



## FRUIT AND VEGGIE BINGO

# DELAWARE 4-H *Healthy Living*

### GOALS

To understand the numerous health benefits that fruits and vegetables offer.  
Participants will increase their knowledge of nutrition.

### SUPPLIES

- Bingo Boards (6-8 different versions)
- Bingo Markers
- Clue Cards
- This sheet of paper

### TIME REQUIRED

10-20 minutes

### SUGGESTED AUDIENCE

Ages 8 and up

### KEY CONCEPTS

- Fruits and vegetables have nutrients that help the human body.
- Fruits and vegetables vary in the benefits they offer.
- Fruits and vegetables are healthier snack options than soda, cookie, pizza, etc.

### PROCEDURE

1. Divide students into groups depending on class size.
2. Tell them that we will be playing bingo to learn about different fruits and vegetables and their benefits.
3. Hand out boards and bingo markers to groups.
4. Shuffle Clue Cards.
5. Read off Clue Card Clues at random for a fruit/vegetable.
6. Allow time for groups to figure out the answer.
7. Have someone tell the class the answer.
8. Groups with that specific fruit/vegetable put a chip on the corresponding picture on their boards.
9. Read Fun Fact after groups have answered correctly.
10. Repeat until a group has five pictures in a row marked with chips.

### REFLECT: Ask Youth

Ask each group to share one fact that they learned from playing bingo

1. What fruits/vegetables do you already enjoy?
2. What fruits/vegetables do you think you will try after today?

### APPLY: Ask Youth

1. Will you share what you have learned today?
2. Will you ask your parents to purchase more fruits/vegetables?

*Thank you for participating in this fun activity!*



**Cooperative Extension**  
COLLEGE OF AGRICULTURE &  
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>.  
Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H  
"Youth Voice, Youth Choice"  
building healthy communities  
through engaged youth!



# DELAWARE 4-H

## *Healthy Living*

**CLUE:** They often say that one of me a day can keep the doctors away.

**ANSWER:** Apple

**FUN FACT:** An apple tree can take 4-5 years to produce its first fruit.

**CLUE:** I am a monkey's favorite snack, and I am also high in potassium which keeps us hydrated and our muscles strong.

**ANSWER:** Banana

**FUN FACT:** Humans and bananas have 50% of the same DNA.

**CLUE:** I am a vegetable and a protein. Careful though, if you eat too much of me you might be gassy.

**ANSWER:** Beans

**FUN FACT:** Beans belong to a group of vegetables with peas called legumes.

**CLUE:** I am small and I am blue, but don't let size fool you. I am a disease-fighting powerhouse and sometimes called a superfood.

**ANSWER:** Blueberry

**FUN FACT:** The United States is the world's largest producer of blueberries.

**CLUE:** I look like a tiny green tree, and have a surprising amount of calcium for your bones.

**ANSWER:** Broccoli

**FUN FACT:** Per calorie, broccoli has more protein than beef.

**CLUE:** I am skinny, can be baby, and orange. I have vitamin A which is good for your eyesight, and bunnies love me.

**ANSWER:** Carrot

**FUN FACT:** In the past, carrots were used to decorate hats of royalty.

**CLUE:** I am a long light green stem vegetable, and people love to snack on me. I am often eaten with peanut butter, cream cheese or delicious dipped in ranch.

**ANSWER:** Celery

**FUN FACT:** It takes more calories to eat a piece of celery than it had to begin with.

**CLUE:** When you think of summer and fall, you should think of me. Scarecrows protect me from birds trying to eat me. I am sweet, help your eyes, and found on the cob.

**ANSWER:** Corn

**FUN FACT:** Corn is grown on every continent except Antarctica.



# DELAWARE 4-H

## *Healthy Living*

**CLUE:** I am a hydrating green snack, find me in your salads, sandwiches, or dipped in ranch dressing.

**ANSWER:** Cucumber

**FUN FACT:** Stick a slice of cucumber on the roof of your mouth for 30 seconds to get rid of bad breath.

**CLUE:** I am small and round, purple and green, and have powerful antioxidants to fight off diseases.

**ANSWER:** Grape

**FUN FACT:** Freeze grapes and use them as ice cubes in your drinks.

**CLUE:** Some fruits are sweet, but I am sour. You can find me in your water in restaurants and I will help you to digest your food.

