



**MEDIA
RESOURCE
DEPARTMENT**

HEALTH ACTIVITY BOOKLET

FRUITS

See if you can find the names of these fruits in the box below.

Banana

Apple

Orange

Kiwi

Grapes

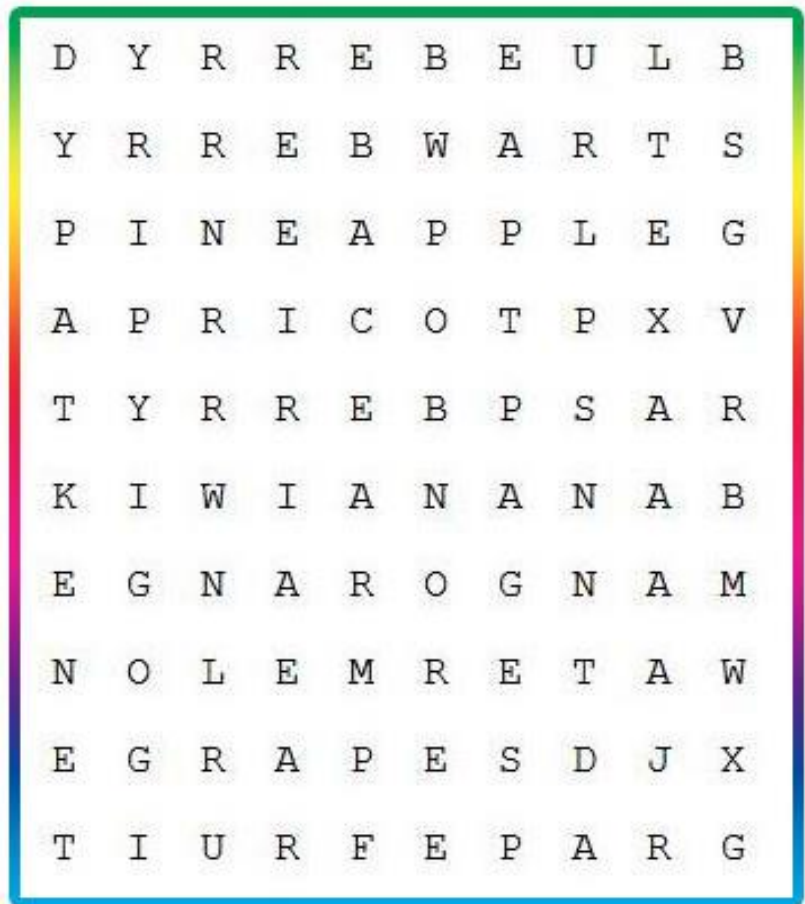
Watermelon

Pineapple

Strawberry

Mango

Apricot



UNSCRAMBLE THESE WORDS

Vegetables

- trosac
- taomot
- cbgebae
- ecltute
- cocliobr
- umcrbceu

Fruits

- rgapeuirtf
- ryrehc
- ngoam
- niplepeap
- yapapa.....
- dmartian

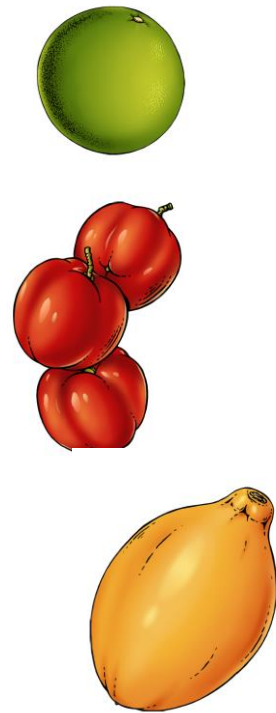
Grains

- lbayre.....
- thaew.....
- tsoa.....
- ronc.....
- iecr.....
- aspta*.....

