

Fruit & Veggie Exploration

The goal of this challenge is for your student to choose a fruit or vegetable they have never tried before and find out more about it. This is a good opportunity for students to ask questions about a certain food, find out where it comes from, how it is grown, and what some of its health benefits may be.

Directions:

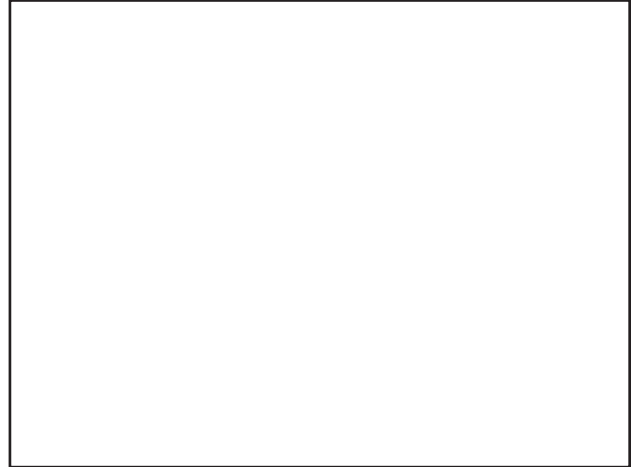
Pick out a new fruit or vegetable that you can research. Complete the following worksheet.

Fruit & Veggie Exploration Worksheet

Complete the following 5 steps:

1. Name the fruit or vegetable that you are researching:

2. Draw a picture of your fruit or vegetable in the box to the right:



3. What nutrients and vitamins does your fruit or vegetable contain?

4. Have you tried this fruit or vegetable before? If yes, explain.

5. Look up a recipe that includes this fruit or vegetable. Explain what you find below:

6. Draw a picture of the plant that your fruit or vegetable is grown on (if applicable):

