

Lunch Crunch Activity 1

What's My Name?

Instructions

Learning Objective

Students are able to properly identify less well-known fruit and vegetables by picture and description, including: apricots, artichokes, asparagus, baby corn, beets, Brussels sprouts, cabbage, chickpeas, collard greens, dates, eggplant, guava, jicama, kale, kiwi, mango, okra, papaya, pomegranate, radishes, spaghetti squash, yams, and zucchini.

Materials

1. "What's My Name?" worksheet
2. Encyclopedias, books, Internet
3. Colored pencils

Teacher Preparation

1. Print one copy of the "What's My Name?" worksheet for each student.
2. Ensure that students will have access to research resources. Book the school library or computer lab for your class. You can also check out books on fruit and vegetables or encyclopedias ahead of time to make them available for your students in class.

Instructions



1. Give each student a copy of the "What's My Name?" handout, research tools, and colored pencils.
2. Read the directions aloud. Emphasize that students must fill out every square in the table that is blank, including the picture column.
3. Students can work individually or in pairs but cannot work with other members of the class.
4. To add an extra element of fun, award a prize to the first student or pair of students that fills out the entire table correctly.



Lunch Crunch Activity 1 What's My Name?




Directions

Solve each mystery fruit or vegetable's name using the clues provided in the table below. Use can use books, encyclopedias, or the Internet for help but not other classmates. As you learn about each food, fill in all the blank squares in the table. Make sure to draw a picture of the fruit or vegetable if one is not already provided.

Picture	Type	Description	Origin	Hint	What's My Name
	Fruit	Yellow orange, looks similar to a small peach when ripe	China, Central Asia, Korea, Japan	Nicknamed the Armenian plum	
	Vegetable	Arching, deeply lobed green leaves	Egypt and North Africa	Has spiky triangular scales	
		Long stouts with stems and feathery foliage	Europe	Catherine de Medici made this a fashionable snack in France	
	Vegetable	Small yellow cereal grain taken from maize	Thailand and Taiwan	Hand picked from an immature plant	






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		Bright bulbous root	Mediterranean, Babylonia, China	Comes in a variety of colors but especially known for being red	Beet
	Vegetable	Small leafy green buds		Also known as a wild cabbage	
	Vegetable	Leafy garden plant made of a short stem and massive leaves	Mediterranean	Also known as bowkail	
	Vegetable	Edible legume		Has many alternative names including garbanzo bean, Indian pea, and shimbra	
	Vegetable	Green plant that lacks a close-knit core of leaves (no cabbage head)	Brazil, Portugal	Also known as borekale	

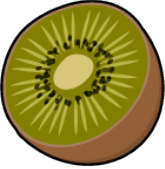





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Picture	Type	Description	Origin	Hint	What's My Name
	Fruit	Oval shaped, color ranges from bright red to yellow		Can take 4 to 7 years to grow	
	Vegetable	Elongated with dark purple skin and bitter taste	India	Also known as aubergine	
	Fruit	Comes in a variety of colors including yellow, maroon, and green	Mexico, Central America, Caribbean	Often prepared as a dessert	
		Yellow papery root, white on the inside		Mexican Potato, Mexican Turnip, Yam Bean	
	Vegetable		Europe, North America	Very hearty, easy to grow, rarely suffers from pests and diseases	

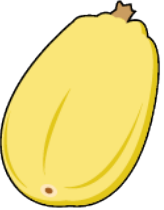



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Picture	Type	Description	Origin	Hint	What's My Name
			China	An edible berry also known as the Chinese Gooseberry that was renamed after the New Zealand national bird	
		Yellow, orange, red or green fruit with a sweet smell	India	One of most extensively used fruits for food	
		Long capsule with numerous seeds		Also known as lady's finger	
	Fruit	Amber or orange in color, contains numerous dark seeds	South America	Used to treat cuts, rashes, stings and burns in many countries	
	Fruit	Round, a pretty bright red	Iran, Himalayas	A berry with over 600 seeds, grow well in droughts	



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Picture	Type	Description	Origin	Hint	What's My Name
	Vegetable	Edible root, usually red	Europe	A member of the turnip family	
	Vegetable	Oblong seed-bearing orange winter vegetable		Also known as vegetable spaghetti	
	Vegetable	Rough brown skin, orange interior		A very hard vegetable which becomes very soft after heating	
	Vegetable	Long with thin rubbery green skin	Europe	A small summer squash also known as a cougette	

