruit and Veggie Maze

Help Bobby find the treasure chest full of delicious fruits and veggies.

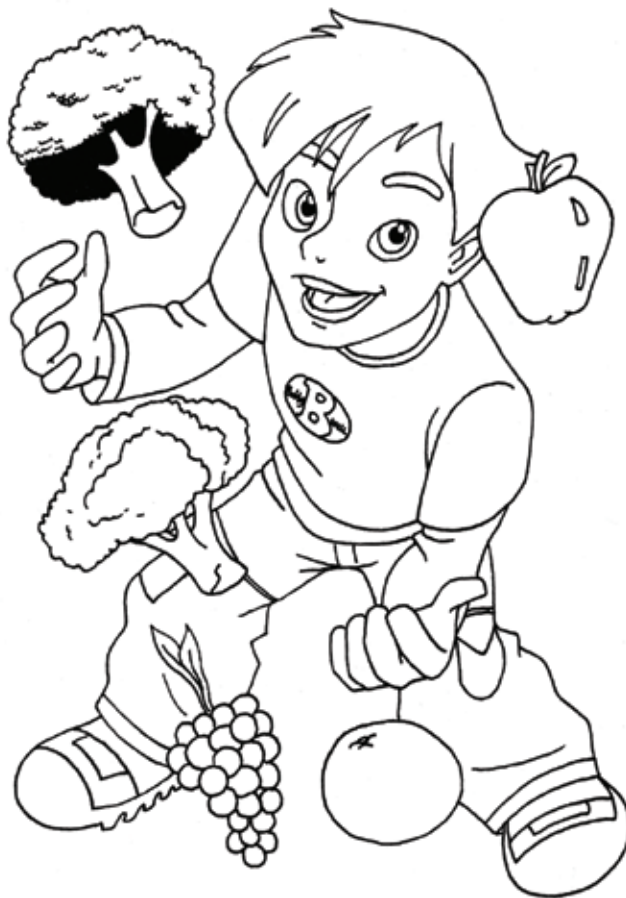


# Fruit and Veggie Word Search

Can you find the following fruits and veggies? Words appear forwards, backwards, up, down and diagonally.



