



IT'S BETTER IF... THERE IS MORE VARIETY!

FOR YOU: In this paper you will discover the wonderful world of fruit and vegetables and their different colors, tastes and smells! They have a “special power” too... that you will discover reading carefully the following pages! Talk about it with your teacher and classmates: which among the things you learn has impressed you the most? What was the most curious thing?

FOR YOUR FAMILY: wellbeing starts from variety, especially for fruits and vegetables! Let's find out how to taste different flavors, following the seasonality of fruit and vegetables. We wish you a nice read!



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DID YOU KNOW THAT... Fruit and vegetables are very important foods to grow healthy! You become stronger and prevent many diseases by eating a lot of fruit and vegetables. Each color has a different protective effect, so you should eat every day fruit and vegetables of five different colors: white, green, red, yellow-orange and blue-violet.

EACH COLOR HAS ITS QUALITIES: Each color of fruit and vegetables contains useful substances for our body, so you should try to eat every day two or three fruits of different colors, completing the colors you miss with a plate of vegetables at lunch and another one at dinner.

Eating vegetables of different colors will make you look like the brave knights who used to wear an armor during the battles: eating red vegetables will be like wearing a helmet on your head, yellow-orange vegetables will protect your heart just like a breastplate, violet-blue ones will be like shoes which will protect your legs, if you will remember to eat white vegetables it will be like having a huge shield and green vegetables will be your magic sword! You will have a complete protection against every attack only if you eat fruits and vegetables of 5 different colors every day. If you don't have all the colors, eat just the ones you have and remind mum to buy the missing ones!

Here you can find a list of fruit and vegetables divided for color:

- *Yellow and orange:* apricot, peach, carrot, melon, pineapple, orange, mango, grapefruit, mandarin, pumpkin;

- *Red*: tomato, pepper, cherry, strawberry, watermelon, currant, raspberry;
- *Green*: lettuce, scarol, rucola, zucchini, pea, asparagus, basil, avocado, broccoli;
- *White*: onion, garlic, shallot, cauliflower, fennel, white peach, apple, pear, banana, white melon;
- *Violet and blue*: fig, wild berries, aubergine, plum, grape, beet.

Do you know why apple, banana and pear are part of the white group? Because you must to look at the pulp to understand which color is the right one. But remember that the edible peel is rich of useful and important substances, so eat fruits with the peel after washing them with water!

DID YOU KNOW THAT EVERY SEASON HAS ITS FRUITS AND VEGETABLES?

Each plant grows in a different moment of the year: some of them in spring, others in summer, others in fall and others in winter. Do you know why it's so important to eat seasonal vegetables? Because non-seasonal products come from far away (literally the other side of the world!) and they make a long trip to get to us, sometimes by ship or by plane, consuming a lot of fuel that pollutes the environment. Think about how you would feel after a long travel closed into a truck: tired of course, and not really "fresh". That is what happens to fruit and vegetables coming from another continent: they are less fresh and they may have lost some of the useful substances they use to contain.

DO IT WITH YOUR TEACHER!

CAN YOU RECOGNIZE FRUIT AND VEGETABLES BY SMELLING THEM?

Do you have a good nose for fruit and vegetables? Can you recognize them just from the smell? Eating seasonal fruit and vegetables can improve your smell because each one has a different flavor! Eating fruit and vegetables can improve your taste too. Some fruits have an acid taste, other ones a very sweet one, some vegetables are bitter. Can you make a list of the different types of taste? Let's find them together: sweet, salty, acidic and bitter, these are the principal tastes. But if you taste carefully you will find out that each fruit or vegetable contains a union of more tastes: the orange, for example, is a little bit acidic, but could also be very sweet! Talk about it with your teacher and classmates and try to describe the smell of as much fruits and vegetables as possible!

My comments/What I think:

The food memory game

This game is recommended for 6-8 years old children.
From 5 to 30 players.

Objective: Learning the five different color groups of fruits and vegetables.

