

Fruit and Veggie Guessing Game

This fun game helps children to learn about different types of fruit and vegetables, what they feel and look like. The more children are exposed to different foods, the more likely they are to eat them!

To play this game you will need a canvas bag and a variety of different fruit and vegetables. It is recommended to have some common fruit and veg that are simple to guess, and others that are less familiar. Examples of fruit and vegetables you could include are:

Fruit	Vegetables
Apple	Carrot
Banana	Cucumber
Orange	Capsicum
Kiwi Fruit	Tomato
Strawberry	Broccoli
Coconut	Potato
Dragonfruit	Eggplant
Pineapple	Onion
Pear	Avocado



Instructions:

1. Have the children sit around in a circle.
2. Get everyone to close their eyes and put one of the fruit or vegetables into the bag and wrap it up.
3. Follow the rules of pass the parcel – pass the bag around the circle and whoever ends up with the bag when the music stops has to guess the fruit or vegetable in the bag.
4. Hold the bag for them and get them to put their hands inside the bag and feel it (no peeking). If they are unable to guess what the item in the bag is, provide them with a clue. For example, if it is a carrot you could say that it is orange, a vegetable, grows in the ground, or that it is crunchy when you eat it. If they are still unable to guess what it is, they can take the item out of the bag and see if they can identify it as a group.
5. Once an item is guessed, replace with the next fruit or vegetable and continue the game, giving an opportunity for all children to have a go. A fruit or vegetable can be repeated if you don't have enough options for the whole group to have a different one.
6. If suitable, you can thoroughly wash or peel the fruit and vegetables after the game to eat. If you are going to eat the fruit and vegetables afterwards, get all children to wash their hands before starting the game.