Let's have FUN with Fruits & Veggies

Activity Booklet ONE

ages 4-6

Take charge, choose fruits and veggies!

fruits & veggies more matters

FruitsAndVeggiesMoreMatters.org
Garlic is a member of the lily family but is often called the ‘pungent rose’.

Connect the dots to discover a yummy fruit!

Trace over the dots below to spell the tasty treat you have drawn.

BANANAS

Let’s write numbers! First trace it with your finger, and then trace over the dotted lines to write number 1. Now you are ready to write number 1 on your own.

Circle the number of garlic heads you see.

1 2 3 4 5 6 7 8
This fridge has letter magnets and picture magnets on it. Draw a line from the letters to the fruit or veggie that starts with the same sound.

Hey kids! Fruits and veggies are good for you and taste great!

Broccoli comes from the Italian word 'brocco' meaning arm or branch.

Let's write numbers! First trace it with your finger, and then trace over the dotted lines to write number 2. Now you are ready to write number 2 on your own.

Circle the number of broccoli crowns you see.

1 2 3 4 5 6 7 8
Help the carrot find her tomato and mushroom friends by following the sequence: dried, canned, 100% juice, fresh, frozen, dried, canned, 100% juice, fresh, frozen, etc.

Let's write numbers! First trace it with your finger, and then trace over the dotted lines to write number 3. Now you are ready to write number 3 on your own.

In England and Italy, oranges were used in the making of perfumes and cosmetics.

Circle the number of oranges you see.
Let's write numbers! First trace it with your finger, and then trace over the dotted lines to write number 4. Now you are ready to write number 4 on your own.

Cabbages are one of the oldest vegetables known to man.

Circle the number of cabbages you see.
Veggies grow in different ways. These veggies grow underground and are mixed up. Can you put them together again by drawing a line from their top half to their bottom half?

A mango tree doesn’t produce fruit until it’s about four years old.

Let’s write numbers! First trace it with your finger, and then trace over the dotted lines to write number 5. Now you are ready to write number 5 on your own.

Circle the number of mangos you see.

1 2 3 4 5 6 7 8

Answers: 1-C, 2-A, 3-B.
Color by numbers!

Follow the code to fill this fruit bowl with color!

1 red
2 orange
3 purple
4 yellow
5 green
6 brown

On average there are 200 seeds in each strawberry!

Let's write numbers! First trace it with your finger, and then trace over the dotted lines to write number 6. Now you are ready to write number 6 on your own.

Circle the number of strawberries you see.

1 2 3 4 5 6 7 8
Fruits and veggies - they’re everywhere: fresh, frozen, canned, dried and 100% juice. Put a check mark next to the one row and one column that shows fruits and veggies in all of their forms.

Keeping us in a cool, dark place helps keep us fresh.

Circle the number of potatoes you see.

Let’s write numbers! First trace it with your finger, and then trace over the dotted lines to write number 7. Now you are ready to write number 7 on your own.