

# Tasting Game?

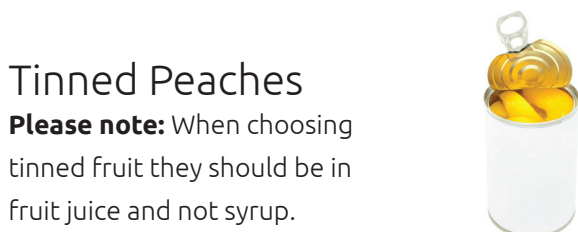
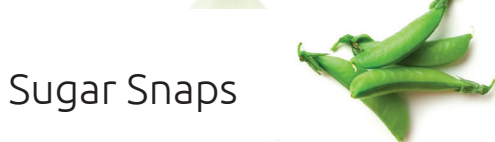


## Aim

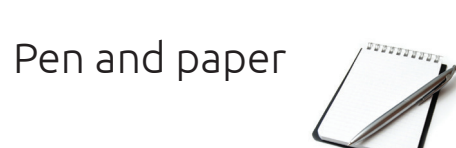
To introduce participants to a variety of new fruit and vegetables.

## Materials

- A variety of fruit and vegetables chopped into bite size pieces
- This could include a mixture of fresh, frozen, tinned and dried, for example:



Paper cups for water





# Fruit and Vegetables



## Instructions

1. Give each participant a paper plate, napkin and a cup of water.
2. Invite everyone to take a piece of fruit/vegetable (ask everyone to choose the same one first e.g. apple).
3. When everyone has tasted ask each person to raise their hands if they liked it.
4. Record the name of the fruit/vegetable and number of people who liked it.
5. Continue until all fruit/vegetables have been tried.
6. Find out which fruit/vegetable “won” and tell all the participants.
7. Use this as an opportunity to reinforce the 5-7a-day message.



**Please note:** Dried fruit should only be eaten at mealtimes as it is high in sugar and can stick to teeth.

Other interesting fruits and vegetables would include melon, grapes, cherry tomatoes or cucumber.

