

Fruits Versus Vegetables Activity

1. Print out the “Fruits/Veggies Cards Template” (4 pages) and cut along the lines and shuffle.
2. Put two plates on the floor and give each preschooler a card to categorize the fruit or vegetable onto the correct plate.
3. This can be done to sing along or a march in a circle.

Discussion:

- Can you name some different vegetables?

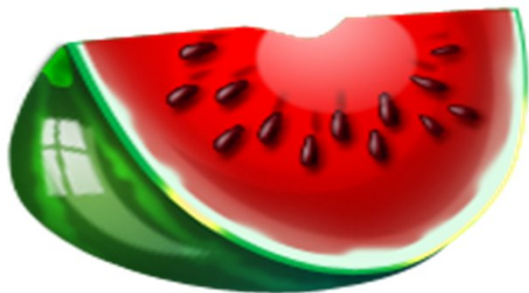
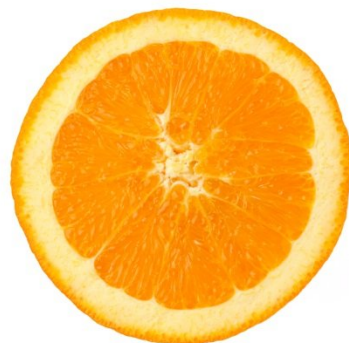
Corn, peas, potatoes, carrots, broccoli, spinach, beans, cabbage, etc

- Can you name some different fruits?

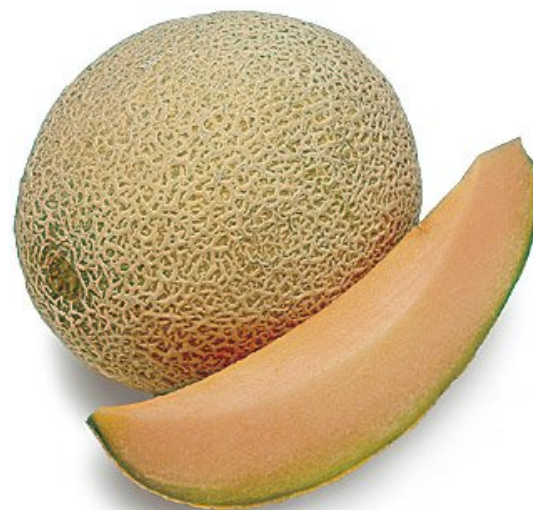
Oranges, apples, banana, watermelon, grapefruit, cantaloupe, lemons, grapes, pear, kiwi, etc

- Fruits and vegetables have a lot of vitamins and minerals that keep us healthy!

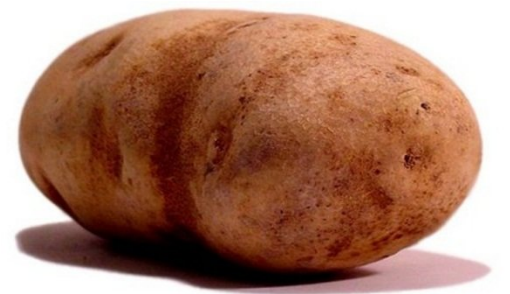
Visit <https://squaremeals.org/Programs/Child-and-Adult-Care-Food-Program/Meal-Patterns> for more resources!



(Fruits/Veggies Cards Template)



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