**ANSWER:** Lemon

**FUN FACT:** Lemon trees produce fruit all year round.

**CLUE:** Be careful when you cut me, I might make you cry! But don't be scared because I help to fight off disease.

**ANSWER:** Onion

**FUN FACT:** Chewing gum while cutting onions may stop you from crying.

**CLUE:** Found in your favorite breakfast juice, I am loaded with Vitamin C to help fight off colds and keep your body healthy.

**ANSWER:** Orange

**FUN FACT:** Oranges are technically considered berries.

**CLUE:** I am a fuzzy and round juicy treat that often comes from Georgia. I am low in calories but very high in nutrients.

**ANSWER:** Peach

**FUN FACT:** Eating peaches can help reduce dark circles and wrinkles around your eyes.

**CLUE:** I grow on trees and am skinny on the top and rounder on the bottom. Many people eat me because I do not contain food allergies.

**ANSWER:** Pear

**FUN FACT:** Earth is actually slightly pear shaped.

**CLUE:** I am one of the smallest of the vegetables, but contain a large amount of Vitamin K to help blood clot to stop bleeding.

**ANSWER:** Peas

**FUN FACT:** A ripe pea is actually yellow in color.



# DELAWARE 4-H

## *Healthy Living*

**CLUE:** Some believe I go with salt, but I am really a vegetable that is spicy or sweet. I am found in red, yellow, orange or green and am also high in vitamins.

**ANSWER:** Pepper

**FUN FACT:** The spicier I am, the more Vitamin C I have inside me!

**CLUE:** I am a tropical fruit, yellow with scales and green leaves on top. Snack on me after exercise to help with recovery.

**ANSWER:** Pineapple

**FUN FACT:** You can speed up the ripening of a pineapple by putting it upside down.

**CLUE:** I can be mashed, baked, or fried, and come in different colors like red, white, yellow and even blue or purple.

**ANSWER:** Potato

**FUN FACT:** The ancient Incas may have measured their time based on how long it takes to cook a potato.

**CLUE:** I am yummy in a pie, but am healthier than you think. Cut me open and put a light in me on Halloween.

**ANSWER:** Pumpkin

**FUN FACT:** The largest pumpkin recorded weighed over 1000 pounds.

**CLUE:** Find these green leaves as the base of your salad.

**ANSWER:** Spinach/Lettuce

**FUN FACT:** Spinach was used by medieval artists as coloring in paints.

**CLUE:** I am a red fruit that can be found in many different things: I am a flavor of cream cheese, ice cream, and much more. I am also very high in vitamin C.

**ANSWER:** Strawberry

**FUN FACT:** One strawberry may contain over 200 seeds.

**CLUE:** Some may say I am the reddest of the vegetables, find me in salsa, ketchup or your favorite spaghetti sauce.

**ANSWER:** Tomato

**FUN FACT:** Tomato is both the State Vegetable and State Fruit of Arkansas.


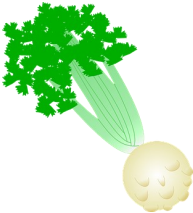


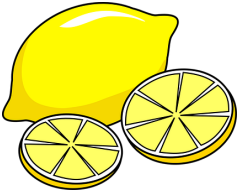
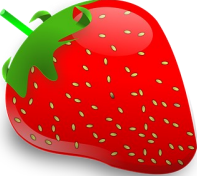
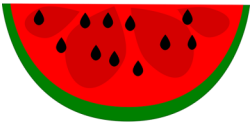






