

Wheel of Fortune Nutrition Game

*A lesson from the New Jersey Agricultural Society
Learning Through Gardening program*

OVERVIEW: This fun, interactive power point game uses elements from the television show *Wheel of Fortune* to teach students the health benefits of eating a variety of different-colored fruits and vegetables. Students use clues about fruits and vegetables to solve the game's message - eat a rainbow!



GRADES: PreK-5

OBJECTIVES:

- Identify the names and colors of different fruits and vegetables.
- Explain some of the health benefits of eating a variety of different-colored fruits and vegetables.

MATERIALS

New Jersey Agricultural Society power point presentation *Wheel of Fortune Nutrition Game* available to download from the *Learning Through Gardening Teacher Tool Box*:
<http://www.njagsociety.org/teaching-health-and-nutrition-in-the-garden.html>.

NUTRITION INFORMATION

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 and tissues.

PROCEDURE

Ask students if they have ever seen the television game show *Wheel of Fortune*. Ask a student who has seen the show to explain the concept: contestants must guess a whole phrase from a few letters.

Tells students they are going to play a “*Wheel of Fortune*”-type game. Tell students, “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's Note: The colored flags that you see on the first slide are color families. Most fruits and vegetables fit into one of these eight families. Fruits and vegetables in the same color family 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.

This is an interactive power point presentation. Follow the game script below. When students answer the first question correctly, simply go to the next slide to see a picture of the correctly guessed fruit or vegetable appear. The corresponding first letter of this fruit or vegetable will also appear in the mystery phrase below. If students have difficulty guessing the fruit or vegetable from the clues given, provide additional clues.

To play the game, read this game script:

1. I am a large fruit. I grow on a vine on the ground. 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, which is 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 fruit with a stone inside. I can have white or yellow flesh. I grow on trees in New Jersey. *Answer: nectarine in light orange family*
(Note: most children guess peach – say it is a cousin of the peach with smooth, not fuzzy, skin)
5. I am one of the most commonly eaten and widely grown fruit in the world. There are about 7,500 different varieties of me. I can be red, yellow, green or an orange-like 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 long, purple vegetable. 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 children guess grapes – red grapes are specified to fill in the ‘R’)

What is the important nutrition message? EAT A RAINBOW!

New Jersey Learning Standards

Health: PreK: 2.1.P.B.1,2 K-2: 2.1.2.B 3-4: 2.1.2.B.1,2 5: 2.1.4.B.1,2

Science: 5:LS1.C

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