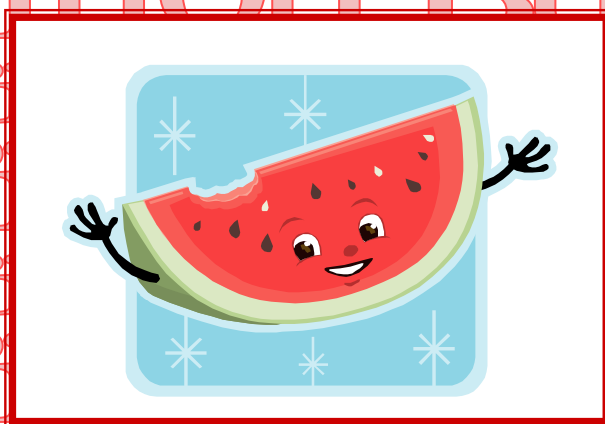


Food Group: Fruits  
Lesson 3



Activity: Scavenger Hunt

### 1) Materials:

- Scavenger hunt cards – 1 set for each group

### 3) Activity:

The children play the scavenger hunt game making sure each child gets to both hide the cards and search for the cards

Depending on time limits have the children hide more or less cards to fill the time you have for the activity

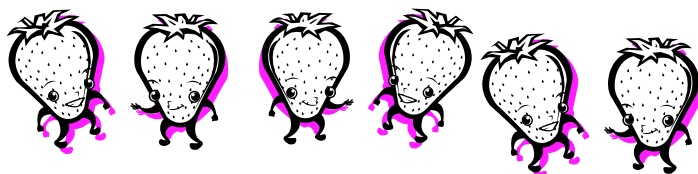
### 2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children they will play a fruit scavenger hunt game
- Put the children in groups from 2-4 children/group
- Explain the details of the game
  - When the groups receive their cards, half of the members go into the hallway or close their eyes while the other half of each group hides the cards with the pictures of fruit around the room
  - Once the cards are hidden, the first half of the groups search for the picture cards using the name cards as 'clues'
  - When the cards have been matched up the groups switch roles and play again
- Pass out the cards to each group

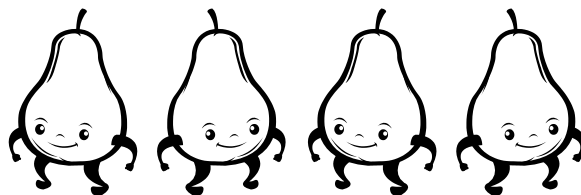
### 4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

STRAWBERRIES



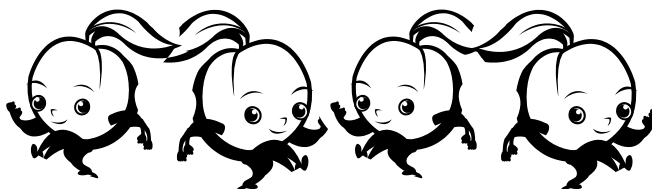
PEARS



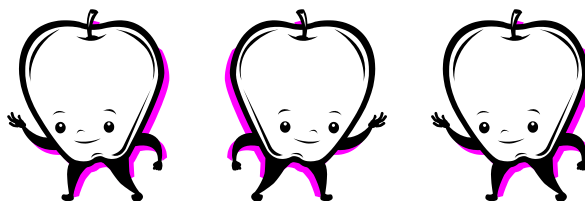
WATERMELON



PEACHES



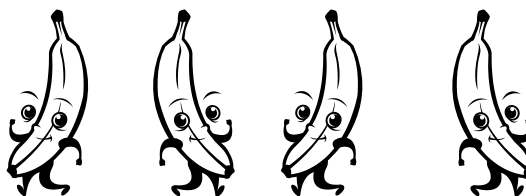
APPLES



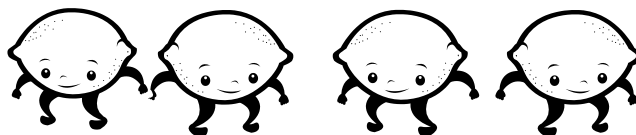
GRAPES

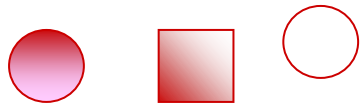


BANANAS

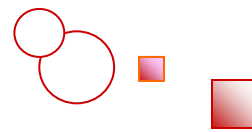


LEMONS & LIMES





# Evaluation & Report Form



Capsule 6  
Fruits

**Chapter:** \_\_\_\_\_ **Report Filled Out By:** \_\_\_\_\_

**Type of site:** \_\_\_\_\_

**Target Group:** (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

\_\_\_\_\_ Entire School                      \_\_\_\_\_ Church group  
\_\_\_\_\_ Specific grade level (what grade)    \_\_\_\_\_ Community partner \_\_\_\_\_  
\_\_\_\_\_ After school group                      \_\_\_\_\_ One on One Mentorship  
\_\_\_\_\_ Other: \_\_\_\_\_

**Audience:**

**New Nutrition Buddies**

*(If unknown include all Buddies as new)*

Number in age group

Birth to 5 \_\_\_\_\_ 6 to 10 \_\_\_\_\_

11 to 14 \_\_\_\_\_ 15 to 18 \_\_\_\_\_ **Totals=** \_\_\_\_\_

**Returning Nutrition Buddies**

*(If unknown include all Buddies as new)*

Number in Age Group

Birth to 5 \_\_\_\_\_ 6 to 10 \_\_\_\_\_

11 to 14 \_\_\_\_\_ 15 to 18 \_\_\_\_\_ **Totals=** \_\_\_\_\_

\_\_\_\_\_ Total number of youth that participated  
\_\_\_\_\_ Percentage of youth who receive reduced or free lunches (must be at least 50%)  
\_\_\_\_\_ Family Audience Taught (if applicable)

**Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule** (Ex. They listed 4 foods in the group at the beginning but learned 6 more foods while completing the worksheet)

**Based on your observations rank the child(ren)'s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session.**                      0-little to no knowledge – 10-know it all!

Beginning \_\_\_\_\_

Comments:

Completion \_\_\_\_\_

Comments:

**List any comments you have on this capsule and/or ways it could be improved:**