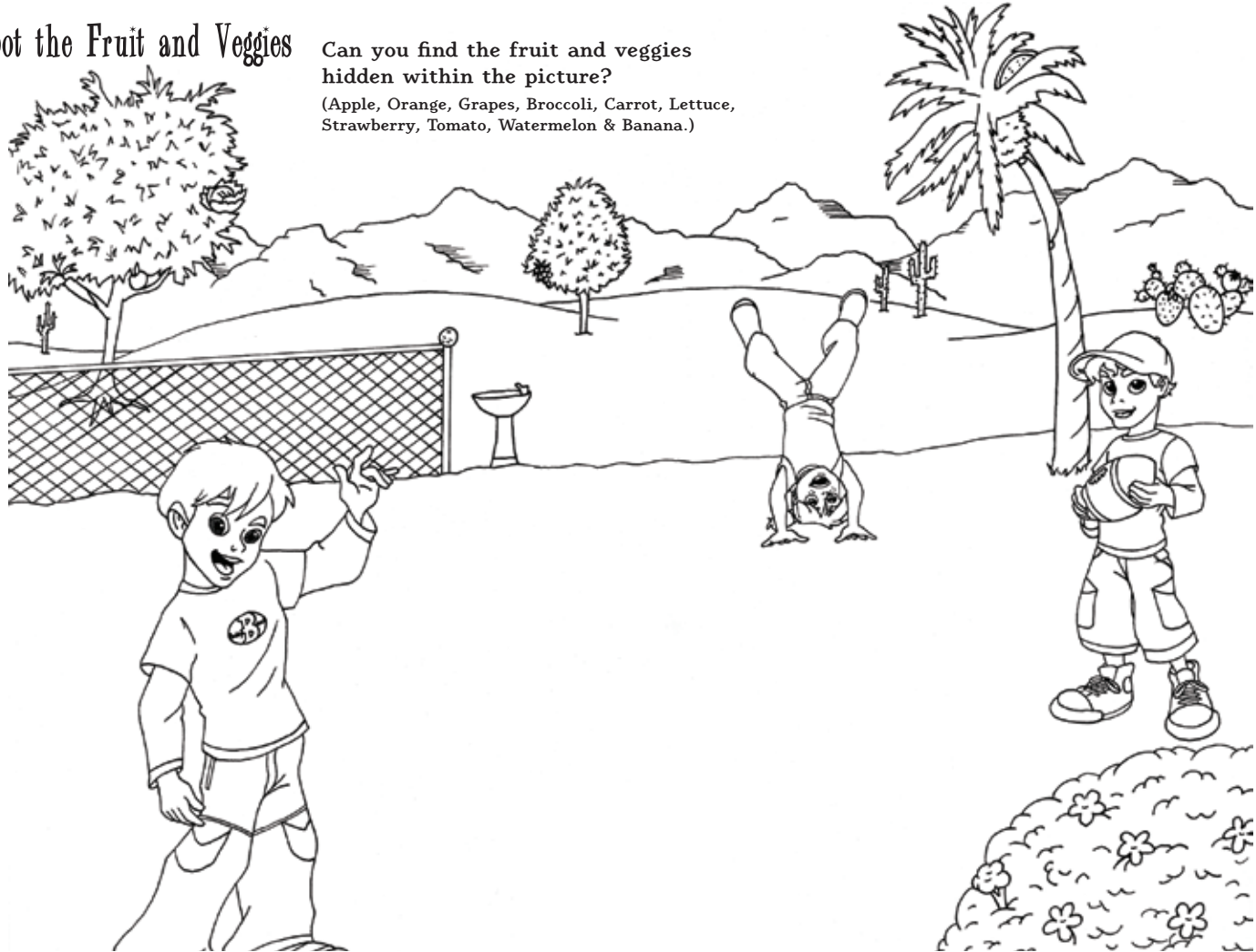
- APPLE
- BANANA
- CELERY
- BROCCOLI
- LETTUCE
- GREEN PEPPER
- TOMATO
- CUCUMBER
- ORANGE
- CORN
- CARROT



# Spot the Fruit and Veggies

Can you find the fruit and veggies hidden within the picture?

(Apple, Orange, Grapes, Broccoli, Carrot, Lettuce, Strawberry, Tomato, Watermelon & Banana.)



Answers: Apple in the tree on the left, strawberry in the fence post, grapes in the cactus on the right, tomato in the cactus on the right, broccoli in the back tree, grapes in the front bush, carrot in the front tree, watermelon in the palm tree, lettuce head in the leaves of tree on the left, orange in the cactus on the right, watermelon in the palm tree, banana in the palm tree

What's Different? Find the thirteen differences between these two pictures.