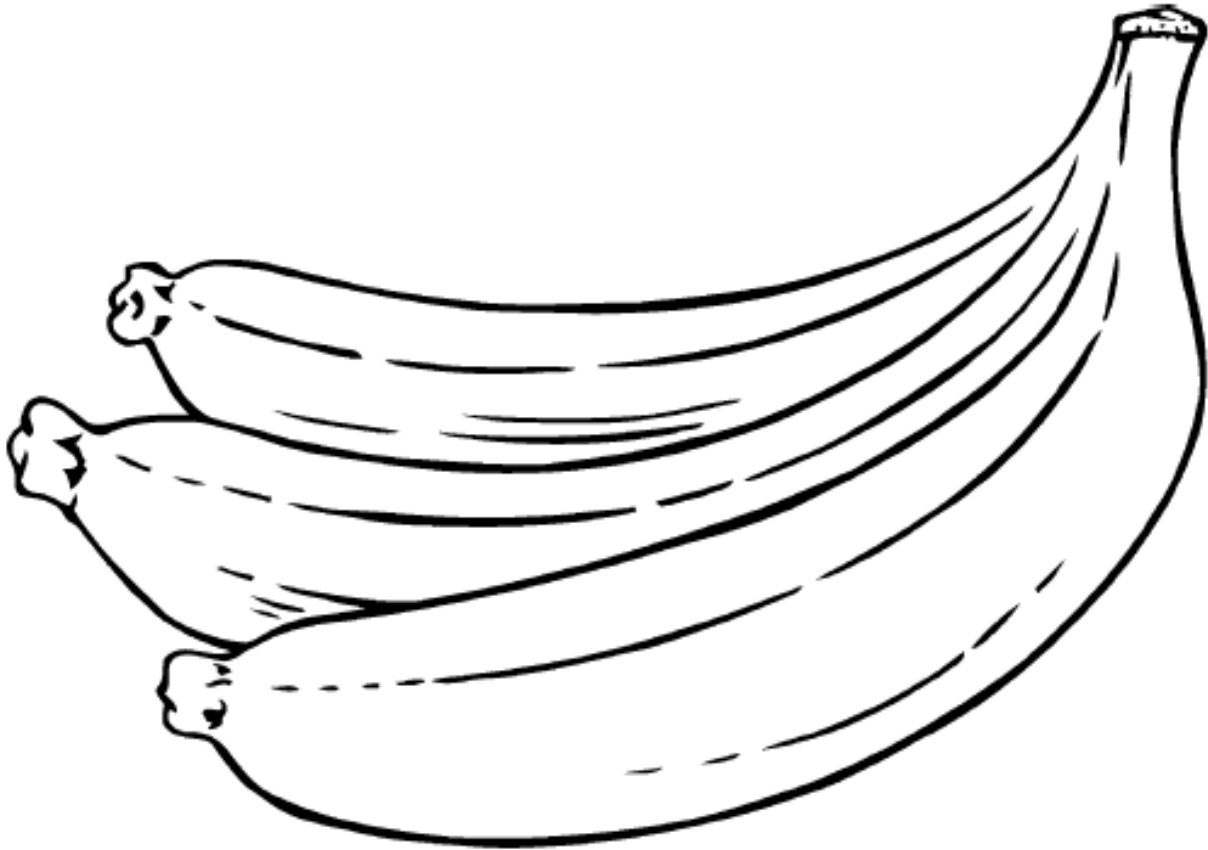
Dairy

- eshece.....
- ogytru.....
- ilmk.....
- utrebt.....

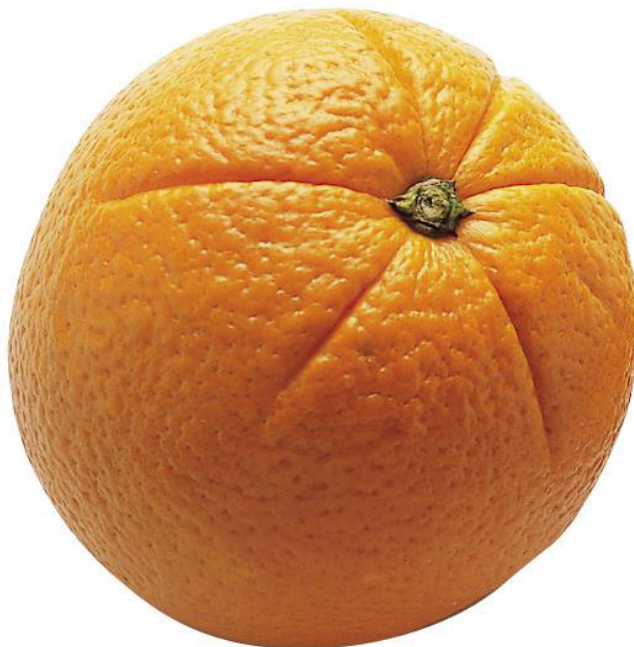
*made from a type of grain



COLOUR THIS PAGE



Banana



orange

Answer these three questions
about oranges.

What shape is an orange?.....

What colour is an orange?.....

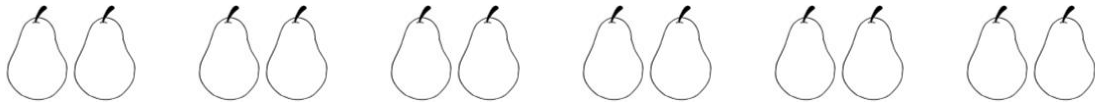
Which vitamin is found in an orange?.....

COMPLETE THE FOLLOWING

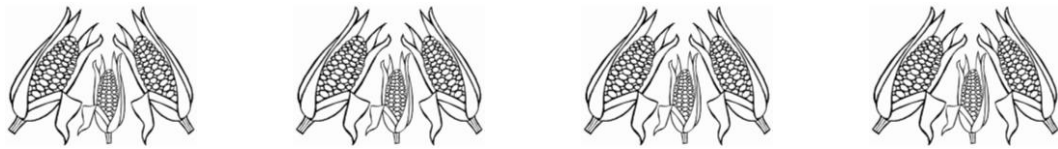


Example: 4 sets of 2 apples = $4 \times 2 = 8$

Now you try.