How to do it:

The teacher assigns a different fruit or vegetable to every child who draws it on a couple of cards. All cards must have the same size (take an A4 sheet of paper and cut it in half). On each half, the child draws the assigned fruit or vegetable. The game could be funnier and more interesting if the teacher chooses less known fruits or vegetables, so that children can learn the names of new foods. After creating all the cards, children mix them up and lay them in rows, face down, on the floor or on the teacher's table. In turns, children turn over any two cards. If the two cards match, the player keeps them. If they do not match, the player must turn them back over. According to the preference of the teacher, children could be divided into different teams.

The aim of the game is to remember what fruit or vegetable was on each card and where it was. The children are invited to watch and remember what is shown during the other player's turn. The game is over when all the cards have been matched. The player with the highest number of cards wins.

The food domino

This game is recommended for 6-8 years old children.
From 5 to 30 players.

Objective: Learning the different colors of fruits and vegetables.

How to do it:

The game is inspired to the classic “domino” game aiming at creating a long snake or a particular shape, using some matching cards. In the traditional domino game, in each card, two numbers are drawn and the players have to match two cards with the same number.

Equal numbers match together (number one matches with number one, number two matches with number two etc...), and the cards can be positioned in every direction.

For the domino food game, children have to create the cards drawing fruits and vegetables instead of numbers. It is important that children know the five colors of fruit and vegetables (white, green, red, yellow-orange and violet-blue), because the cards will match depending on the color group of the food.

The matching criteria could be:

- easy level - match the color of the group (each item pairs with items of the same color group);
- intermediate level - pair fruit with fruit and vegetable with vegetable of the same color (for example, strawberry with watermelon and lettuce with zucchini);

- hard level - join a fruit or a vegetable with the same fruit or vegetable (for example, carrot with carrot).

You could also create some jolly cards, drawing in a half of some cards a circle divided into five slices, one for each color.

Every child must create at least 10 cards. When the game begins, the cards are mixed together and 5 of them are distributed to each participant. The remaining cards have to be stacked and placed at the center of the table. The first card of the stack is turned and placed on the table, and the game begins. In turn, each participant checks if there is a matching card between the five he has. If a card matches, he/she can put it down, attached to the card on the table; if not, the child has to pick a new card and the round passes to the next player.

The first player who finishes the cards, wins the game. In case of stall, the player with the lowest number of cards wins.

Twister with fruits and vegetables

This game is recommended for 6-8 years old children.
From 2 to 4 players.

Objective: Learning the different colors of fruits and vegetables.

How to do it:

This game is inspired on the classic version of the “twister” game, in which participants have to place their hands and feet on a big poster on which some color spots are drawn. During the game, one player stays out of the poster and says to the other players where to put their hands or feet, by spinning a special wheel. The wheel is divided into four slices: one for the right hand, one for the left hand, one for the right foot and one for the left foot. Each slice is then further divided into different colors, the same of the spots on the poster. Thus, if the player who spins the wheel says: “Left hand on blue!”, the players on the poster have to place their left hand on a blue spot.

The food twister follows the same rules, but the wheel will be a little different. It will always be divided into the four slices for each hand and foot, but these slices won't be divided into different colors! In each slice some fruits and vegetables of different colors will be drawn. So, if the player who spins the wheel and says: “Right foot on strawberry!”, the players on the poster will have to put their right foot on a red spot.

It is important for this game that children know the different colors

of fruit and vegetables.

The winner is the last player who loses his/her balance and falls!

Tools:

Children should create the poster for the floor with 5 lines composed of 8 spots of one of the five colors of the fruit and vegetable groups (white, green, red, violet-blue and yellow-orange). They should also create the wheel: remember to divide it into four slices and to draw different fruits and vegetables in each one of them.

DO IT WITH YOUR FAMILY!

The seasonality of fruit and vegetables

Take a large white paper and divide it in four parts making a cross in the center. Write in each of the 4 areas the names of a season and, with mom and dad's help, write the names of all the fruits and vegetables which ripen in that season and then divide them for color, so you will always remember what to eat! If you want, put the poster on the fridge, so your mum or your dad will use it when they will go to the market!

My comments/What I think:

Taste seasonal champions!

Improve your taste and your parents' on! In turn, cover your eyes, taste little pieces of different fruits or vegetables and try to guess which taste they have. Write on a paper the taste and the type of fruit or vegetables and then check if you got it right. Try with products that you don't usually eat at home, it will be fun to discover new tastes!