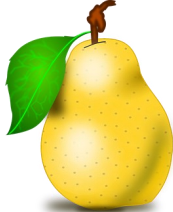
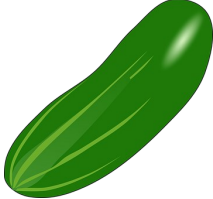
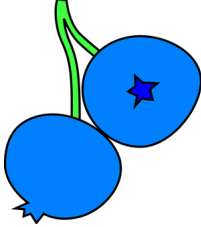
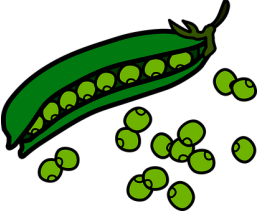
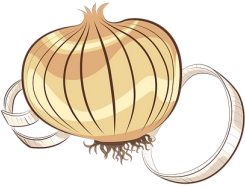

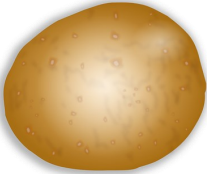
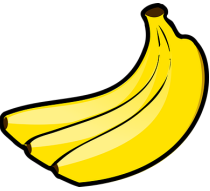
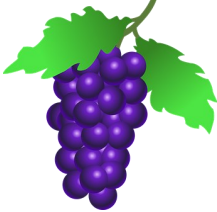



**CLUE:** I am a yummy summer-time fruit. Cut me up and take me to the beach, I'll keep you hydrated because I am 92% water.

**ANSWER:** Watermelon

**FUN FACT:** Watermelons can be grilled or baked and used as a meat substitute instead of steak for vegetarians.




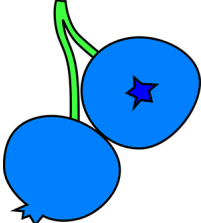
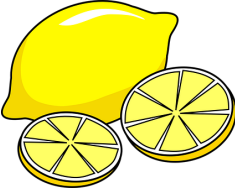

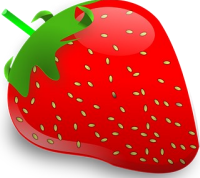
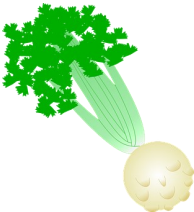

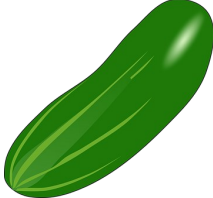
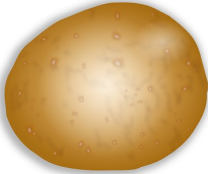

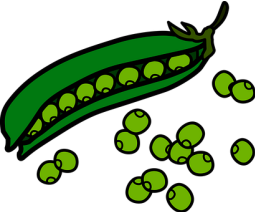




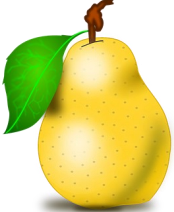
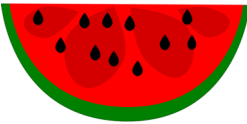

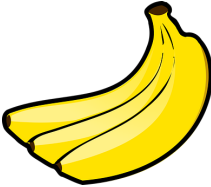
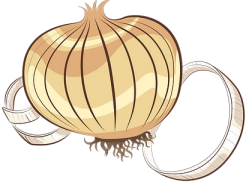





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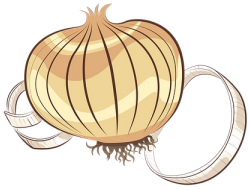

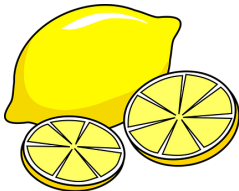
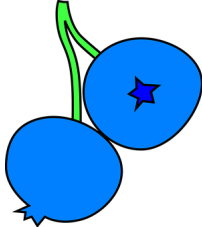


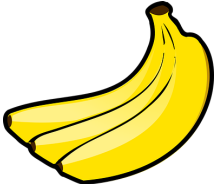

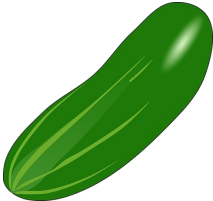




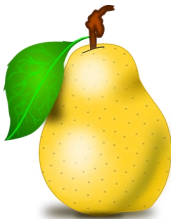
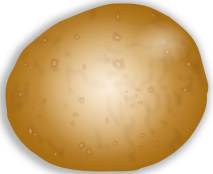

