



tomato



pepper



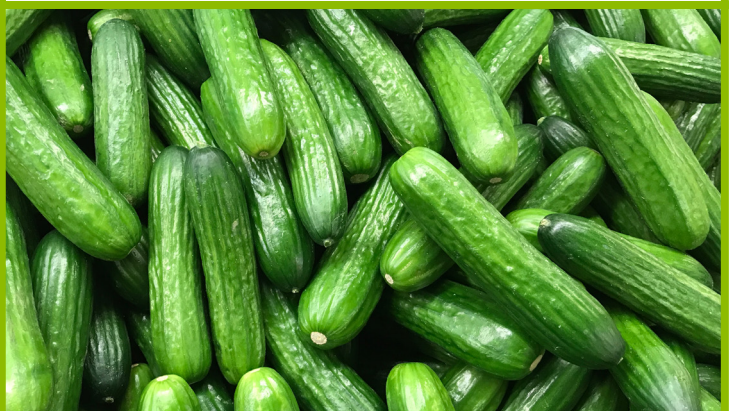
green beans



strawberry



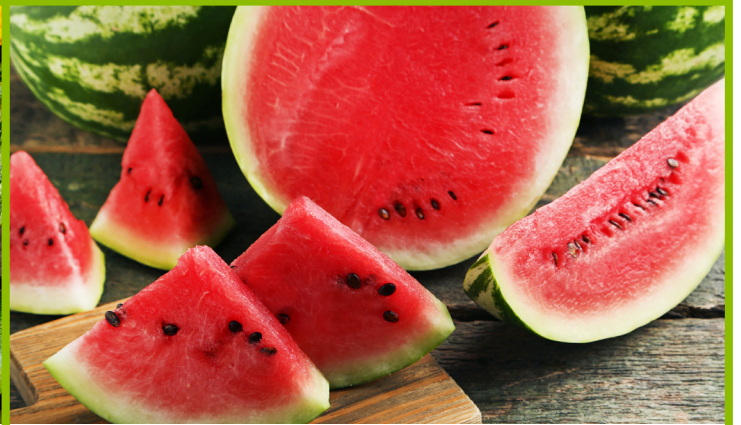
lettuce



cucumber



squash



watermelon



broccoli



cauliflower



green peas



eggplant

# How to Use "Fruit and Vegetable Cards"

Stretch students' vocabularies and increase their awareness of the many healthful foods they can grow with Tower Garden®.

- *Discussion Starter:* Display each card on a different day. Name the food. Then guide students to describe the food and encourage them to tell what they know about it.
- *Name It!* Select three cards. Show students each card in turn, and guide them to name the fruit or vegetable. Then hand each card to a different student. Have the students pass the cards around the circle as you lead them in the chant below. At the end of the chant, ask each student holding a card to show the picture to the class and name it. Repeat the chant to begin another round of vocabulary-building fun.

*Fruits and veggies,  
Fruits and veggies,  
Be sure to eat some every day.  
That's the healthy-living way!*

- *Now You See It* Display four cards on the ledge of an easel or a similar surface. Have students identify the pictured foods. Then cover the cards and remove one. Show students the display again and have them name the card you removed. Continue with additional rounds of play.
- *Make a Match!* Cut out two copies of the cards. Shuffle the cards and then display them facedown in a pocket chart. Have students pair cards as in the traditional game of Concentration and name each card pair. For an easier version, use fewer card pairs or display the cards faceup.