..... sets of pears = X =



..... sets of ears of corn = x =



..... sets of berries = x =



..... sets of beans = x =

JOKES

Q : Do you know the father of bad jokes?

A: Popcorn

Q: Why did the corn stalk get mad at the farmer?

A: He kept pulling its ears

Q: When is an apple a grouch?

A: When it is a crab apple.

Q: What room can be eaten?

A: A mushroom.

Q: What do you call an apple that plays the trumpet?

A: A tooty fruity.

Q: What did the apple skin say to the apple?

A: I've got you covered.

Q: Which vegetable plays sports?

A: Squash.



KNOW YOUR VEGETABLES



List three things you know about
okras.

.....

.....

.....



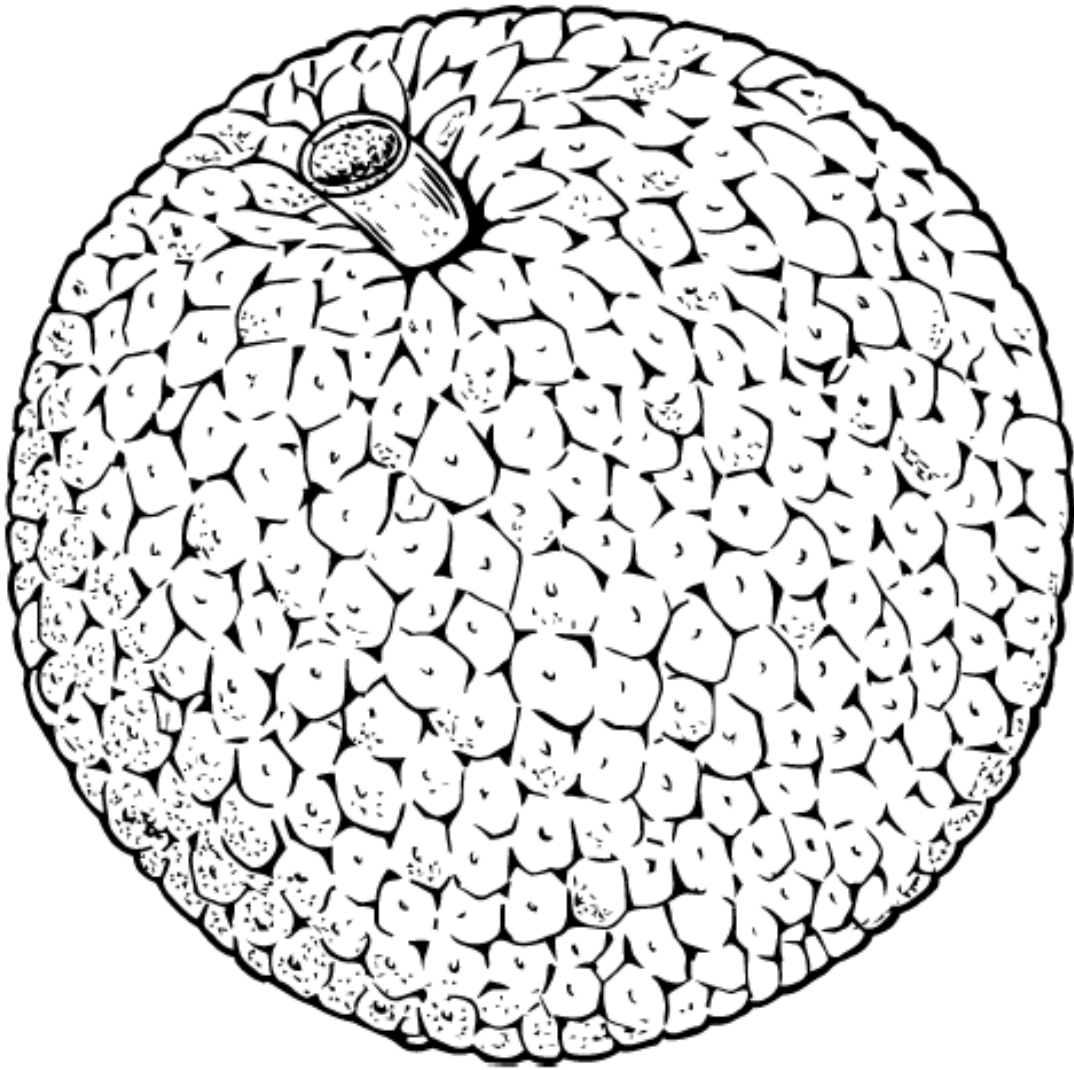
SOLVE THE RIDDLES

1. I am a beautiful red colour with a green top. I taste great in smoothies, on cereal, and all by myself. I am sweet and am shaped like a heart. What am I?
.....
2. I am a tropical fruit. I am many different colours on the outside. To say my name, say the opposite of "WOMAN" and then say the opposite of "STOP." What am I?.....
3. I am a melon that is orange on the inside with lots of seeds. I smell very sweet. My vitamin A helps to give you strong bones. What am I?.....
4. Many people think that I am a vegetable, but I am actually a fruit. People like to use me to make spaghetti sauce and pizza sauce. What am I?.....
5. I look like a fuzzy little oval-shaped ball on the outside and when you cut me in half, you can eat my green insides with a spoon. What am I?
6. I am a fruit that comes in many colours and many names. I grow on trees and I am also a tasty juice. Sometimes you find half of a worm inside of me. What am I?.....
7. I am a round fruit with a peel. I am also a colour. I have a lot of vitamin C for your body, and you can also drink me anytime. What am I?
8. I am a fruit that grows on a tree, and come in many different colours. My name rhymes with "CHAIR" and you might need to stand on a chair to pick me! What am I?.....
