



Make Your Own Fruit and Vegetable Cards

You'll find plenty of uses for picture cards featuring fruits and vegetables. Children can sort the cards and use them in matching games, all the while increasing their familiarity with the names and appearances of a medley of fruits and veggies.

You Need:

- Heavy paper, such as posterboard.
- Clear, simple pictures of fruits and vegetables. Seed packets and gardening catalogues are good sources. Gather two pictures of each fruit or vegetable so that you can make matching cards.
- Scissors, paste, and markers.
- A copy of the card template on this page.

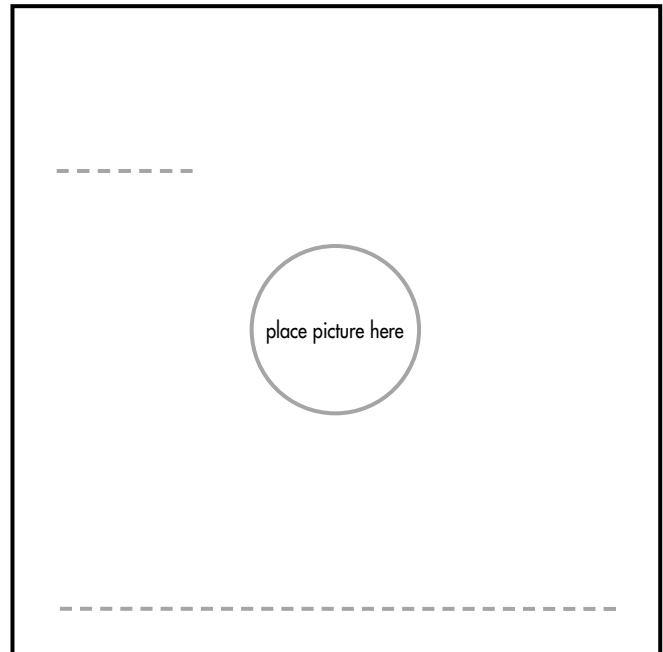
What to Do:

- Trace around the template on the heavy paper.
- Cut out the cards.
- Glue one picture on each card.
- Print the fruit or vegetable name in block letters under the picture. You might also print the first letter of the word at the top.
- If possible, laminate each card for durability using clear, self-stick paper.

Recommended Fruits and Vegetables

Here's a starter list for your set of cards. These fruits and vegetables are generally available in markets and represent a mix of both common and more unusual foods.

Asparagus	Grapefruit	Okra
Beans	Green Pepper	Orange
Bok Choy	Kiwi	Papaya
Broccoli	Lemon	Pineapple
Cauliflower	Lettuce	Rhubarb
Celery	Lima Beans	Spinach
Collards	Lime	Zucchini



Fruit and Vegetable Card Games

Concentration Place the cards with picture-side down in rows. Children take turns flipping two cards over. They keep cards that match or flip the cards back over if there is no match. Play continues until all matches are made.

Go Pick! Scatter the cards picture-side down. Each child begins with three cards. Players take turns asking others if they have a particular card. If the child has the card, it is given up to the player. If not, the child says "Go Pick!" and the player draws from the pile. Play continues until all matches are made.

