



**HAKUNA**

*Fruitata*

# Fruit and Vegetable Key Facts

## Tomato



- Tomatoes are great for your heart – full of vitamin C – which helps your blood to move around your body.
- Tomatoes are a fruit – they grow from a seed, then the flower on the vine.
- They need to grow in warm sunny spots, but you can grow them in your house/garden. Each plant can grow up to 20 tomatoes.
- There are more than 10,000 types of tomatoes and come in yellow, orange, green and purple.
- They are 95% water, but also a source of fibre.

## Peppers



- High in vitamin A and C – Peppers give you healthy eyes and good vision. They are also high in fibre and help your body absorb iron.
- Peppers are green when they first grow and change to red, yellow or orange as they ripen. This also changes the sweetness of the pepper.
- They are the same family as chilli's but bell peppers are sweet rather than spicy.
- Peppers are a fruit because they have seeds and come from a flowering plant.
- Peppers grow on a tree from the flower, with roughly 5+ peppers per plant. You can plant the seeds from inside a pepper when you cut it open. They grow in warm and sunny countries.

## Oranges



- Full of vitamin C, one orange a day will give you your daily requirements (for junior-aged children) Vitamin C is needed to help our body grow, heal wounds and fight infections and germs.
- Oranges are a citrus fruit – can you name other citrus fruits? E.g lemon, grapefruit, lime.
- You can use all of the orange to eat and cook with – juice, fruit and peel.
- Which came first – orange the colour, or orange the fruit? The fruit came first.
- Oranges grow from flowers on trees, usually in groves in hot sunny countries, eg Spain/Portugal but they also need lots of water.
- It takes approx 1 year for an orange to grow ripe enough to eat.

## Plums



- Full of vitamins and minerals, plums are high in fibre and are suspected to improve your brain function and thinking.
- A dried plum is known as a prune.
- Plum is also a colour, as well as a fruit.
- Plums grow on small trees or large shrubs. It is roughly the same size as a tomato, sweet and juicy with a seed/stone in the middle.

## Peas



- Full of vitamin C and often high in protein, there are lots of varieties of peas. They are just as nutritious if eaten from frozen.
- Part of the legume family – can you name other legumes? E.g beans, lentils and pulses.
- Peas can be eaten in many different ways – raw, steamed, boiled, in salads, stews.
- All peas grow in a pod on the plant and were first grown in the Mediterranean.

## Avocado



- An excellent fruit, full of unsaturated fat (healthy fat) and lots of omega-6 fats, avocados can be very filling. You need to eat healthy fats to ensure your body absorbs fat-soluble vitamins in the food that you eat.
- Avocados have a large seed in the middle.
- Avocados grow on a tree! One tree can grow 150-500 avocados every year, and it takes about 1 year to produce and grow a ripe avocado.

## Passion Fruit



- Passion Fruit contains vitamin A, B and C, plus fibre.
- Brazilians are crazy about passion fruit and grow more passion fruits than any other country.
- They are a very versatile fruit – you can make juices, smoothies, cakes, ice cream, cocktails and sauces and you can even eat the seeds.

## Mango



- Mango is a tropical fruit with a large seed in the middle.
- First grown over 5000 years ago, mango is the national fruit of 3 countries – India being one of them. It represents prosperity, abundance and wealth.
- India grows and consumes more mangos than any other country in the world.
- Mangos grow on trees which can reach 100 feet tall. The trees first produce fruit after 4-6 years which can be harvested once per year.



## Pineapple

- Pineapple is a large berry made of 86% water and is rich in vitamin C.
- Vitamin C helps our body to work effectively, and helps our internal cells stay strong.
- Each plant grows one pineapple per year but can continue bearing fruit for 50 years.
- Grown in hot countries - Hawaii produces a third of the world's pineapples.
- Pineapple can be used to help alleviate symptoms of common colds and coughs.

## Sugar Snap Peas



- Rich in fibre, vitamin C, vitamin A and folate.
- Part of the pea family but has grown in popularity recently and is readily available in supermarkets.
- Peas be eaten raw or cooked - as a snack or often added to stir fry.
- They are called sugar snap peas because they are a cross between peas and snow peas but are sweeter than snow peas.

