

# PRODUCE ACTIVITY WORKSHEETS

Have a blast with activities that engage spelling, vocabulary, unfamiliar ingredients, and basic botany concepts! Worksheet sets are recommended for ages 4+, 7+, and 11+.

# FRUIT AND VEGGIE MATCHING GAME

RECOMMENDED AGE: 5+

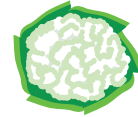
## INSTRUCTIONS:

Draw lines between the pictures and their names.

apricot •



asparagus •



avocado •



Brussels sprouts •



cauliflower •



grapefruit •



nectarine •



raspberries •



shallot •



spinach •



zucchini •



# TROPICAL FRUIT PAINT-BY-NUMBER COLORING SHEET

RECOMMENDED AGE: **4+**

## INSTRUCTIONS:

Color each numbered section with the color that matches it.

1 = green

2 = yellow

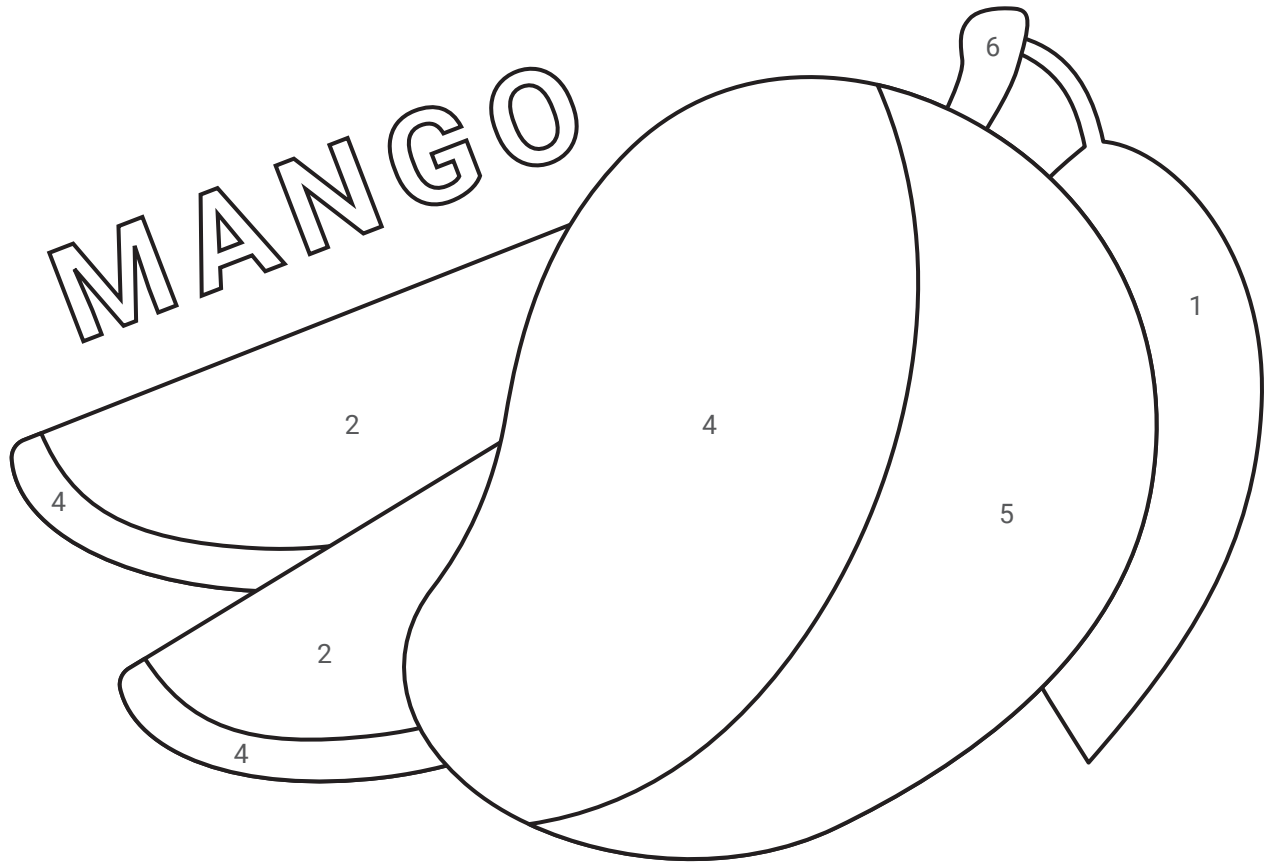
3 = pink

4 = orange

5 = red

6 = brown

7 = black



1 = green

2 = yellow

3 = pink

4 = orange

5 = red

6 = brown

7 = black



1 = green

2 = yellow

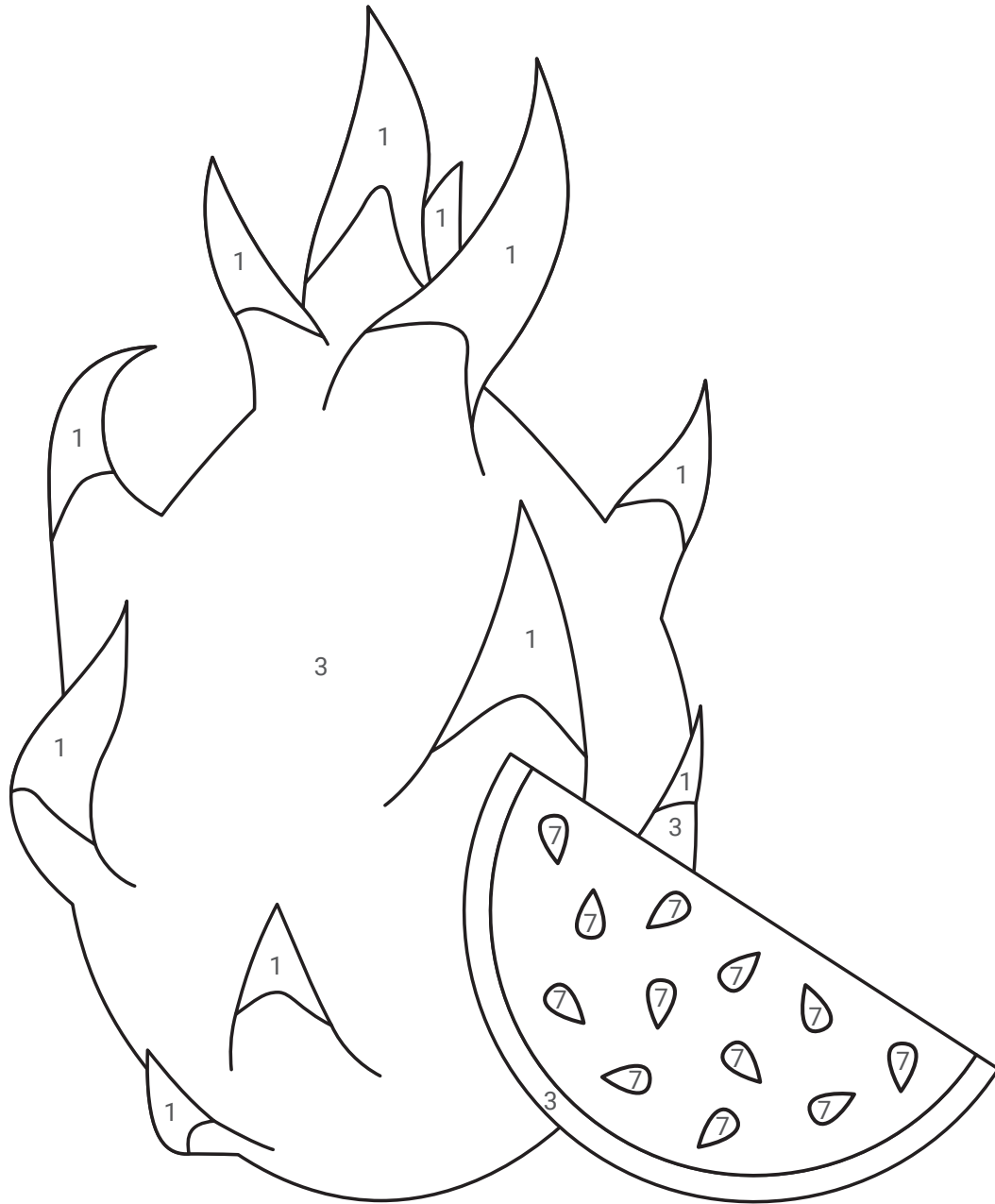
3 = pink

4 = orange

5 = red

6 = brown

7 = black



DRAGON  
FRUIT

# FRUIT AND VEGGIE MISSING LETTERS GAME

RECOMMENDED AGE: **7+**

## INSTRUCTIONS:

Fill in the missing letters for each ingredient.



