

It All Starts with Agriculture! Matching Card Game Instruction Guide

Thank you for your efforts to teach children about food & where it comes from!

In collaboration with the Office of Hawaii Child Nutrition Program's National School Lunch Program, who is administering the Fresh Fruit and Vegetable Program (FFVP) in Hawaii, the University of Hawaii, College of Tropical Agriculture & Human Resources, Cooperative Extension Service, Nutrition Education for Wellness (NEW) program is happy to present a quick & easy activity that can be integrated in with the sampling of fresh fruits & veggies as part of your participation in the FFVP.

What is included in this activity?

This activity includes:

- A set of 26 *lettered* cards (A-Z) that feature a picture of a fruit or veggie & a recipe that utilizes that ingredient.
- A matching set of 26 *numbered* cards (1-26) that feature the corresponding picture of the plants that the fruits & veggies come from. Also included is information on the plant's history, botanical & nutrition facts & also tips for shopping & preparation.
- An answer key card
- 2 game cards with instructions for different variations of the matching game
- 3 assessment forms with 3 self addressed stamped envelopes

Department of Education
Office of the Superintendent
Federal Compliance and
Project Management Office
Office of Hawaii Child Nutrition Programs
<http://ohcnp.k12.hi.us>



University of Hawaii
Cooperative Extension Service
<http://www.ctahr.hawaii.edu/new/>

What can the children learn from participating in the activity?

By reviewing the pairs of fruits & veggies & their matching plants throughout the year, the children will learn that the fruits & veggies they eat actually come from plants.

By coordinating the introduction of the fruits & veggies featured on the cards with the sampling of the different fresh fruits & veggies as part of your participation with the FFVP, the children will be exposed to a variety of foods that they may not have otherwise gotten the opportunity to learn about & taste. It can also teach kids that fruits & veggies not only taste good, but are also good for us.

What is the recipe for?

Parents can also be included to be a part of this experience by making some of the simple & delicious fruit & veggie recipes included on the cards at home with their children.

What do I do with the 3 assessment forms?

CHOOSE which fruit or veggie you would like to feature first. **BEFORE** you discuss the cards for this fruit or veggie with the class, please fill out the **pink form #1** & submit in the self addressed stamped envelope. Repeat with the **green form #2** **MIDWAY** through your implementation of the matching game. Repeat with the **blue form #3** at the **END** of the year. Information gathered from these forms will be used to assess & improve the materials.

*The first 300 who submit each of their forms will receive a small
'thank you' incentive as a token of our appreciation for your time.

Are these materials also available on-line?

Yes, all cards, & supplementary forms are available for *free* download & printing on the NEW website at <http://www.ctahr.hawaii.edu/new/index.html> under the RESOURCES tab.

It All Starts With Agriculture!

Fruit & Veggie Matching Card Game

Game #1: Match Fruit & Veggies with their Plants

Directions

Estimated length of activity: 10-15 minutes

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Game #1: Match Fruits & Veggies with their Plants

Estimated length of activity: 10-15 minutes

Ingredients:

1 card set

- 26 cards of fruits/veggies & recipes (lettered A-Z)
- 26 cards of plants & facts (numbered 1-26)
- 1 answer key card
- Large bulletin board OR table

Directions:

1. CHOOSE any 3-5 fruit & veggie cards & their matching plant cards. CHOOSE those that will be or have been sampled & featured with the Fresh Fruits & Vegetable Program.
2. REVIEW 1 matching pair at a time, by DISCUSSING the fruits & veggies with the children using the cards: where on the plants they come from or other fun facts. *Note: Reviewing each fruit & veggie can be done at separate occasions OR all in one sitting, if time permits.
3. Once all pairs have been REVIEWED, MIX the selected fruit & veggie (lettered) cards. LAY out on a table or PIN to a bulletin board with the picture side up.
4. MIX the corresponding plant (numbered) cards & LAY or PIN next to the fruit & veggie (lettered) cards with the picture side up.
5. MATCH all fruits & veggies with the plants they came from.
6. CHECK your work with the answer key card.

Suggestions:

Use the recipe/facts for additional hints to match the plant to the fruit/veggie.

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Game #2: Match Fruits & Veggies with their Facts

Directions

Estimated length of activity: 10-15 minutes

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Game #2: Match Fruits & Veggies with their Facts

Estimated time of activity: 10-15 minutes

Ingredients:

1 card set

- 26 cards of fruits/veggies & recipes (**lettered A-Z**)
- 26 cards of plants & facts (**numbered 1-26**)
- 1 answer key card
- Large bulletin board OR table

Directions:

1. **CHOOSE** any 3-5 fruit & veggie cards & their matching plant cards. **CHOOSE** those that will be or have been sampled & featured with the Fresh Fruits & Vegetable Program.
2. **REVIEW** 1 matching pair at a time. **DISCUSS** the fruits & veggies with the children, using the cards: where on the plants they come from & other fun facts. *Note: Reviewing each fruit & veggie can be done at separate occasions OR all in one sitting, if time permits.
3. Once all pairs have been **REVIEWED**, **MIX** the selected fruit & veggie (**lettered**) cards. **LAY** out on a table or **PIN** to a bulletin board with the **picture** side up.
4. **MIX** all plant (**numbered**) cards & **LAY** out or **PIN** next to the fruit & veggie (**lettered**) cards with the **facts** side up.
5. **MATCH** all fruit & veggies with their matching facts.
6. **CHECK** your work with the answer key card.