## Carrot



- High in vitamin A, fibre, vitamin C and potassium - good for healthy eyes and good vision and it is true they help you see in the dark, they also help your immune system stay strong.
- Carrots grow underground, with their leaves and shoots above ground to absorb sunlight.
- Carrots can be orange, purple, red, white or yellow!

**Fun Project:** After chopping your carrots, take the top and stand it in a shallow amount of water - and watch it grow! It takes about 70 days for carrots to grow fully and be ready to be picked.

## Broccoli



- Part of the cabbage family which includes Brussel sprouts and kale, Broccoli contains high levels of protein, folate, calcium and fibre -it's a super food! It can be eaten raw or cooked.
- Broccoli grows on a plant close to the ground, once harvested from the plant, more broccoli will continue to grow. It takes around 3 months to grow to be able to be picked. They don't like it too hot; a cool 20 degrees is best. Broccoli has to be harvested by hand as there is no machine yet invented able to harvest it.



## Sweet Potato

- Sweet potato's are great for muscles as they're full of potassium, fibre and vitamin A. They are also a carbohydrate, giving you lots of energy.
- Originally from America, sweet potatoes can grow in England but need it to be warm and sunny.
- Sweet potatoes grow not from a seed, but a 'slip' ie part of the sweet potato plant is cut off and replanted and only need a little bit of water to grow. Why not give it a go?



## Cauliflower

- High in calcium and vitamin C cauliflowers are great for your bones!
- Cauliflowers can be white, purple or orange. Grown in very sunny countries on plants close to the ground, each plant produces one cauliflower.



## Kale

- Part of the cabbage family, Kale is actually the leaf part of the plant and is high in vitamin C.
- First grown in the Mediterranean, kale takes roughly 60 days to grow from seed to harvest.



## Banana

- Known to have a lot of potassium, bananas are also a great energy booster!
- Bananas can be used in cakes and bread, and are also tasty on top of cereal, as a snack, or with yoghurt.
- Fun fact: Bananas float in water.
- Bananas grow in hot countries on trees in large hanging bunches. They are bent because they turn to grow towards the sun.
- India is the largest producer and consumer of bananas in the world.



# Using Your Senses

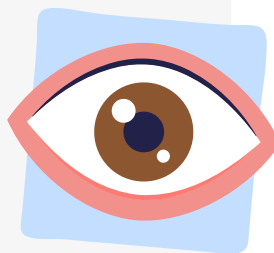
Using all five senses is a great starting point for exploring fruit and vegetables with young people and children. Creating an opportunity for healthy conversation is a great way to encourage participants to make observations and share their thoughts on various foods as a group.

Below are some questions you can ask to kick-start your group discussions.

## Sight

1. How do the vegetables look?
2. Does the appearance change depending on how ripe the fruit/vegetable is?
3. Can you describe the colours, shapes and textures? What adjectives can you use to explain what it looks like? E.g red, shiny, round
4. What other fruit and vegetables are the same colour?

**Activity:** Can you make yourself into the shape of a fruit or vegetable?



## Touch

1. How do the vegetables and fruit feel? E.g dry, soft, smooth, rough
2. Does it have different parts that feel different?
3. Does it feel the same as other things you have touched before?
4. Is it rough, smooth, rippled, bumpy, soft, squishy?
5. What does it feel like once cooked?

**Activity:** Ask participants to sit blindfolded one by one and see if they can identify each fruit or vegetable by just feeling it. Perhaps include this activity first before running a taste test.



## Scent

1. How do the fruits and vegetables smell? Does the growing process or ripeness affect the scent? E.g Banana
2. What words can you use to describe the scent?
3. Does the smell change during and after cooking?

**Activity:** Ask participants to sit blindfolded one by one and see if they can identify each fruit or vegetable by smell. Perhaps include this activity first before running a taste test.



## Taste

1. How do the fruits and vegetables taste?
2. Are they sweet or bitter, crunchy or soft?
3. Is this different whether cooked or raw?



## Sound

1. How do the fruits and vegetables sound when you eat them? E.g crunchy, soft
2. What other things make a similar sound?

**Task:** Can you imitate the sound/noise of the fruits and vegetables?



## End of Sessions Discussion

How do you feel after eating these fruit and vegetables? Do you feel more energised or more tired? Do the bits get stuck in your teeth? Which flavours can you still taste in your mouth?