a \_ r i c \_ t



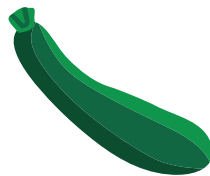
\_ r a p \_ f \_ \_ i t



r a \_ \_ b e \_ r i \_ s



a \_ \_ c \_ d o



\_ u c \_ \_ i n \_



n e \_ t \_ \_ i n e



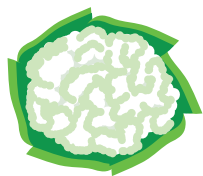
a s \_ a r \_ g u \_



s \_ a \_ l o t



\_ r u \_ \_ e l s  
s p \_ o \_ t s



c \_ u \_ i f \_ \_ w \_ r



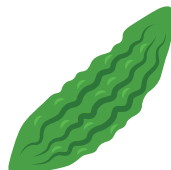
s \_ i n \_ c \_



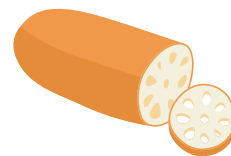
b \_ k \_ h \_ y



\_ r a \_ o n  
\_ r u \_ \_



b \_ t \_ e r  
m \_ \_ o n



l \_ t \_ s r o \_ t

ANSWER KEY:  
FRUIT AND VEGGIE  
MISSING LETTERS GAME



*apricot*



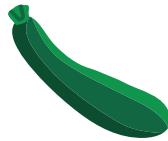
*grapefruit*



*raspberries*



*avocado*



*zucchini*



*nectarine*



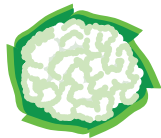
*asparagus*



*shallot*



*Brussels sprouts*



*cauliflower*



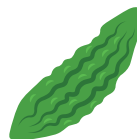
*spinach*



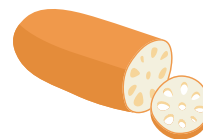
*bok choy*



*dragon fruit*



*bitter melon*



*lotus root*

# INGREDIENT CATEGORIZATION WORKSHEET

RECOMMENDED AGE: **7+**

## INSTRUCTIONS:

Learn about what makes these food groups distinct. Then discuss the ingredients on the next page and categorize them into the right food groups. You can even use the internet to do more research!

## FOOD GROUPS



### Citrus Fruits

Citrus fruit have a leathery rind outside, juicy segments inside, and sour or tart flavors.



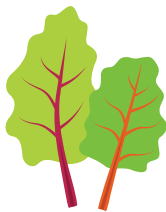
### Stone Fruits

Stone fruits have large “stones” or “pits” inside.



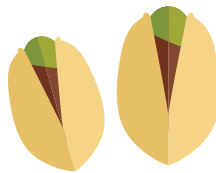
### Root Vegetables

Root vegetables grow underground at the base of a plant.



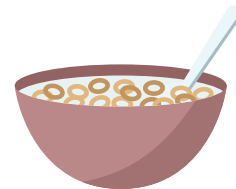
### Leafy Greens

Leafy greens are edible plant leaves and contain many nutrients.



### Nuts

Nuts are seeds that have an oily flesh surrounded by a hard outer shell and are high in protein and fat.



### Grains

Grains are small and hard dry seeds that grow on grass-like plants called cereals.



