



EVENT IN A BOX ACTIVITY SUGGESTIONS Elementary School Edition

Getting kids excited about eating fruits and veggies!

Who is this for? Kids and their parents

Why is this important? Eating fruits and veggies is a small change that makes a big difference!

Where's Bobby?

Make copies of the "Where's Bobby?" sheet included. Several "Bobbys" are hidden throughout the illustration. Have each child color in the illustration of Bobby and his friends in the farmers' market surrounded by fruits and veggies. Can they find every Bobby?

Guess the Vitamins and Minerals

This game is great for the older students. Have the children divide into two teams and stand single file. One child from each team goes up against another. Shout out names of fruits and veggies and ask the first pair of children which has more of a vitamin or mineral. The child who answers correctly first, wins and gets to move to the back of the line. The child who does not answer correctly is out. The team that loses all its players first is out, and the remaining team wins.

Shout out fruits and veggies with different vitamins and minerals, and explain why that vitamin or mineral is so healthy for you. For example, say: "VITAMIN A – Vitamin A helps eyesight and your bones and teeth. It also helps keep your skin and hair healthy. Which has more vitamin A?"

- "A carrot or apple?"
- "Watermelon or broccoli?"
- "Grapefruit or pineapple?"

You can also do vitamin C, calcium, iron, potassium, etc. See the cheat sheet on the reverse side of this handout. And feel free to make copies of this sheet for each student to share *with their families*.

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at EatWellBeWell.org/partners.



ACTIVITY SHEET

“Guess The Vitamins and Minerals”

Vitamin A – Vitamin A helps eyesight and your bones and teeth. It also improves your skin and hair. Which fruit or veggie has more vitamin A?

- a. Apple or tomato = Tomato
- b. Watermelon or onion = Watermelon
- c. Pineapple or grapefruit = Grapefruit

Vitamin C – Vitamin C can protect you from getting sick. Which fruit or veggie has more vitamin C?

- a. Red pepper or lettuce = Red pepper
- b. Carrot or orange = Orange
- c. Kiwi or peas = Kiwi

Vitamin E – Vitamin E can protect skin from the sun’s rays and aid digestion. Which fruit or veggie has more vitamin E?

- a. Banana or avocado = Avocado
- b. Broccoli or peach = Peach
- c. Spinach or cabbage = Spinach

Vitamin K – Vitamin K helps keep your bones healthy and helps you heal. Which fruit or veggie has more vitamin K?

- a. Plums or beets = Plums
- b. Cauliflower or mushrooms = Cauliflower
- c. Yams or cranberries = Yams

Calcium – Calcium makes your bones and teeth strong and healthy. Which fruit or veggie has more calcium?

- a. Brussels sprouts or potatoes = Brussels sprouts
- b. Tomato or celery = Celery
- c. Beans or apple = Beans

Iron – Iron keeps you smart and energized. Which fruit or veggie has more iron?

- a. Pear or grapes = Grapes
- b. Lima beans or corn = Lima beans
- c. Strawberries or oranges = Strawberries

Potassium – Potassium keeps your bones strong and your heart healthy.

Which fruit or veggie has more potassium?

- a. Bananas or lemons = Bananas
- b. Limes or Potatoes = Potatoes
- c. Asparagus or squash = Squash

Zinc – Zinc helps you heal, improves eyesight and aids your growth. Which fruit or veggie has more zinc?

- a. Carrots or corn = Corn
- b. Watermelon or peas = Peas
- c. Apples or asparagus = Asparagus

Magnesium – Magnesium keeps you from getting tired and helps your heart and blood remain healthy. Which fruit or veggie has more magnesium?

- a. Pears or nectarines = Pears
- b. Plums or black beans = Black beans
- c. Artichokes or limes = Artichokes

Copper – Copper helps oxygen get to your body. Which fruit or veggie has more copper?

- a. Cantaloupe or mango = Mango
- b. Cucumber or pumpkin = Pumpkin
- c. Parsnip or radish = Parsnip