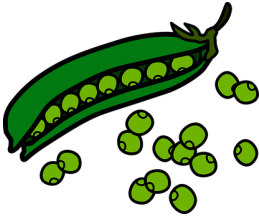


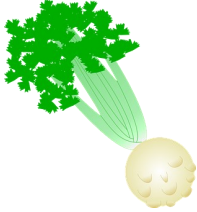

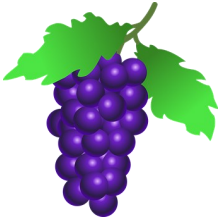


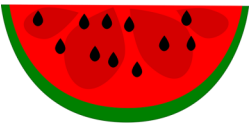
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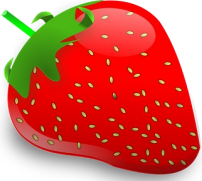





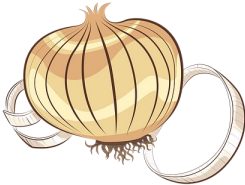


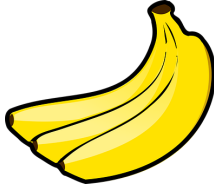

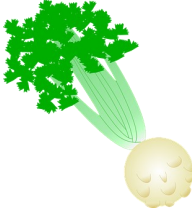
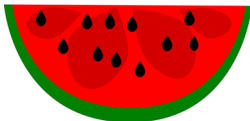
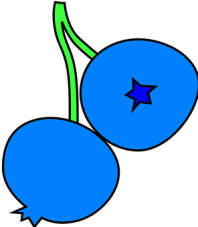
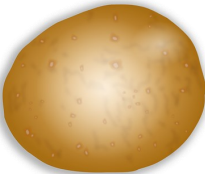
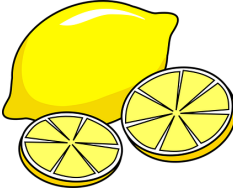



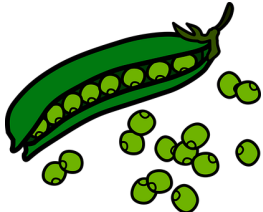
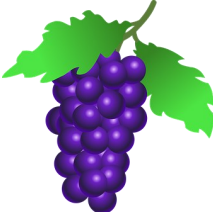
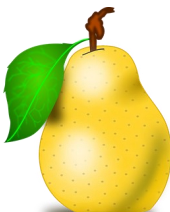
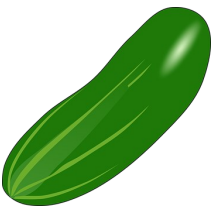
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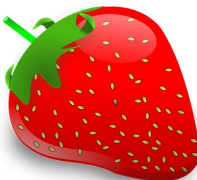

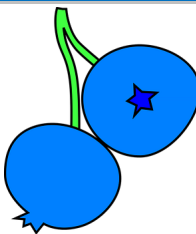
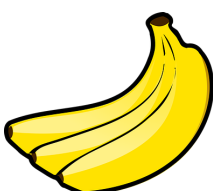
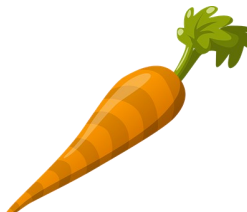

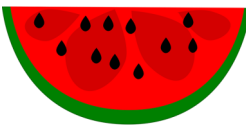
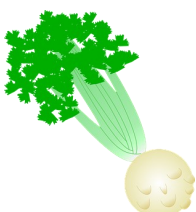
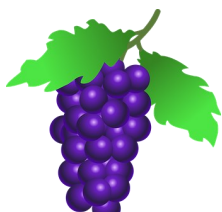


