

The Fruity Tooty Riddle Game

3+

Science skills

Children practice social development and observation.

Materials

A tray with an apple, banana, lemon, orange, tomato, plum, kiwi, peach, grape, watermelon

What to do

1. First introduce the children to the fruits on the tray. Discuss why fruits are good for our bodies.
2. Now tell them that they are going to play the Fruity-Tooty Riddle Game.
3. Tell each child a riddle from the list that follows.
4. If a child tries to guess the answer and has trouble, other friends can help.
5. After a child has given the correct answer, he may select and eat the fruit that corresponds to the riddle.
6. Follow up the riddle game with a tasting party.

Riddles

1. *I am green on the outside, pinkish red on the inside and usually have black seeds. (Watermelon)*
2. *You can eat me as a fruit or squeeze me for juice. I have lots of vitamin C, and I am an orange color. (Orange)*
3. *I am round and red and I grow on a vine. Some people think I am a vegetable but I'm really a fruit. (Tomato)*
4. *I can be red or yellow or green. I grow on a tree, and I have a star inside. (Apple)*
5. *I am very sour inside and I can make your mouth pucker. (Lemon)*
6. *I am hidden inside a yellow skin. Monkeys as well as children like to eat me. (Banana)*
7. *I am brown on the outside and green within. I have the same name as a bird. (Kiwi)*
8. *I am purple on the outside. I am purple on the inside, and my name starts with a P. (Plum)*
9. *I grow on a tree, and my skin is very soft and fuzzy. I am a pinkish color, and I'm very sweet. I usually grow in the summer. (Peach)*
10. *Sometimes I'm green and sometimes I'm purple. If I am dried in the sun, I become a raisin. (Grape)*

Related recording

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Diann Spalding, Santa Rosa, CA

3+

The Veggie Game

Science skills

Children practice observation and work on their social development.

Materials

A tray with these vegetables on it: carrot, onion, celery, broccoli, potato, Brussels sprout, green pepper, head of lettuce, zucchini

What to do

1. Introduce the children to the vegetables on the tray.
2. Discuss why vegetables are good for our bodies.
3. Announce that you are going to play the Veggie Riddle Game.
4. Tell each child a riddle from the list that follows. Each tries to guess to which vegetable the riddle is referring. (If a child has trouble, then other friends in the circle may join in and help.)
5. After a child has given the correct answer, he may select and eat the vegetable from the tray that corresponds to the riddle.
6. Cut up the remaining vegetables, make a dip and have a tasting party to review.

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Riddles

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1. *I am long and orange and you can eat me raw or cooked. (Carrot)*
2. *I can be yellow, red, white or green. Sometimes I can be very hot. People often eat me on their hamburgers. (Onion)*
3. *I am crunchy and green. I often have little strings on me. Sometimes children enjoy eating me with peanut butter. (Celery)*
4. *I look like a group of little trees with stems and green leaves. I am very good for you. (Broccoli)*
5. *You can cook me many different ways; I can be mashed or fried or baked. I can be red, white, brown or even purple, and I have little eyes on my skin. (Potato)*
6. *I look like a green cabbage and I'm full of Vitamin C, but I am very cute and small. (Brussels sprout)*
7. *I am sometimes green, sometimes red and sometimes yellow. But I almost always have a bell shape. (Pepper)*
8. *I am long and green. Inside I am a whitish color. Some cooks use me in breads or cakes and as a vegetable for dinner. (Zucchini)*
9. *I am green and round. People use my leaves for salads or for sandwiches. (Lettuce)*

More to do

More science: Place vegetables in a bag. Have each child pick one vegetable out and tell what it is.