

Fruit & Veg cards



There are
30 fruit and
vegetable cards
which can be
used for
different
activities.

The cards are a tool to help pupils learn more about fruit and vegetables (e.g. what they are called, the different nutrients they contain) and inspire them to want to try different types.

They can be used to create a display, for a discussion, or for games and activities (as described on the next few pages).

Preparing the cards

The cards can be cut out horizontally, folded (see diagram on a later page) and laminated to become 2-sided cards (image on one side and nutrient information and facts on the other). Preparing the cards in this way (2-sided) will give the most flexibility for different activities. However, they can be separated completely to form a set of image cards and a set of nutrient/fact cards. Image only cards may be more suitable for younger pupils.



General activities Only the image side of the cards is needed for the following activities.

Sorting

Give each pupil in the class a card. Challenge the pupils to order or group themselves, by the fruit or vegetable on their card, in different ways:

- by colour
- if their skin can be eaten or not
- whether they have seeds or not
- alphabetically by the name of the fruit or vegetable
- if they have seen the fruit or vegetable served for school lunch or not
- by the part of the plant they come from (root, stem, leaf, fruit)
- whether they grow on a vine, tree, plant or, on or in the ground

20 questions

Place the cards in a bag. Ask one pupil to select a card and keep it hidden. Make 20 marks on the board. Challenge the class to ask the person with the card different questions that can be answered only with 'yes' or 'no', to try and guess the fruit or vegetable on the hidden card. Each time a question is asked, remove a mark from the board. The aim is for the class to name the fruit or vegetable on the card before they have asked all 20 questions!

As part of the Stronger Starts Fruit & Veg for Schools initiative

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Activities for younger pupils

Bingo

A game for 5 players and 1 caller.

For this activity, you will need the image side of the cards. You will also need some counters (up to 30).

1. Each player should select 6 of the fruit and vegetable cards.
2. Players should then arrange their 6 cards to create a grid - 'bingo board'.
3. The caller should call out the names of fruit and vegetables (from the list below) in a random order.
4. As a fruit or vegetable is called out, the player with that fruit or vegetable can cover it with a counter.
5. The first player to cover all the fruit and vegetables on their bingo board is the winner and can call out 'bingo'!



The cards can be redistributed and the game can be played again.

Fruit and vegetable list

Bananas
Strawberries
Apple
Nectarine
Blueberries
Cantaloupe melon
Cherries
Kiwi fruit
Mango
Pineapple

Raspberries
Orange
Papaya
Passion fruit
Pear
Cucumber
Carrots
Baby corn
Broccoli
Beetroot

Sugar snap peas
Red cabbage
Radishes
Courgettes
Red pepper
Avocado
Baby spinach
Cauliflower
Garden peas
Tomato

Pairs or Snap

Make 2 sets of the fruit or vegetable cards. You may not wish to duplicate the full 30 cards, 10 or 15 duplications should be sufficient. The pupils can use the cards to play Pairs or Snap in small groups.

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For these two activities, you will need the nutrient information side of the cards.

Each of these 30 fruit and vegetable cards contains values for four key nutrients that can be found in a variety of fruits and vegetables. (They also contain information on how to eat them and a fun fact!)

Fruit & Veg Line Up

A game for the whole class

1. Give each pupil a card.
2. Name a nutrient and tell the pupils order themselves from highest to lowest in that nutrient.
3. Talk about the fruit and vegetables at either end of the line and the amount of the given nutrient they contain.
4. Repeat the activity (step 2 and 3) a few times with different nutrients.
5. Ask the pupils what they notice each time the game is played. They should notice that the fruit and vegetables change places. This shows us that different fruit and vegetables contain different types and amounts of nutrients. This is why we need to have a variety of fruit and vegetables, so we can get the different nutrients we need.


You could make two sets of the cards, divide the class into two teams and repeat the activity above as a race. The winning team is that one that orders the cards correctly first!

Top scorer


A game for pairs.

1. Divide the cards between the two players.
2. One player picks a nutrient (e.g. vitamin A).
3. Both players compare their values for that nutrient.
4. The player with the highest value wins both cards and keeps them. (If the values are the same, both cards are placed on the table and the winner of the next round takes those cards.)
5. The game continues until one player loses all their cards.


Fold here



Cut here



Cut here



The image shows three fruit cards: Banana, Strawberries, and Apple. Each card has a table of nutrients per 100g, a 'Fruit or vegetable?' section, and a 'How do you eat it?' section. The Banana card is at the top, followed by the Strawberries card, and the Apple card at the bottom. Each card has a small image of the fruit and a small table of nutrients per 100g.