Repeat the same game every season and think if some foods are tastier in certain months.

In which season do you find your favorite fruits and vegetables?

My comments/What I think:

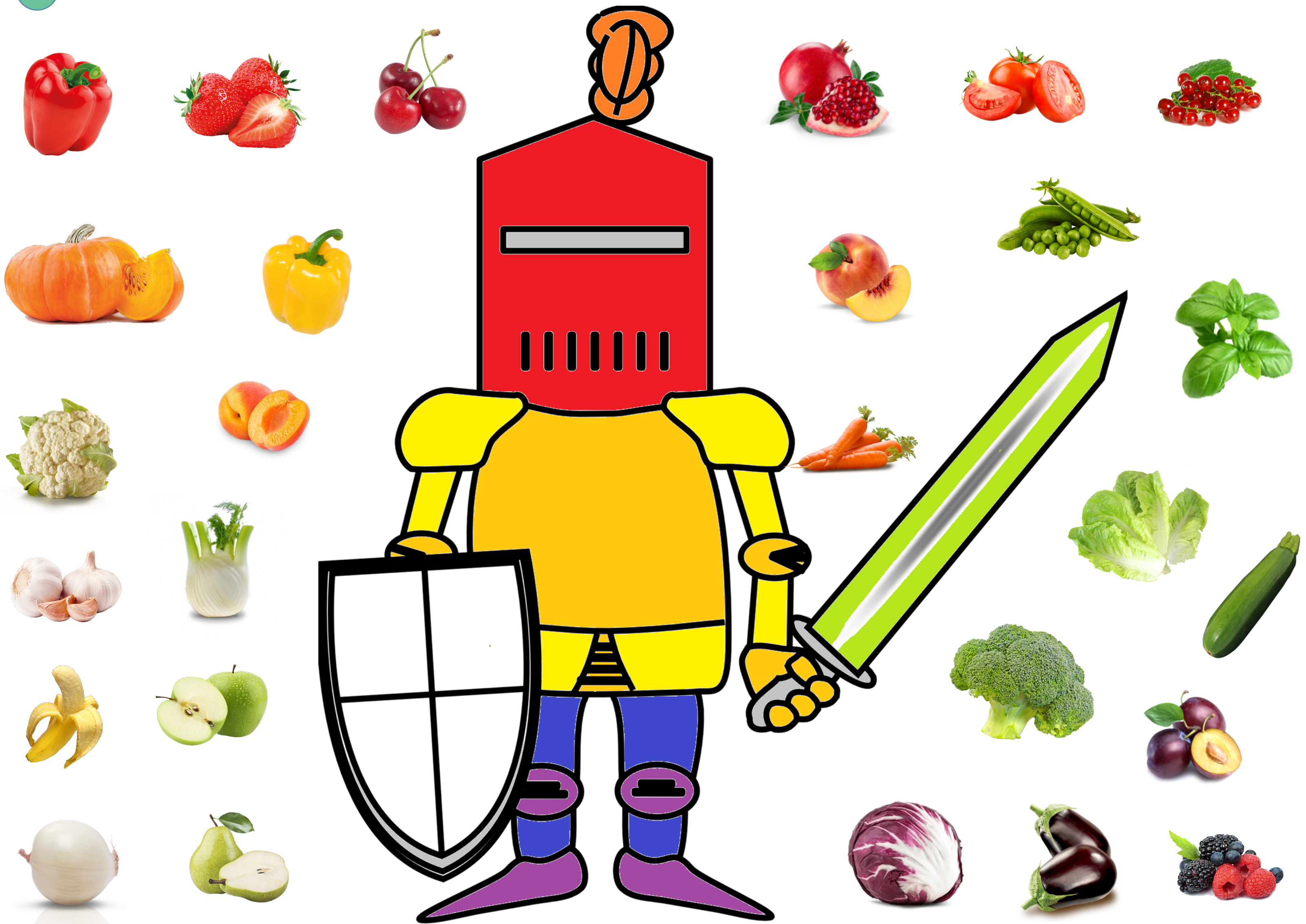
Fruits and vegetables protect you!

The colours of vegetables and fruits reflect the presence of very important components for our health. For this reason you should eat fruits and vegetable of different colours during the day. The protection derived from these foods make you seem like a brave knight with an armour able to protect you during a battle.