9. I am a small fruit that comes in a variety of colours, like purple, blue, red, yellow and green. I have a hard pit inside of me. I rhyme with "HUM". What am I?.....
10. I come in different colours, like green and red. Before I became raisins, I was a bunch of these. What am I?.....
11. I am a tropical fruit that is soft and bright orange on the inside. I taste very sweet. My name rhymes with "MAYA." What am I?.....
12. I am a fruit that is very spiky on the outside and yellow, soft and juicy on the inside. I have "APPLE" in my name, but I am not an apple! What am I?.....

13. I am a yellow fruit with three of the letter "A" in my name. I have a lot of potassium to help your muscles work better. I am tough on the outside and soft on the inside. What am I?.....
14. I'm a vegetable that is good for your eyesight. I grow under the ground and have a green top. What am I?.....
15. I come in long, crunchy pieces and I taste good with peanut butter. I have a lot of fiber and I am green. What am I?.....
16. I am a crunchy vegetable, with a lot of vitamin C and fiber. Some kids think that I look like a little green tree! What am I?.....



COLOUR THIS PAGE



Breadfruit

VEGETABLE WORD SEARCH



ASPARAGUS

BEANS

BROCCOLI

CABBAGE

CARROTS

CAULIFLOWER

CELERY

CORN

CUCUMBER

LETTUCE

PEAS

PEPPER

POTATO

RADISH

SPINACH

SQUASH

TURNIPS

VEGATABLES

ZUCCHINI

WHAT'S ON TODAY'S MENU? WRITE IT ON THE MENU BOARD.

ecir dna saep neerg
ecir elbategev
niemwohc elbategev
uoc uoc tiurfdaerb

yvarg hsiftlas

wets feeb

krop dekab

hsif drows dellirg

nekcihc elppaenip

dalas tiurf

tebros tiurfeparg

ekahsklim ananab

MENU





cassava

List three healthy meals
prepared with cassava.

.....

.....

.....

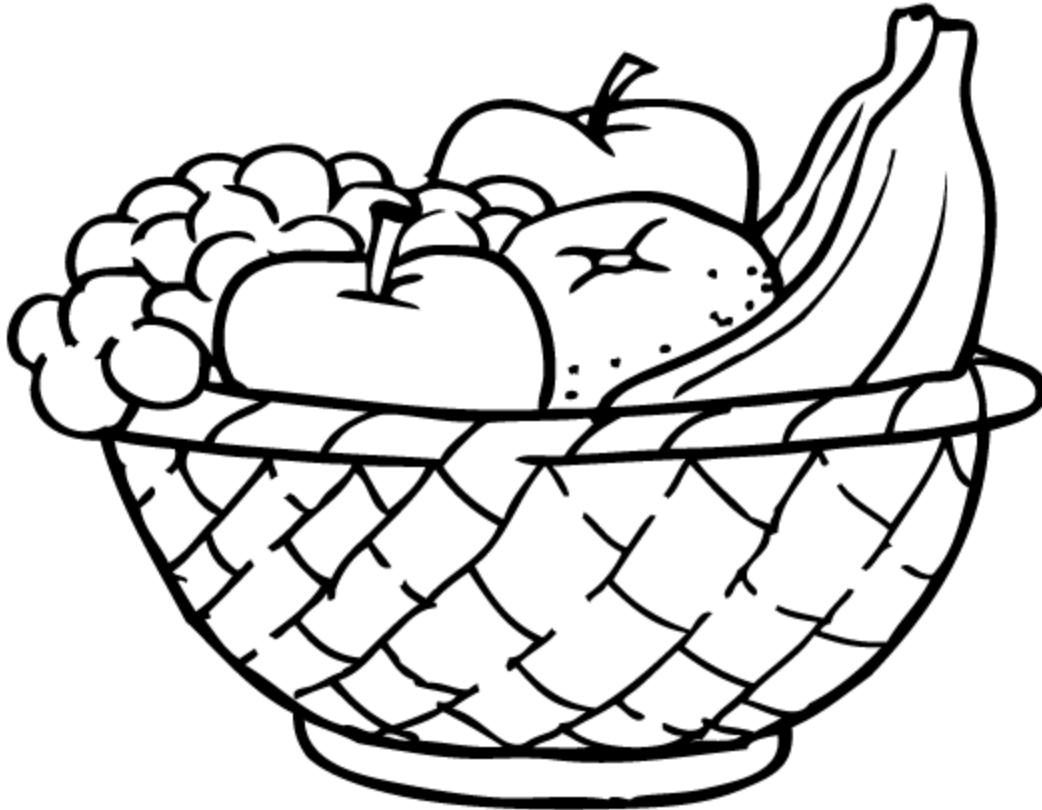
WRITE THE TWO SMALLER WORDS THAT MAKE UP THE BIGGER WORD

pineapple
cornflakes
strawberry
grapefruit
blueberry
football
popcorn
breadfruit
pancakes
cornmeal
oatmeal
eggplant
watermelon
breakfast
netball
hopscotch

