

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

- Unlockfood.ca
- [Canada's Food Guide](#)
- [Half your Plate](#)
- [Freggietales](#)

Heads Up!

ACTIVITY GOAL: To increase student knowledge about vegetables and fruit.

ACTIVITY INSTRUCTIONS:

1. Students are assigned a vegetable or fruit to research using the [Heads Up! Fact Finder template](#).

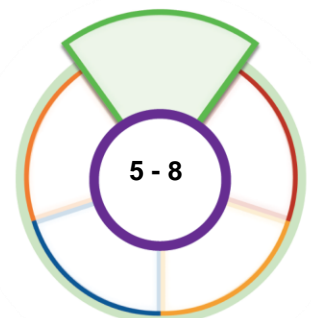
Suggest students use reputable websites for research purposes such as:

- Unlockfood.ca
- [Canada's Food Guide](#)
- [Half your Plate](#)

2. Print out pictures of vegetables and fruit that students have researched. (Optional images available on the following pages)
3. Divide the class into groups. Provide each group copies of the completed research question templates. These will be used to answer the 'yes or no' questions.
4. One student in each group will hold a vegetable or fruit picture (that they have not looked at) above their head. Students holding the image ask 'yes or no' questions to their group about what the vegetable or fruit is. They must try to guess their vegetable or fruit identity correctly.

Curriculum Connections

- Grade 5: D3.1 Media influences food choices
- Grade 6: D 2.1 Influences on healthy eating; D3.1 Benefits of healthy eating/active living
- Grade 7: D3.1 Personal external factors in food choices
- Grade 8: D2.1 Personal eating behaviour; D3.1 Promoting healthy eating



Heads Up! Fact Finder

Name of vegetable or fruit _____

Is it a vegetable or a fruit? _____

How does it grow? (e.g. on a tree, in the ground) _____

In what part of the world does it grow? _____

What colour(s) is it? _____

Does it have a pit or seeds? If so, which one? _____

Typically do people eat the peel or outer layer? _____

What are some common ways to prepare it? _____

Recommended websites

www.halfyourplate.ca

www.unlockfood.ca

www.food-guide.canada.ca



Research Question Template

- 1) Name of assigned Vegetable or Fruit _____
- 2) Am I a Vegetable or Fruit? _____
- 3) Where am I grown? (e.g., in a tree, etc.) _____
- 4) In what part of the world/climate do I grow? _____
- 5) What colour(s) am I? _____
- 6) Do I have a pit or seeds? If so, which one do I have? _____
- 7) Do people usually eat all of me or do they peel/cut my outer layer off? _____
- 8) Do I grow in Ontario? _____
- 9) When am I in season? (specifically, for Ontario season if grown here) _____
- 10) What are some common ways that you prepare me? _____