- Eating red fruits and vegetables will be like you wear an helmet on your head
- Yellow-orange fruits and vegetables are like a shell on your heart
- Blue-purple fruits and vegetables will be like unbreakable footwear able to protect your legs
- If you remember to eat white fruits and vegetables, it will be like you have a big shield
- Green fruits and vegetables will be your magic sword!

Only if you eat 5 portions of fruits and vegetables you will have a complete protection against every attack!

Sometimes it could be difficult to have all this colours available at home. In that case you should eat the colours you have and try to eat the remaining colours in another occasion.



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Fruits and vegetables protect you!

Each fruit and vegetable is valuable because of vitamins, minerals and the fiber it contains. Provitamin A, vitamin C and the vitamins of the B group are the most represented. On the other hand, the main minerals are potassium, magnesium, calcium, phosphorous, iron, copper, and zinc. The fiber plays an important role making you feel satiated and satisfied. Fruit peels are particularly rich of it. The different colours of fruits and vegetables are due to particular components referred as “phytonutrients” and, in some cases, to certain vitamins:

Red fruits and vegetables are rich of vitamin C able to reinforce your immune defence. These foods also protect your heart and your urinary tract.



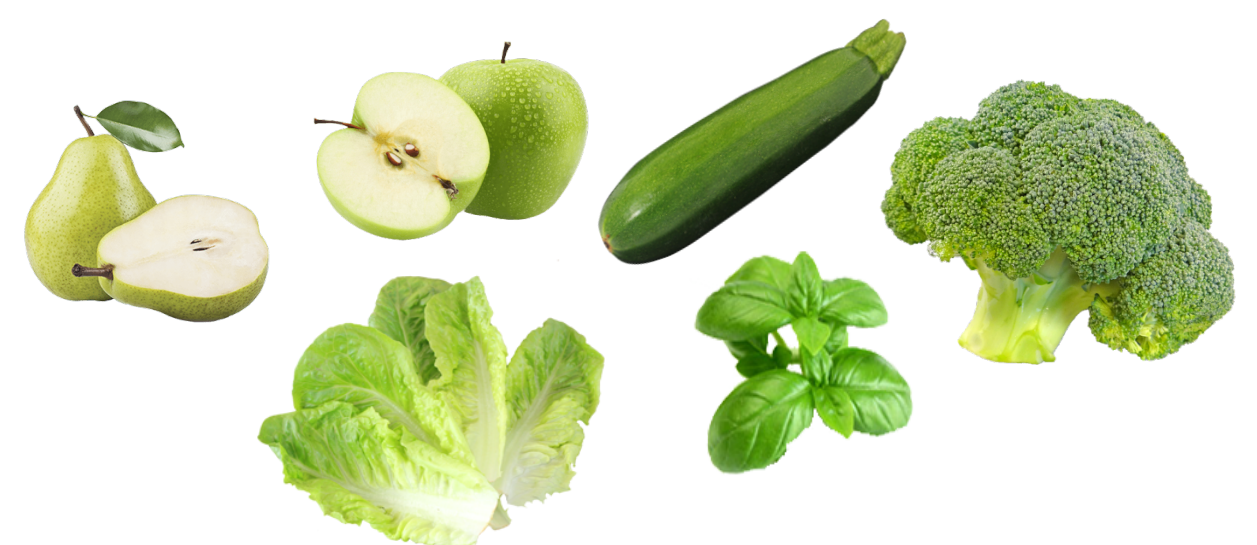
Yellow-orange colour is due to the presence of β -carotene (a precursor of vitamin A), important for your eye health, your growth and development. Yellow-orange fruits and vegetables reinforce your immune defence.



Blue-purple fruits and vegetables are good for your arteries and heart, brain, and bones.



Green fruits and vegetables help wound healing and contribute to reinforce your teeth and bones.



White fruits and vegetables contribute to healthy bones and arterial functions



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The seasonality of fruits and vegetables

Fruits and vegetables can be distinguished not only for their colours but also for their seasonality. Below here you can find a representation in which each food corresponds to a rainbow colour. Look well, some of them can be found in more than one season and fruits and vegetables are not the only represented !