SHOPPING AT THE SUPERMARKET

Price list

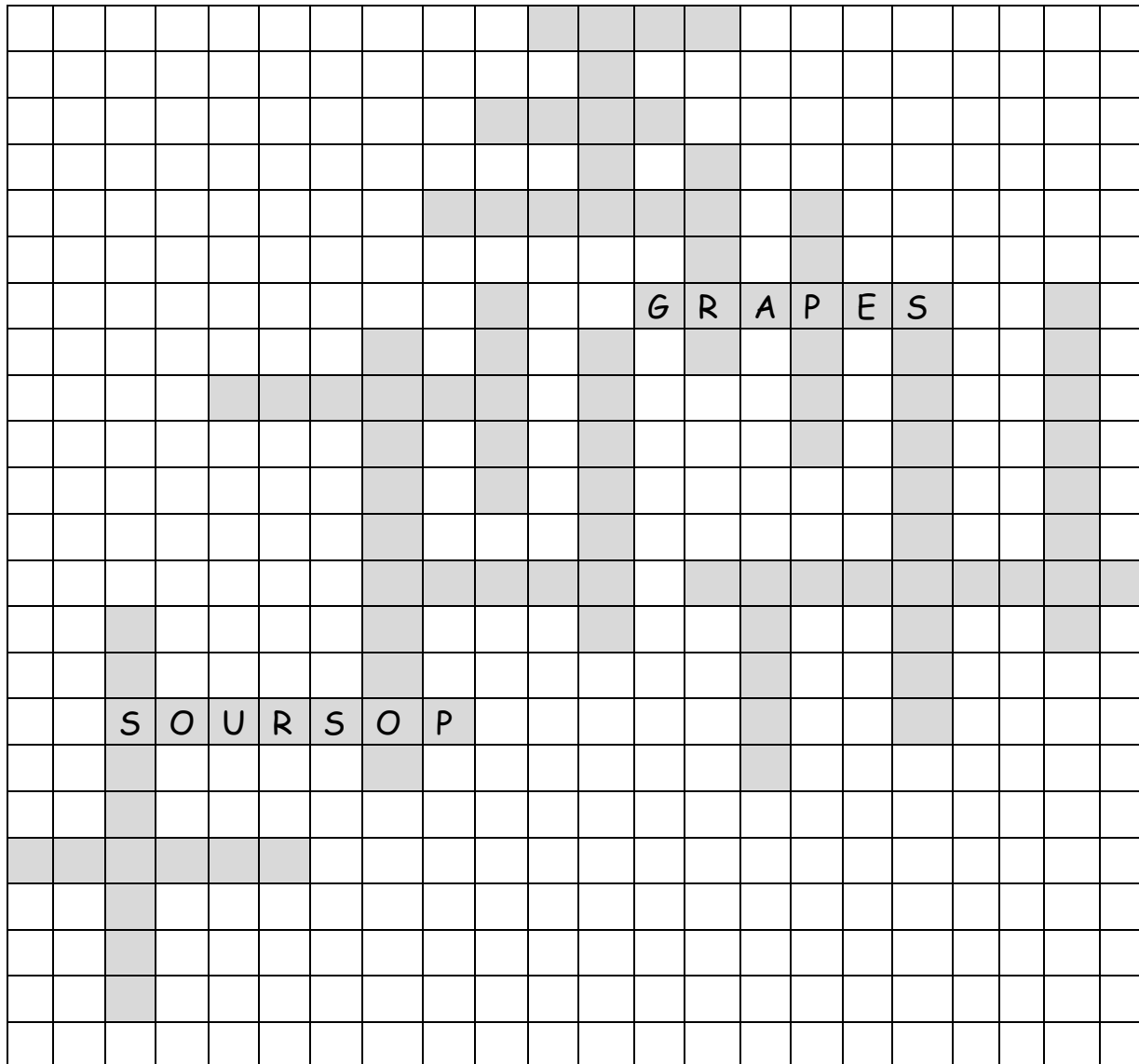
1 orange = 95 cents 1 banana = 60 cents 1 apple = 55 cents
A bunch of grapes = \$ 3.70



1. What is the cost of 2 apples and a banana?
2. What is the cost of a bunch of grapes and a dozen oranges?
3. What is the cost of 4 bananas, 5 oranges and an apple?
4. What is the cost of this bowl of fruit?
5. How much change would I get back if I bought the fruits in this fruit bowl with \$10.00?