Nutrients per 100g	
Vitamin A (µg)	3
Vitamin C (mg)	7
Folate (µg)	11
Fibre (g)	1.1

Fruit or vegetable? Fruit

How do you eat it? Peel the skin and eat it raw.

Fruit fact: A bunch of bananas is called a 'hand'. Each banana is a 'finger' on the hand!

Banana

Nutrients per 100g	
Vitamin A (µg)	0
Vitamin C (mg)	49
Folate (µg)	49
Fibre (g)	3.0

Fruit or vegetable? Fruit

How do you eat it? Cut, or pull, off the green leaves and eat whole.

Fruit fact: Strawberry plants are closely related to roses!

Strawberries

Nutrients per 100g	
Vitamin A (µg)	2
Vitamin C (mg)	8
Folate (µg)	0
Fibre (g)	1.0

Fruit or vegetable? Fruit

How do you eat it? Cut into slices or eat whole – avoid the core!

Fruit fact: There are over 7,500 different types of apple in the world!

Apple

As part of the Stronger Starts Fruit & Veg for Schools initiative



Bananas

Nutrients per 80g	
Vitamin A (µg)	3
Vitamin C (mg)	7
Folate (µg)	11
Fibre (g)	1.1



Banana

Fruit or vegetable? Fruit

How do you eat it? Peel the skin and eat it raw.

Fruit fact: A bunch of bananas is called a 'hand'. Each banana is a finger on the hand!



Strawberries

Nutrients per 80g	
Vitamin A (µg)	0
Vitamin C (mg)	46
Folate (µg)	49
Fibre (g)	3.0



Strawberries

Fruit or vegetable? Fruit

How do you eat it? Cut, or pull, off the green leaves and eat whole.

Fruit fact: Strawberry plants are closely related to roses!



Apple

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	5
Folate (µg)	0
Fibre (g)	1.0



Apple

Fruit or vegetable? Fruit

How do you eat it? Cut into slices or eat whole – avoid the core!

Fruit fact: There are over 7,500 different types of apple in the world!



Nectarine

Nutrients per 80g	
Vitamin A (µg)	21
Vitamin C (mg)	2
Folate (µg)	6
Fibre (g)	1.0



Nectarine

Fruit or vegetable? Fruit

How do you eat it? Eat whole, avoiding the stone, or remove the stone and slice.

Fruit fact: Nectarines are the same species as peaches, but they lack the fuzzy skin!



Blueberries

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	5
Folate (µg)	6
Fibre (g)	1.2



Blueberries

Fruit or vegetable? Fruit

How do you eat it? Eat raw – look out for any stems and pick them off.

Fruit fact: The silver colour on blueberries is called a 'bloom' and it protects the berry!



Cantaloupe melon

Nutrients per 80g	
Vitamin A (µg)	235
Vitamin C (mg)	21
Folate (µg)	4
Fibre (g)	1.4



Cantaloupe melon

Fruit or vegetable? Fruit

How do you eat it? Cut into slices and scoop out the seeds. Don't eat the rind.

Fruit fact: The orange colour in the flesh of this melon is beta-carotene, a form of Vitamin A!



Cherries

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	2
Folate (µg)	3
Fibre (g)	1.5



Cherries

Fruit or vegetable? Fruit

How do you eat it? Eat cherries carefully, making sure to spit out the pit.

Fruit fact: Not all cherry trees produce fruit. Some are grown for their pretty flowers.



Kiwi fruit

Nutrients per 80g	
Vitamin A (µg)	6
Vitamin C (mg)	57
Folate (µg)	26
Fibre (g)	2.2



Kiwi fruit

Fruit or vegetable? Fruit

How do you eat it? Cut the fruit and eat it with a spoon, or slice and eat the insides.

Fruit fact: The fruit is named 'kiwi' after the fuzzy, flightless bird from New Zealand.



Mango

Nutrients per 80g	
Vitamin A (µg)	93
Vitamin C (mg)	21
Folate (µg)	19
Fibre (g)	0.9



Mango

Fruit or vegetable? Fruit

How do you eat it? Cut and slice or dice carefully, avoiding the stone.

Fruit fact: Mango trees live for a long time. The oldest tree is thought to be over 300!



Pineapple

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	42
Folate (µg)	10
Fibre (g)	1.0



Pineapple

Fruit or vegetable? Fruit

How do you eat it? Don't eat the skin! Cut into slices or chunks.

Fruit fact: Pineapple plants produce many flowers, which fuse to form a pineapple!