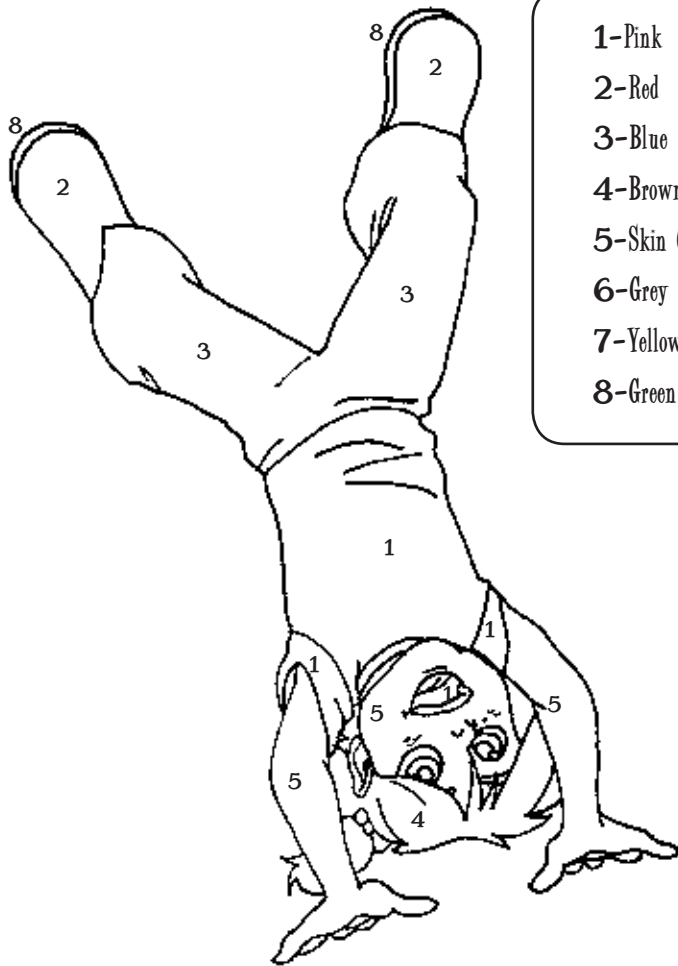
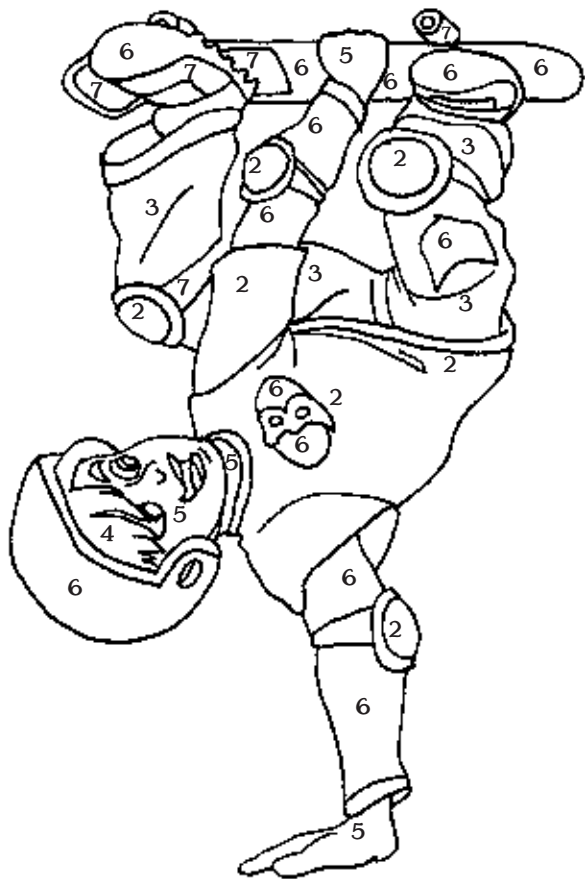




Answers: 1) Leaf veins added in the top left corner 2) broccoli behind the leaves on the left 3) snake around tree 4) one less leaf in bottom plant 5) rocks on lower right 6) different flower at tree base 7) butterfly on tree 8) added flower in bush next to tree 9) stripe on Bobby's hat 10) Bobby holding an orange instead of apple 11) Bobby holding a banana 12) cuff lines added on Bobby's pant leg 13) shoe laces on Bobby's right foot.