USE THE CLUES TO HELP FIND THE PLACES FOR THE OTHER FRUITS

- | | |
|---|--------------------------------------|
| (4)lime, plum | (5)mango, apple, lemon, peach, pears |
| (6)banana, cherry, grapes, orange, papaya | (7) soursop, apricot |
| (8)tamarind | (9)raspberry, tangerine |
| (10)strawberry, watermelon | |



START TIME: __:____

END TIME: __:____

SOLVE THE FOLLOWING PROBLEMS

- 1 Divide 56 okras into 7 bags. How many would there be in each bag?.....
- 2 Mother picked 97 cucumbers. If she picked 55 more and hour later how many did she pick that day?
- 3 A farmer picked 40 strawberries and 10% of them were bad. How many were bad?
- 4 Tre and Kemar together picked 200 carrots. They want to divide the carrots into 2 so that each person getscarrots.
- 5 Multiply 600 pineapples by 3. How many would you have?
- 6 Tina, Deidre and Linda went out and picked 600 mangoes each. How many did they pick altogether?
- How many would they be if they divided the mangoes into 2 groups?
.....
- 7 15% of my fruits are strawberries, 25% of my fruits are apples and 28% of my fruits are grapes. The remaining percent are plums. What % of my fruits are plums?
- 8 My school has a garden. In it there are two types of vegetables- carrots and lettuce. 75% of my vegetables are carrots. What % are lettuce?
.....
- 9 Of 70 pineapples, 61% are bad. What % of the pineapples are good?.....
- 10 Two fifths of the 95 cherries I picked were green. How many cherries were green?
- 11 Divide 243 apples by 3. What would you get?
- 12 In a class of 44 children, 7 children like mangoes, 16 like grapes and 11 like pineapples. The remainder of the children like bananas. How many children in the class like bananas?



DETECTIVE CORNER

How many smaller words can you make from the word *carbohydrates*?
Words must be three letters or more.

THREE LETTERS	FOUR LETTERS	FIVE LETTERS	SIX OR MORE



potatoes

List three healthy meals
prepared with potatoes.

.....





.....

.....

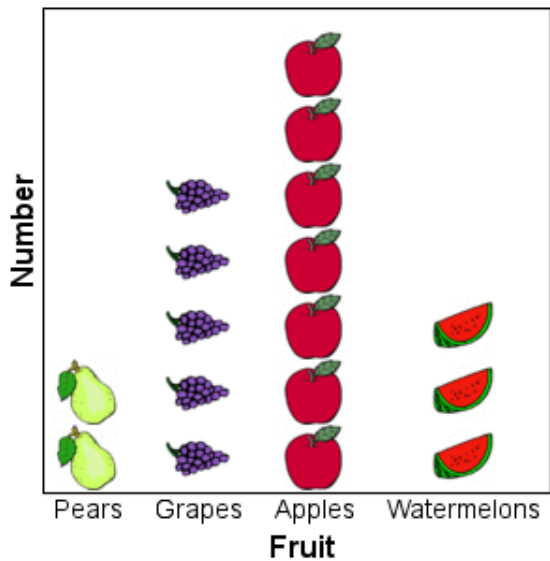


USE THE FOLLOWING PICTOGRAPHS TO ANSWER THE QUESTIONS.

Favorite Vegetable

Vegetable	Number
 Turnip	6
 Peas	7
 Potato	4
 Broccoli	2

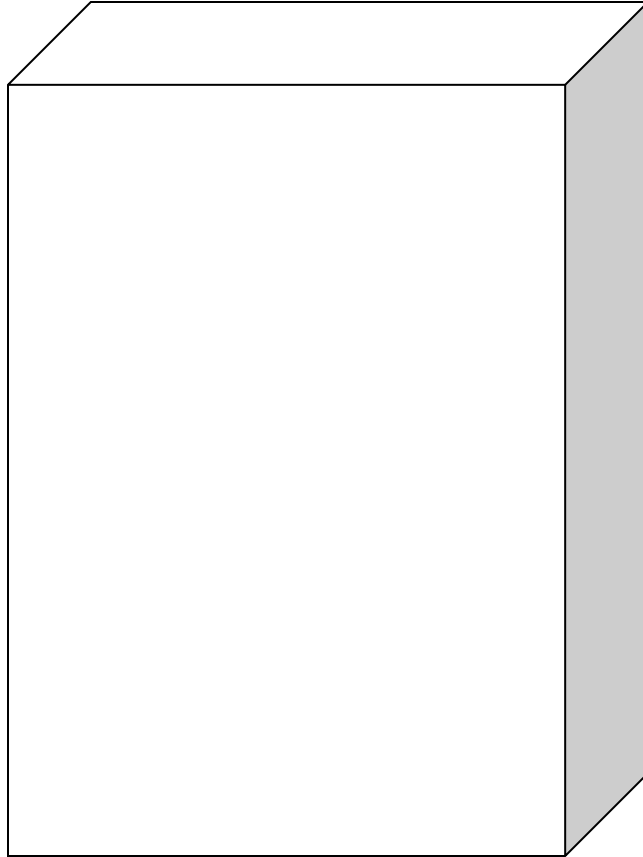
1. How many people chose broccoli as their favourite vegetable ?
2. How many people chose neither potato nor turnip?
3. If 5 more people chose peas, how many people would have chosen peas?
4. How many less people chose potato than turnips?



