Let’s have FUN with Fruits & Veggies

Activity Booklet ONE

ages 7-9

Power your day the fruit and veggie way!
Use a photocopy of this page to play the game. Cut out the puzzle pieces and put them together using the picture to the right as your guide.

Kids ages 2-12 need 2-5 cups of fruits and veggies daily to help them stay healthy!
Unscramble the names of the fruits and veggies, then fit them into the crossword. Write the correct number in the circles beside each word.

Answer: 1-pear, 2-kiwi fruit, 3-cherries, 4-pumpkin, 5-onion, 6-apple, 7-asparagus, 8-potatoes.

1⁄8 cantaloupe (1 slice)
1⁄4 cantaloupe (2 slices)

1
2
3

Guess the cup equivalent! Which one of these portions represents one cup?

1⁄2 cantaloupe

Answer: 3
Find your way through this maze, collecting ingredients along the correct route. You’ll discover what is needed to make a delicious banana & strawberry smoothie!

Start

1. milk
2. ice cubes
3. yogurt

You’re ready to blend up your smoothie!

Guess the cup equivalent!
Which one of these portions represents one cup?

1. 1/2 banana
2. 2 bananas
3. 1 large banana

Answer: 3. Answer: 2.

Answer: 1-milk, 2- vanilla yogurt, 3-strawberries, 4-banana.
You’re ready to blend up your smoothie!

Answer: 1-milk, 2- vanilla yogurt, 3- strawberries, 4- banana.

Guess the cup equivalent!
Which one of these portions represents one cup?

1 apple slice
1 medium apple
2 medium apples

Answer: 2.
Fruits and veggies: tasty, sweet, and fun to eat.

Look below. Can you tell which fruit and veggie slices come from the whole fruits and veggies? Write the number of each slice next to the whole fruit or veggie from which it comes.

1 large corn cob
1 2

1 2 3 4 5 6

Answer: 1-apple, 2-onion, 3-mushroom, 4-tomato, 5-kiwi fruit, 6-orange.

Guess the cup equivalent!
Which one of these portions represents one cup?

1 large corn cob
1 2 3

1 2 3

Answer: 3.
Veggie Scrambler

Arrange the pieces in the correct order to complete the sentence below.

Be a . . . with fruits and veggies!

R
P
U
E
E
O
R
S
H

Be a... with fruits and veggies!

Guess the cup equivalent!

Which one of these portions represents one cup?

12 baby carrots

9 baby carrots

20 baby carrots

Answer: 1

Answer: Superhero.

Answer: 3
Track your fruits & veggies today!
Every time you eat a fruit or veggie in any of their forms, cut out the appropriate picture and stick it on the food tracker.

Count your stickers!
How many fruits and veggies did you eat today?

GUESS THE CUP EQUIVALENT!
Which one of these portions represents one cup?

1. 1/2 orange
2. 1 medium orange
3. 2 medium oranges

Answer: 2.1265-1110

Guess the cup equivalent!