# Keep the conversation going

When you are engaged in practical and interactive workshops with children using food, it is the perfect opportunity to encourage discussion. The 'Let's Talk about Food' training course provides lots of support, information and guidance to have healthy conversations.

Here are a few more ideas for you:

## Conversation Starters

- Do you enjoy the food that you eat?
- What is your favourite food to eat?
- Are there any foods that you eat that make you feel good? E.g strong, energized, healthy, happy
- Are there any foods that you eat that don't make you feel good? E.g sluggish, less focused, tired, low energy

## Longer Discussion Topics

If you have 5 minutes or longer choose one of these topics to talk about:

### Snacking

- What do you think a healthy snack is? **Answer:** [Click Here](#)
- Why is it important to have small amounts of sugar in our snacks? **Answer:** [Click Here](#)
- How many cubes of sugar are in your favourite drink? **Answer:** [Click Here](#)

### Portion Sizes

- What do you think a healthy portion size is for you/ your parent/ you sibling?  
**Answer:** Every person needs a different quantity of food/calories each day. This varies significantly depending on a number of factors including age, gender, and lifestyle.
- What is the impact of a packet of crisps? **Answer:** Explore the impact of convenience items and their role in the portion sizes that we are exposed to. For example, a large number of children will have a packet of crisps with lunch. However, the difference between a 5-year-old and a 15-year-old is significant with respect to their body's energy needs, but the packet of crisps is consumed by both in the same way.
- How can we measure our portion sizes? **Answer:** Introduce the '[hand method](#)' as an easy reference point for eye-balling appropriate amounts of food and balancing the food groups we consume.

### Balanced Diet

- What do you think a balanced diet is?
- What types of food do you think we need to eat for a balanced diet?
- What are the 5 main food groups? **Answer:** [Click Here](#)
- Do you need to balance this every day/ every meal? **Answer:** No, over the week is fine
- Does your food consumption each day look like the eatwell plate guidance document in terms of proportions?

## Veggie Riddles

I am a fruit that grows on a tree and comes in many different colours. My name rhymes with 'chair' and you might need to stand on a chair to pick me! What am I? (Pear)

I am round fruit with a peel. I'm also a colour. I have a lot of vitamin C for your body, and you can also drink me anytime. What am I? (Orange)

I am round, sweet and quite small. I can be made into jam. I have a long green stem. I have a hard pit. I am dark red. (Cherry)

I grow very tall. I have a green cover. I have many little pieces. I can become oil and cereal. My shape is like a banana. (Corn)

I am green. I look like a pear. I have a huge seed (stone) inside. I am perfect in salads. I taste creamy. (Avocado)

I am round like a ball and I am quite sour. You can not eat my outside. I can be made into juice. I am a breakfast food. (Grapefruit)

I am not a plant. I am not green or orange. I have a cap and a stem. Children don't like me. Grownups love me. (Mushroom)

I am quite small. I am round and green. I am found in pods. You cook me before eating (although can eat me raw). I am very popular (Peas)

I am little and red with a green top. I grow really fast - 30 days. I am rather bitter. I am usually found in salads. I grow underground. (Radish)

I can be many sizes. I can be round or oval. You eat me raw or cooked. I am really a fruit. I can be red or yellow. (Tomato)

I grow in bunches. I come from warm countries. Everyone loves me. I have a thick peel. You can eat me raw. (Banana)

I am the most popular vegetable. I grow underground. I cannot be eaten raw. You can cook me in many ways. Children love me. (Potato)

I am round or oval. I have a brown or purple skin. You may cry when you peel me. I grow underground. You add me to dishes for flavour. (Onion)

I am long and green, I can be found in salads. I am juicy but cannot be made into juice. People like me in sandwiches. I can be put on food plates as decoration. (Cucumber)

I am round and yellow. I have a very sour taste. I come from hot countries. Some people add me to tea for flavour. I can be made into juice, eaten with pancakes or a cake. (Lemon)

I am one colour outside and a different colour inside. I grow in the summer. I am sweet and juicy. You cannot eat my outside. My skin has stripes. (Watermelon)

I grow underground. I am long and thin. You can eat me raw or cooked. You can peel me before eating. I am very common. (Carrot)

I'm as famous as a company and you know the sound of the letter 'a' because of me. What am I? (Apple)

I'm a friendly fruit that likes to meet people. What am I? (Date)

I am a bird, I am a fruit, and I am a person too. I also look like a fuzzy odd-shaped ball. What am I? (Kiwi)

I'm a bell that you can't ring. I sound hot but I'm not. What am I? (Bell Pepper)



## Food-Based Games

For any tasks which involve food items, make sure you are aware of any allergies in your group.