Raspberries

Nutrients per 80g	
Vitamin A (µg)	1
Vitamin C (mg)	15
Folate (µg)	44
Fibre (g)	3.0



Raspberries

Fruit or vegetable? Fruit

How do you eat it? Wash and eat raw, as it comes in the pack.

Fruit fact: Raspberries are made of around 100 tiny fruits all clustered together!



Orange

Nutrients per 80g	
Vitamin A (µg)	7
Vitamin C (mg)	42
Folate (µg)	26
Fibre (g)	1.0



Orange

Fruit or vegetable? Fruit

How do you eat it? Peel the rind off the orange and eat the insides.

Fruit fact: Over 76 million tonnes of oranges are grown every year.



Papaya

Nutrients per 80g	
Vitamin A (µg)	62
Vitamin C (mg)	54
Folate (µg)	1
Fibre (g)	1.4



Papaya

Fruit or vegetable? Fruit

How do you eat it? Cut in half and scoop out the seeds. Slice or dice!

Fruit fact: The papaya is sometimes also called a 'pawpaw' or 'papaw'.



Passion fruit

Nutrients per 80g	
Vitamin A (µg)	100
Vitamin C (mg)	18
Folate (µg)	0
Fibre (g)	2.9



Passion fruit

Fruit or vegetable? Fruit

How do you eat it? Cut in half and scoop out the insides. Don't eat the outside!

Fruit fact: Unlike most other fruit, passion fruits are ripe when the outside is wrinkled.



Pear

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	2
Folate (µg)	5
Fibre (g)	2.2

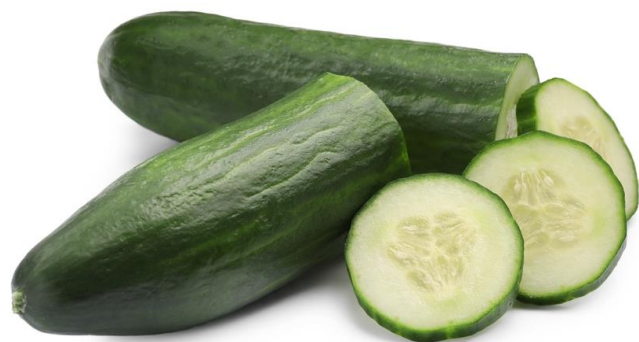


Pear

Fruit or vegetable? Fruit

How do you eat it? Eat whole, avoiding the core, or remove the core and slice.

Fruit fact: Pears have been grown since at least 2000 BC, over 4,000 years ago!



Cucumber

Nutrients per 80g	
Vitamin A (µg)	10
Vitamin C (mg)	2
Folate (µg)	11
Fibre (g)	0.6



Cucumber

Fruit or vegetable? Vegetable

How do you eat it? Cut the cucumber into your preferred shape and eat raw.

Veg fact: Cucumbers are a part of the melon family.



Carrots

Nutrients per 80g	
Vitamin A (µg)	1569
Vitamin C (mg)	2
Folate (µg)	6
Fibre (g)	3.1



Carrots

Fruit or vegetable? Vegetable

How do you eat it? Wash the carrots. They can be eaten peeled or unpeeled.

Veg fact: Just one carrot can provide enough vitamin A for more than a day!



Baby corn

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	2
Folate (µg)	128
Fibre (g)	1.9



Baby corn

Fruit or vegetable? Vegetable

How do you eat it? Clean the corn, removing any stringy pieces, then eat.

Veg fact: This type of corn is the same as sweetcorn, but it is picked much earlier.



Broccoli

Nutrients per 80g	
Vitamin A (µg)	78
Vitamin C (mg)	63
Folate (µg)	76
Fibre (g)	3.2



Broccoli

Fruit or vegetable? Vegetable

How do you eat it? Cut into small 'florets'. It can then be eaten cooked or raw.

Veg fact: Broccoli is closely related to other vegetables like cauliflower and cabbage.



Beetroot

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	4
Folate (µg)	120
Fibre (g)	1.7

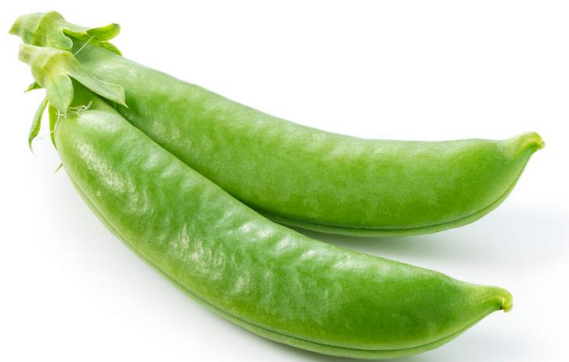


Beetroot

Fruit or vegetable? Vegetable

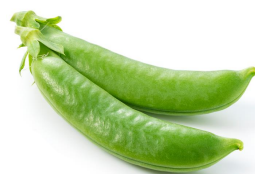
How do you eat it? Peel any skin and eat raw. You could grate onto a salad!