5. How many people did not choose watermelon as their favourite fruit?.....
6. What was the most liked fruit?
7. Which two fruits had a total of 7 people that liked them?
8. How many people participated in the survey?

DESIGN THE CEREAL BOX

Here is a cereal box...Design your box and give the cereal a name.



Write the names of some cereals you know.

.....

.....

.....

.....

.....

.....

.....

.....

..... is my favourite cereal.

KNOW YOUR VEGETABLES



corn

List three healthy meals prepared with corn.

.....

.....

.....

CIRCLE THE ODD ONE AND SAY WHY IT IS THE ODD ONE.

broccoli sardines turkey pork

.....

watermelon mango cherry cabbage

.....

peanuts rice wheat corn

.....

milk yogurt potatoes cheese

.....

lemon grapefruit tamarind orange

.....

cabbage spinach lettuce celery

.....

chicken tuna turkey beef

.....



sweet potato

List three healthy meals prepared with sweet potatoes.

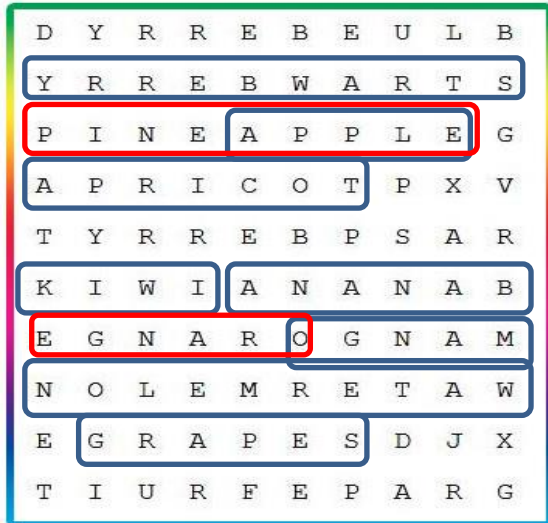
.....

.....

.....

ANSWER PAGES

WORD SEARCH (pg.1)



UNSCRAMBLE THESE WORDS (pg. 2)

Vegetables

trosaccarrots
taomottomato
cbgebaecabbage
ecltutelettuce
cocliobrbroccoli
umcrbceucucumber

Fruits

rgapeuirtfgrapefruit
ryrehccherry
ngoammango
niplepeappineapple
yapapa.....papaya
dmartiantamarind

Grains

lbayre.....barley
thaew.....wheat
tsoa.....oats
ronc.....corn
iecr.....rice.
aspta*pasta

Dairy

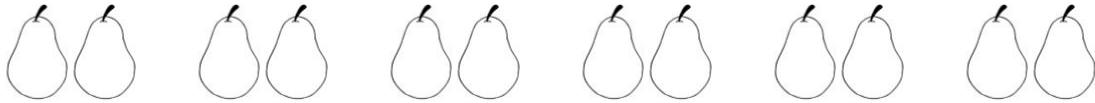
eshece.....cheese
ogytru.....yogurt
ilmk.....milk
utrebt.....but

COMPLETE THE FOLLOWING(pg.5)

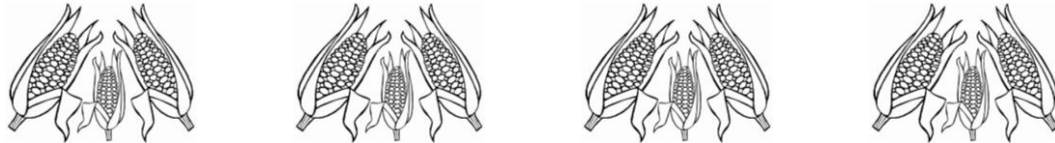


Example: 4 sets of 2 apples = $4 \times 2 = 8$

Now you try.



