

# Wheel of Fortune

## Eat a Rainbow Game

### *Teacher Instructions*

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#### Nutrition Background

The pigments that give fruits and vegetables their vibrant colors are powerful, disease-fighting antioxidants and phytochemicals. Antioxidants fight cancer by destroying free radicals (oxidation) from natural/environmental factors (smoking, pollution, etc). Phytochemicals are natural compounds in plant foods that have biological activity in the body (they are not essential, but they are protective). They can act as antioxidants and fight cancer or act like hormones and fight other diseases (cardiovascular disease, diabetes, dementia, stroke) by ‘talking’ to our cells/tissues.

#### Game

The colored flags that you see on this slide are color families. Most fruits and vegetables fit into one of these eight families. Families tend to share the same nutrients (vitamins and minerals), as well as the same antioxidants and phytochemicals. The roles that these substances play in the body are listed on the right.

We are going to play a “Wheel of Fortune”-type game. I am going to describe a fruit or a vegetable in each color family by giving you three clues. Your job is to identify the fruit or vegetable based on the clues. Each correct answer corresponds to a letter in the phrase at the bottom of the screen (you will see the letter appear after each question is answered). The letters will spell out an important nutrition message!

(Teacher Note: This is an interactive PowerPoint presentation. Simply go to the next slide to see a picture of the fruit / vegetable and the letter appear. These clues were designed for children in elementary school. You can change the clues based on your audience).

Ready?

1. I am a large fruit. I grow on a ground vine. I am red inside with a green rind.  
(answer: watermelon in red family)
2. I grow in many backyard gardens. I am found in many salads. I am a fruit, but people eat me like a vegetable. (answer: tomato in red family)
3. I am a type of winter squash. I am named for my shape - similar to the nut of an oak tree. My rind is usually dark green, but I am orange on the inside.  
(answer: acorn squash in deep orange family)
4. I am a stone fruit. I can have white or yellow flesh. I grow on trees in New Jersey.  
(answer: nectarine in light orange family)  
(note: most kids say peach – say it is a cousin with smooth (not fuzzy) skin)

5. I am one of the most commonly consumed and widely grown fruit in the world. There are about 7,500 different varieties of me. I can be red, yellow, green or an orangy combination of these colors. (answer: apple in light orange family)
6. I am a spring vegetable. I can be green or white. I am a stem vegetable.  
(answer: asparagus in deep green family)

7. I am an herb. You eat my flat leaves. I am used to flavor soups, stews, and salads.  
(answer: Italian parsley in deep green family)
8. I am the flower of the plant. People eat my florets. I look like a tiny tree.  
(answer: broccoli in green family)
9. I am a cousin of garlic. I grow as a bulb that may be white, red or yellow. My skin is papery.  
(answer: onion in light green family)
10. I am a purple vegetable. I am long in shape. My name is silly because eggs are not plants!  
(answer: eggplant in bluish-purple family)
11. I grow in clusters on a vine. I am used to make dried fruit. I am small and round.  
(answer: red grapes in reddish-purple family)  
(note: most kids say grapes – red grapes are specified to fill in the 'R')

**What is the important nutrition message? EAT A RAINBOW!**