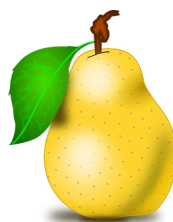
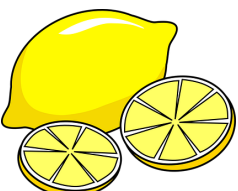
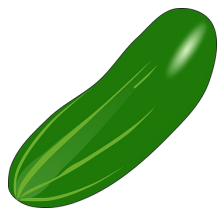
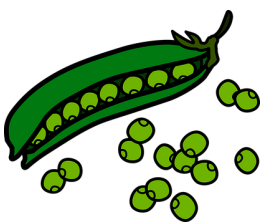





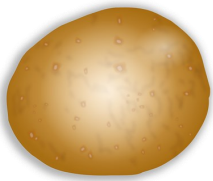


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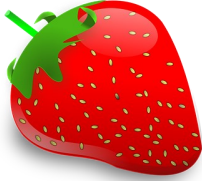
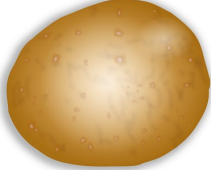

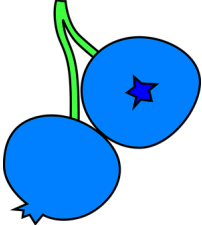


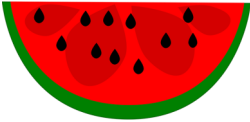







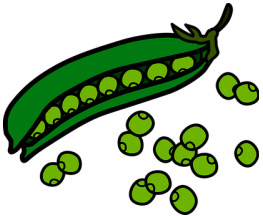
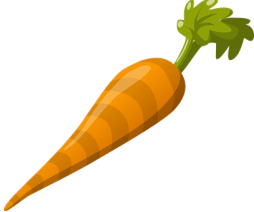

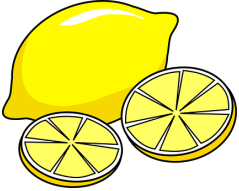
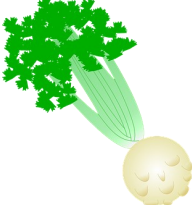
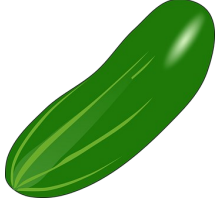

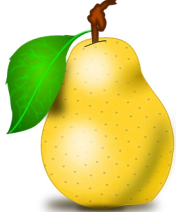
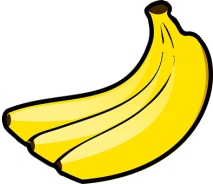
# DELAWARE 4-H *Healthy Living*

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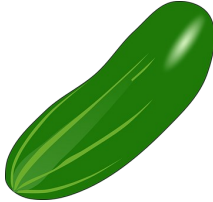

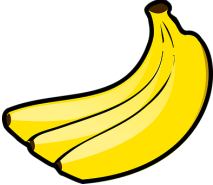


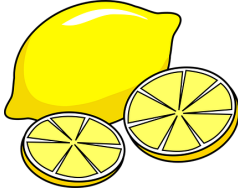

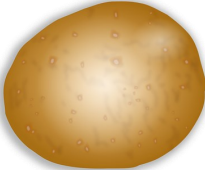





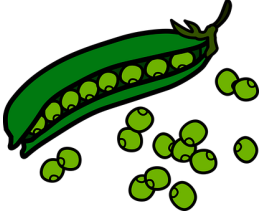
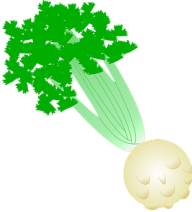
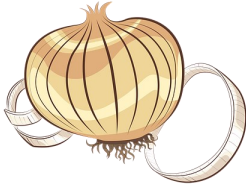
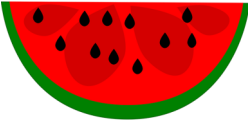
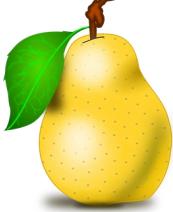
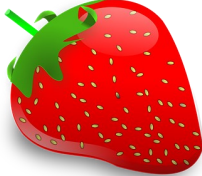
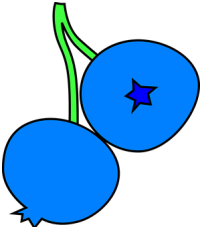