6 sets of 2 pears = $6 \times 2 = 12$



4 sets of 3 ears of corn = $4 \times 3 = 12$



3 sets of 9 berries = $3 \times 9 = 27$

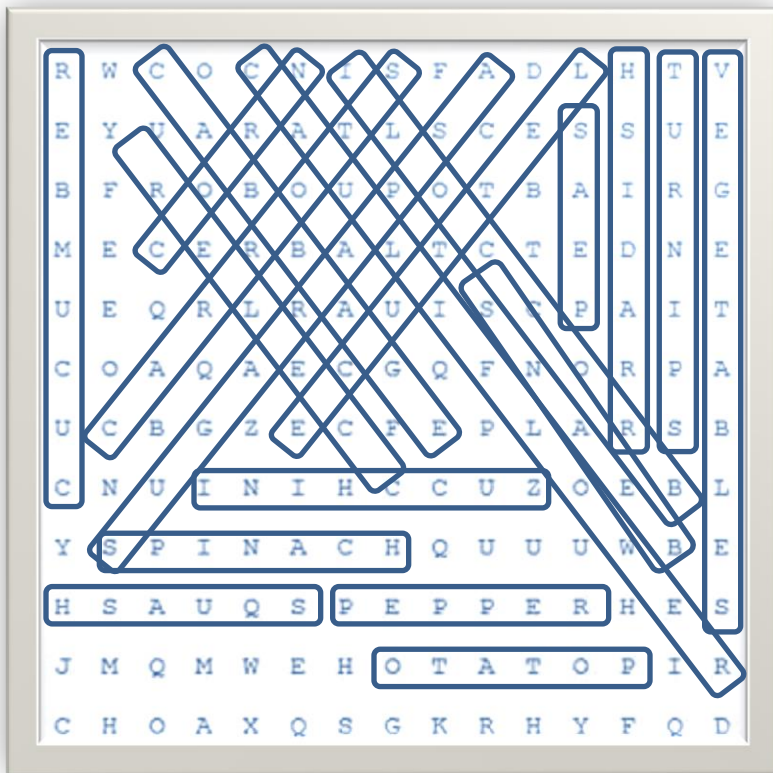


5 sets of 7 beans = $5 \times 7 = 35$

SOLVE THE RIDDLES (pg. 8-9)

1. Strawberry
2. Mango
3. Cantaloupe
4. Tomato
5. Kiwi
6. Apple
7. Orange
8. Pear
9. Plum
10. Grapes
11. Papaya
12. Pineapple
13. Banana
14. Carrot
15. Celery
16. Broccoli

VEGETABLE WORD SEARCH (pg. 11)



WHAT'S ON TODAY'S MENU? (pg.12)

Rice and Green Peas
Vegetable Rice
Vegetable Chowmein
Breadfruit Cou cou

Saltfish Gravy
Beef Stew
Baked Pork
Grilled Swordfish
Pineapple Chicken

Fruit Salad
Grapefruit Sorbet
Banana Milkshake

WRITE THE TWO SMALLER WORDS THAT MAKE UP THE BIGGER WORD (pg. 14)

Pine+apple
Corn+flakes
Straw+berry
Grape+fruit
Blue+berry
Foot+ball
Pop+corn
Bread+fruit

Pan+cakes
Corn+meal
Oat+meal
Egg+plant
Water+melon
Break+fast
Net- ball
Hop+scotch

SHOPPING AT THE SUPERMARKET (pg.15)

1. \$1.70
2. \$15.10
3. \$7.70
4. \$6.95
5. \$3.05

USE THE CLUES TO HELP FIND THE PLACES FOR THE OTHER FRUITS (pg. 16)

									P	L	U	M									
										E											
								L	I	M	E										
										O		P									
								O	R	A	N	G	E		P						
												A		A							
								P				G	R	A	P	E	S		T		
						W		E		A		S		A		T			A		
			B	A	N	A	N	A		P				Y		R			M		
						T		C		R				A		A			A		
						E		H		I						W			R		
						R				C						B			I		
						M	A	N	G	O			T	A	N	G	E	R	I	N	E
	R					E				T			P			R				D	
	A					L							P			R					
	S	O	U	R	S	O	P						L			Y					
	P					N							E								
	B																				
	E																				
	R																				
	R																				
	Y																				

SOLVE THE FOLLOWING PROBLEMS (pg. 17)

- | | |
|--------------|--------|
| 1. 8. | 8. 25% |
| 2. 152 | 9. 39% |
| 3. 4 | 10. 38 |
| 4. 100 | 11. 81 |
| 5. 1,800 | 12. 10 |
| 6. 1,800/900 | |
| 7. 32% | |

DETECTIVE CORNER (pg. 18: THIS ANSWER LIST IS NOT EXTENSIVE)

THREE LETTERS	FOUR LETTERS	FIVE LETTERS	SIX OR MORE
ARC	CARD	RATES	HYDRATE
ATE	RATE	DATES	CRATES
ARE	BOAT	CRATE	BOARDER
BAT	BEST	HATES	BRACES
BOY	DATE	BATES	BOARDS
BAR	HATE	CARBS	BOASTS
BAD	BATE	BRACE	
BET	BODY	BRACER	
BYE	CARB	CARAT	
CAT	ARCH	BOARD	
CAB	COAT	BOAST	
CAR	DRAT		
COD	DRAY		
DAY	DRAB		
RAT	DATA		
HOT	BEAR		

PICTOGRAPHS (pg. 21)

- | | |
|-------|------------------|
| 1. 2 | 5. 14 |
| 2. 9 | 6. Apples |
| 3. 12 | 7. Pears, grapes |
| 4. 2 | 8. 17 |

CIRCLE THE ODD ONE AND SAY WHY IT IS THE ODD ONE (pg. 24)

Broccoli.....It is a vegetable
 Cabbage.....It is a vegetable
 Peanuts.....They are not grains
 Potatoes.....They are not dairy products
 Tamarind.....It is not a citrus fruit
 Celery.....It is not a leafy vegetable
 Tuna.....This is fish