**INGREDIENTS**

almond \_\_\_\_\_

cashew \_\_\_\_\_

carrot \_\_\_\_\_

cherry \_\_\_\_\_

grapefruit \_\_\_\_\_

kale \_\_\_\_\_

lime \_\_\_\_\_

mandarin orange \_\_\_\_\_

mango \_\_\_\_\_

nectarine \_\_\_\_\_

oats \_\_\_\_\_

pecan \_\_\_\_\_

plum \_\_\_\_\_

quinoa \_\_\_\_\_

rice \_\_\_\_\_

romaine lettuce \_\_\_\_\_

spinach \_\_\_\_\_

sweet potato \_\_\_\_\_

turnip \_\_\_\_\_

wheat \_\_\_\_\_

ANSWER KEY:  
**INGREDIENT CATEGORIZATION  
WORKSHEET (FOR AGES 7+)**

almond ..... *nut*  
cashew ..... *nut*  
carrot ..... *root vegetable*  
cherry ..... *stone fruit*  
grapefruit ..... *citrus fruit*  
kale ..... *leafy green*  
lime ..... *citrus fruit*  
mandarin orange ..... *citrus fruit*  
mango ..... *stone fruit*  
nectarine ..... *stone fruit*  
oats ..... *grain*  
pecan ..... *nuts*  
plum ..... *stone fruit*  
quinoa ..... *grain*  
rice ..... *grain*  
romaine lettuce ..... *leafy green*  
spinach ..... *leafy green*  
sweet potato ..... *root vegetable*  
turnip ..... *root vegetable*  
wheat ..... *grain*

# INGREDIENT CATEGORIZATION WORKSHEET

RECOMMENDED AGE: **11+**

## INSTRUCTIONS:

Learn about what makes these food groups distinct. Then discuss the ingredients on the next page and categorize them into the right food groups. You can even use the internet to do more research!

## FOOD GROUPS



### Brassicas

Brassicas (also called cabbage family, mustards, and cruciferous vegetables) are a group of plants that have their leaves, heads, or flowers eaten as vegetables.



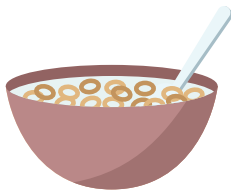
### Root Vegetables

Root vegetables are underground plant parts that are enlarged to store energy for the plant.



### Legumes

Legumes are seeds of pod-producing plants and are high in protein and fiber.



### Grains

Grains are small and hard dry seeds that grow on grass-like plants called cereals.



### Citrus Fruits

Citrus fruit have a leathery rind outside, juicy segments inside, and sour or tart flavors.



### Stone Fruits

A stone fruit (also called a drupe) is a fruit with one large “stone” or “pit” inside.

**INGREDIENTS**

adzuki bean \_\_\_\_\_

apricot \_\_\_\_\_

barley \_\_\_\_\_

beet \_\_\_\_\_

Buddha's hand \_\_\_\_\_

bok choy \_\_\_\_\_

broccoli \_\_\_\_\_

Brussels sprouts \_\_\_\_\_

carrot \_\_\_\_\_

cauliflower \_\_\_\_\_

cherry \_\_\_\_\_

chickpea \_\_\_\_\_

grapefruit \_\_\_\_\_

green beans \_\_\_\_\_

kale \_\_\_\_\_

kumquat \_\_\_\_\_

lentils \_\_\_\_\_

lychee \_\_\_\_\_

maize \_\_\_\_\_

mango \_\_\_\_\_

**INGREDIENTS**

millet \_\_\_\_\_

mung bean \_\_\_\_\_

oats \_\_\_\_\_

pomelo \_\_\_\_\_

plum \_\_\_\_\_

quinoa \_\_\_\_\_

snow peas \_\_\_\_\_

sweet potato \_\_\_\_\_

taro \_\_\_\_\_

yuzu \_\_\_\_\_

ANSWER KEY:  
**INGREDIENT CATEGORIZATION  
WORKSHEET (FOR AGES 11+)**

adzuki bean	legume
apricot	stone fruit
barley	grain
beet	root vegetable
Buddha's hand	citrus fruit
bok choy	brassica
broccoli	brassica
Brussels sprouts	brassica
carrot	root vegetable
cauliflower	brassica
cherry	stone fruit
chickpea	legume
grapefruit	citrus fruit
green beans	legume
kale	brassica
kumquat	citrus fruit
lentils	legume
lychee	stone fruit
maize	grain
mango	stone fruit
millet	grain
mung bean	legume
oats	grain
pomelo	citrus fruit
plum	stone fruit
quinoa	grain
snow peas	legume
sweet potato	root vegetable
taro	root vegetable
yuzu	citrus fruit