

Fresh Fruit and Vegetables

California produces over 350 different agricultural commodities and is the number one agriculture state in the nation. You can learn more about California agriculture by visiting www.cfaitc.org and downloading the agriculture fact and activity sheets.

Suggested Reading:

Tops and Bottoms by Janet Stevens, ISBN 0-15-292851-0



Materials:

Fresh Fruit and Vegetable Photo Cards, CDE Press, ISBN 978-0-8011-1650-6

Activity Objectives:

- Introduce students to some of the less well-known fruits and vegetables
- Educate students about which part of the plant is commonly eaten
- Illustrate ethnic fruits and vegetables found in California markets
- Teach students Spanish using the English and Spanish names of fruits and vegetables
- Students will identify where many of the fruits and vegetables are grown in the USA
- Present the scientific name (family, genus, species) of the produce students eat
- Encourage students to investigate the nutritional value of fruits and vegetables

Procedure:

1. Read the book Tops and Bottoms by Janet Stevens.
2. Distribute Fresh Fruit and Vegetable Photo Cards, one per student.
3. Instruct students to sort themselves based on:
 - The Plant Part We Eat
 - Fruit or Vegetable Color
 - Major-Producing State(s)
 - Calories (highest to lowest)
 - Greatest Nutrient Contribution
 - Amount of Fiber
 - Alphabetical by Name
 - Fruit or Vegetable Shape
 - Etc.