### Shopping Alphabet

Work your way through the alphabet finding a fruit or vegetable from A-Z.

'I went to the shop and I bought...' Can get them to list all previous answers if have a small group and age suitable or a new suggestion that hasn't previously been said.

### What's missing?

Put items onto a tray and ask participants to memorize them. Then ask the group to turn around whilst you remove one item. Ask the group what's missing? Hint: Try adding an item and see if participants notice.

### Bingo

Write the names of 20 fruits and vegetables on different pieces of paper and put them in the bowl. Now make a range of different bingo charts with 9 fruits and vegetables on. Pick pieces of paper out of the bowl one by one. The first person to reach all 9 wins!

### Picture race

Split the participants into smaller teams. Each team has a piece of paper on the wall and is given a bowl which contains the names of fruits and vegetables. Each person in the team takes a piece of paper from the bowl and has to draw the food item on the paper whilst the rest of the team guesses the item. As soon as the rest of the team gets it right, the next person takes their turn. The fastest team to get through all the items wins.

### Pass the Parcel

Split the group into equal teams and ask each team to sit facing each other at opposite sides of the table. Use chopsticks/ straws/ pencils to pick up and pass small food items along the team - eg raisins, orange segments, grapes. The first team to get all items from one side of the table to the other wins.

**Single Player Version:** If you have peas in a pod that participants pop out - then ask participants to use a straw or chopsticks to transfer a set number of peas from the plate into a cup which they can then consume if they wish.

### Lemon and Spoon Race

Grab your lemons (and your spoons) ready, set, go! This is the same as the classic egg and spoon race without the risk of cracked eggs.

### Guess the Recipe

If you are going to create some simple recipes as a group, before you start, place the items on the table and see if participants can guess what you are making. Eg guacamole - ask what extra ingredients do you think you will need?

### Taste Test / Bush Tucker Trial

Ask participants to sit down and close their eyes (or use a blindfold). Place an ingredient in front of them and ask them to taste the item and guess what it is.

**Ideas:** Peanut butter, instant coffee (decaf), cheese, sugar, salt, pepper, garlic powder, olive oil, vinegar, raisins, breadcrumbs, jelly, diced fruit or vegetables

## Food Quiz

1. What was the first fruit/vegetable to be grown by NASA in 1995? Answer: Potato
2. Raisins are a dried version of which fruit? Answer: Grape
3. Which vegetable is popular to buy on October 31st? Answer: Pumpkin
4. This green vegetable is 90% water - what am I? Answer: Cucumber
5. This yellow fruit grows in bunches - what am I? Answer: Banana
6. Which small green vegetable is often found on a Christmas dinner? Answer: Sprout
7. Which vegetable is the national vegetable of Wales? Answer: Leek
8. Seville is a city in Spain, and also the name of a type of fruit. Which fruit? Answer: Orange
9. This vegetable grows on a 'cob'. What is it? Answer: Corn
10. In America this vegetable is known as zucchini - what is it? Answer: Courgette
11. Hawaiian pizza has this fruit as a topping - what is it? Answer: Pineapple
12. This fruit grows on trees and has milk inside - what is it? Answer: Coconut
13. This fruit is similar to a lemon but is green - what is it? Answer: Lime
14. This vegetable can make you cry whilst chopping it - what is it? Answer: Onion



# Tips to avoid Food Waste

Part of food education is learning how to reduce food waste. Ask your group if they can think of any ways to avoid waste?

Here are some extra tips you can share with your group.

- + Think about the number of people you are cooking for and don't cook too much.
- + Plan ahead- plan all your meals for the week and try and find recipes which use up ingredients you already have.
- + When shopping, only buy what's on your list.
- + Don't go to the shops when you are feeling hungry!
- + Keep an eye on your fridge to make sure you are eating products that go out of date first.
- + Freeze anything that you want to preserve for later in the week.
- + Love your leftovers - either save for the next day, or portion up and freeze for a different week.



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[www.streetgames.org](http://www.streetgames.org)