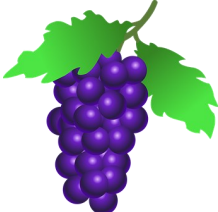
# DELAWARE 4-H *Healthy Living*

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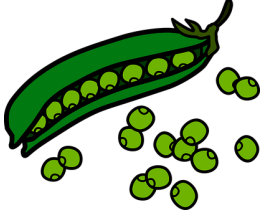

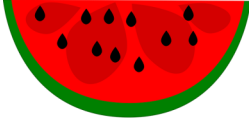

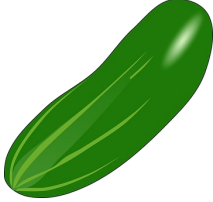
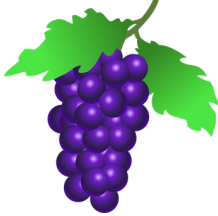

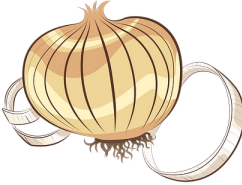
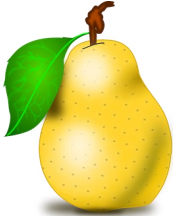

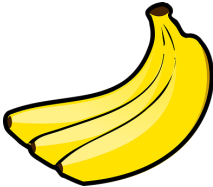


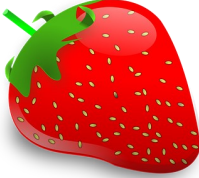
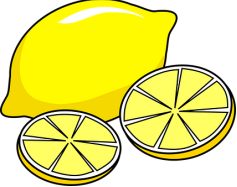


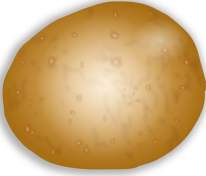
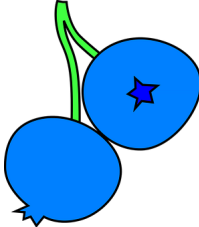

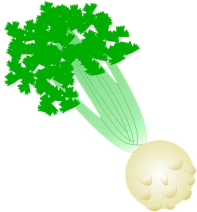




# DELAWARE 4-H *Healthy Living*

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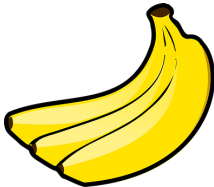




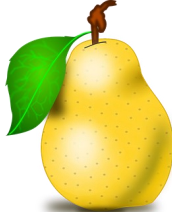
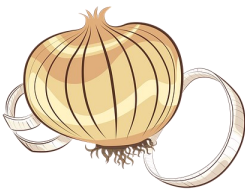
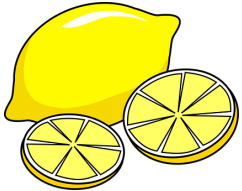
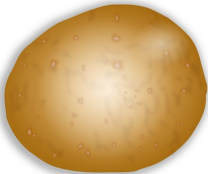
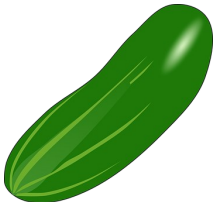




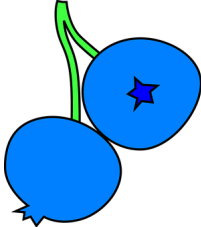



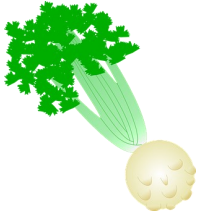

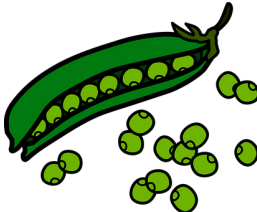

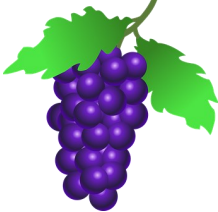
# DELAWARE 4-H *Healthy Living*

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