CHILD and Adult Care Food Program

Texas Department of Agriculture

Commissioner Sid Miller
Pimiento Verde

Green Pepper
CHILD and Adult Care Food Program

Texas Department of Agriculture
Tomato
Apio

Celery
CHILD and Adult Care Food Program

TEXAS DEPARTMENT OF AGRICULTURE
Corn
Pepino

Cucumber
Zanahoria

Carrot
CHILD and Adult Care Food Program

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TEXAS DEPARTMENT OF AGRICULTURE
Broccoli
CHILD and Adult Care Food Program

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Fresa

Strawberry
CHILD and Adult Care Food Program

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Plátano

Banana
CHILD and Adult Care Food Program

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Orange

Naranja
Manzana

Apple
Peach
CHILD and Adult Care Food Program

Texas Department of Agriculture
Pimiento Verde

Green Pepper
Tomato
Apio

Celery
CHILD and Adult Care Food Program

Texas Department of Agriculture
Maíz

Corn
Pepino

Cucumber
CHILD and Adult Care Food Program

Texas Department of Agriculture
Carrot
CHILD and Adult Care Food Program

Texas Department of Agriculture
Espárragos

Asparagus
Brócoli

Broccoli
CHILD and Adult Care Food Program

Texas Department of Agriculture
Lettuce

Lechuga
Plátano

Banana
Pera

Pear
CHILD and Adult Care Food Program

Texas Department of Agriculture
Orange

Naranja
CHILD and Adult Care Food Program

Texas Department of Agriculture
Manzana

Apple
CHILD and Adult Care Food Program

Texas Department of Agriculture
Peach
Healthy Hunting Food Cards
By Diane Craft & Craig Smith

GOAL: Children learn names of healthy fruits and vegetables while engaged in active play. The game reinforces serving fruits and vegetables to meet requirements of the Child and Adult Care Food Program meal patterns.

THE ADVENTURES OF ZOBHEY IN PREVENTING CHILDHOOD OBESITY DVD teaches this game in the “Fitness Activities” segment. The game is videotaped and can be viewed to see children actually playing the game at a day care home and center. Instructions are also given on the DVD on how to make and play the game.
INSTRUCTIONS:

1. Show children fruit and vegetable cards.

2. Talk about the foods: names; colors; growing; healthy aspects; good taste.

3. Let the children select or give each child a card from the first set.

4. Place all the second set of the matching cards at the opposite side of the room or yard.

5. Ask the children to do one of the following: jump, hop, gallop, slide or tip-toe across the room or yard to the pile of cards, find the card that looks exactly like the one they have and bring the pair back to you.

6. Allow the child to select another card to match and continue playing the game. Ask the child to name the fruit or vegetable on the card before he moves to find its match.
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