# Color by Number



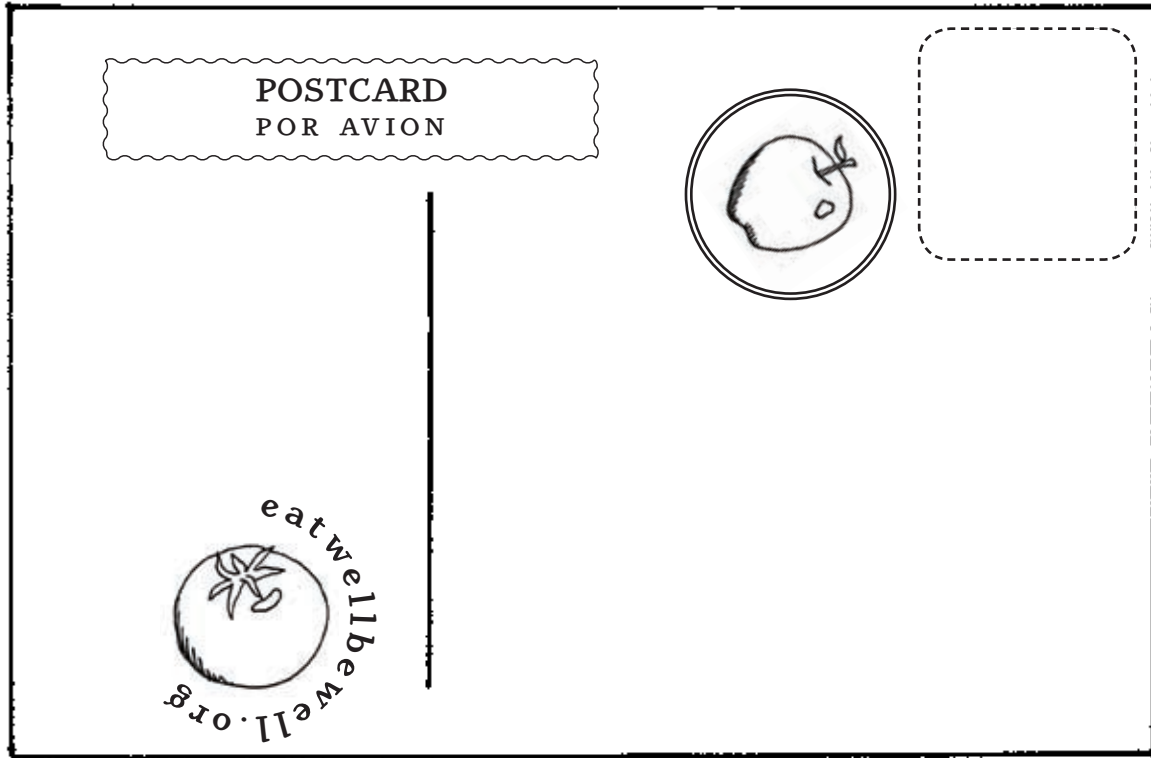
- 1-Pink
- 2-Red
- 3-Blue
- 4-Brown
- 5-Skin Color
- 6-Grey
- 7-Yellow
- 8-Green

# To\* Who? From\* You!

Make a postcard from you to a friend or family member. Draw your favorite fruit or vegetable and write a message. When you're done coloring, tear it out and give it to someone you appreciate - it will make their day!



To\* Who? From\* You!



# Fruit and Veggie Scrambler

Unscramble the words to discover some of your favorite fruit and veggies. We'll give you a clue: We've listed their colors.

## Red

edrplespa \_\_\_\_\_

atosemot \_\_\_\_\_

## Yellow/Orange

sannbaa \_\_\_\_\_

nocr \_\_\_\_\_

rsoctar \_\_\_\_\_

asregno \_\_\_\_\_

## Purple

pagrs \_\_\_\_\_

## Green

orclocib \_\_\_\_\_

mucbecrus \_\_\_\_\_

uetelct \_\_\_\_\_

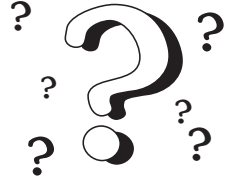
regen elbl prpsep \_\_\_\_\_

Answers: RED: Red Apples, Tomatoes YELLOW/ORANGE: Bananas, Corn, Carrots, Oranges PURPLE: Grapes GREEN: Broccoli, Cucumbers, Lettuce, Green Bell Peppers



# Fruit and Veggie Riddles

Who are these fruits and veggies? Solve the riddles and find out.



- 1) I am a root vegetable. I grow under the ground. I am long and orange. You eat me raw or cooked. Who am I?
- 2) I am a vegetable. My name and first letter sound the same. Who am I?
- 3) I am called names like oak leaf, iceberg and butter-head. Who am I?
- 4) They say that one of me a day keeps the doctor away. Who am I?
- 5) Some people think I am a vegetable but I am really a fruit. Who am I?
- 6) I am green on the outside and red on the inside. You eat me in the summer time. Who am I?

Answers: 1) I am a carrot. 2) I am a pea. 3) I am lettuce. 4) I am an apple. 5) I am a tomato. 6) I am a watermelon.

# Where's Bobby?

It takes a good eye to find Bobby in this grocery store. Can you?



# Drawing Space

Arizona Nutrition Network