Veg fact: Although we mainly eat the root, beet leaves can also be eaten.



Sugar snap peas

Nutrients per 80g	
Vitamin A (µg)	26
Vitamin C (mg)	26
Folate (µg)	6
Fibre (g)	1.4



Sugar snaps

Fruit or vegetable? Vegetable

How do you eat it? Snap off the end and pull out the 'string'. Eat raw or lightly steam.

Veg fact: These beans are known as sugar snaps due to their slightly sweet flavour.



Red cabbage

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	44
Folate (µg)	31
Fibre (g)	2.3



Red
cabbage

Fruit or vegetable? Vegetable

How do you eat it? Remove the outer leaves and chop the cabbage into strips.

Veg fact: The juice of red cabbage can be used as a simple pH indicator.



Radishes

Nutrients per 80g	
Vitamin A (µg)	0
Vitamin C (mg)	14
Folate (µg)	30
Fibre (g)	0.9



Radishes

Fruit or vegetable? Vegetable

How do you eat it? Clean first, then eat whole or slice and add to salads.

Veg fact: Radishes grow quickly – they can be ready to eat just 4 weeks after planting!



Courgettes

Nutrients per 80g	
Vitamin A (µg)	26
Vitamin C (mg)	4
Folate (µg)	27
Fibre (g)	0.4



Courgettes

Fruit or vegetable? Vegetable

How do you eat it? You can slice into ribbons, cut into rounds or do a fine dice.

Veg fact: Courgette may also be called 'zucchini'.



Red pepper

Nutrients per 80g	
Vitamin A (µg)	78
Vitamin C (mg)	101
Folate (µg)	60
Fibre (g)	1.8

Fruit or vegetable? Vegetable

How do you eat it? Remove the stalk and seeds and cut into strips or dice.

Veg fact: Peppers change colour as they ripen, from green to yellow, orange and red.



Red pepper



Avocado

Nutrients per 80g	
Vitamin A (µg)	2
Vitamin C (mg)	4
Folate (µg)	10
Fibre (g)	3.0

Fruit or vegetable? Vegetable

How do you eat it? Cut in half, carefully remove the stone and scoop out the insides.

Veg fact: The avocado is actually a large berry!



Avocado



Baby spinach

Nutrients per 80g	
Vitamin A (µg)	208
Vitamin C (mg)	23
Folate (µg)	129
Fibre (g)	0.8

Fruit or vegetable? Vegetable

How do you eat it? Wash and eat, straight from the bag!

Veg fact: Spinach was first grown in ancient Persia, around 2,000 years ago.



Baby spinach



Cauliflower

Nutrients per 80g	
Vitamin A (µg)	0
Vitamin C (mg)	45
Folate (µg)	44
Fibre (g)	1.4

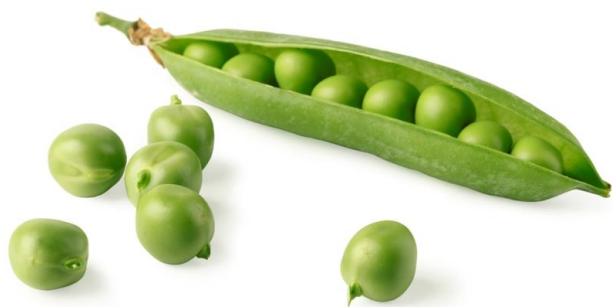


Cauliflower

Fruit or vegetable? Vegetable

How do you eat it? Can be cut into florets and eaten raw, steamed, boiled or stir-fried.

Veg fact: The white part of the cauliflower is sometimes called the 'curd'.



Garden peas

Nutrients per 80g	
Vitamin A (µg)	40
Vitamin C (mg)	19
Folate (µg)	50
Fibre (g)	4.2



Garden peas

Fruit or vegetable? Vegetable

How do you eat it? Fresh peas can be eaten raw, or they can be steamed or boiled.

Veg fact: Peas are the seeds of the plant, found inside the 'pod' of the pea plant.



Tomato

Nutrients per 80g	
Vitamin A (µg)	46
Vitamin C (mg)	18
Folate (µg)	18
Fibre (g)	0.8



Tomato

Fruit or vegetable? Vegetable

How do you eat it? Raw, or sliced and fried, or stirred into sauces.

Veg fact: Tomatoes aren't always red! Look out for other colours, like yellow and green.