

4-H +Me = Health: What am I?

What will we learn? 4-H members will learn about the amazing variety of fruits and vegetables. They will also learn why fruits and vegetables are healthy choices for their bodies while having fun, and they might even get to try tasting a new fruit or vegetable they've never tried before!

Why is this important? Kids (and even adults!) often eat the same foods over and over just because they get used to eating them and don't think about trying something new. Dietary Guidelines encourage people to eat a variety of fruits and vegetables in order to get all of the nutrients their bodies need to stay healthy.

Prep time needed: 1 hour

Activity length: 5-10 minutes

What will we need?

Preparation:

- Empty shoeboxes or paper bags
- Variety of fruits and vegetables
- Cutting board
- Knife
- Tip: Wal Mart often provides gift cards for community events, which could help cover the cost of this activity. Other supermarkets and grocery stores might be willing to donate some produce for this activity.

At the meeting:

- Small counter or table

What do I need to do?

Preparation:

1. Buy a variety of fruits and vegetables that might not be familiar to your club members. Examples include kohlrabi, radishes, jicama, passion fruit, starfruit, etc.
2. Visit <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html> and/or www.fruitsandveggiesmorematters.org/vegetable-nutrition-database to learn more about each of the fruits and vegetables you selected and what nutrients they can provide our bodies.



3. If you're using shoeboxes, cut a small hole big enough for a hand to fit through into the front or side of the shoebox. Tape or glue the lid of the box shut.
4. Place one fruit or vegetable in each box or bag.
5. Cut up the remaining fruits or vegetables for a taste-testing party.

At the meeting:

1. Club members will reach through the hole in the box or bag and try to guess what fruit or vegetable is inside using just their sense of touch.
2. After everyone has a chance to guess what is inside each box or bag, reveal what the correct answers are.
3. Talk about each fruit or vegetable and what makes each a nutritional powerhouse!
4. Finally, give each student a taste of each fruit or vegetable.

Summary: Trying new fruits and vegetables can be a tasty adventure.

What 4-H projects does this activity connect with: Health and Nutrition

Snack connection: Offer club members samples of the fruits and vegetables used for this activity with a side of fruit or vegetable dip.