



## APPLE AND POTATOES SORTING GAME

**Goal:** Help students identify which foods are mostly the same" as they are naturally and which have been "changed" by cooking or adding ingredients.

**Directions:**

1. Print and cut out the picture cards below. Place them facedown on a flat surface.
2. Put two baskets or containers at the front of the room, labeled: "Mostly Natural" and "Changed".
3. One at a time, students pick a card, look at the picture, and sort it into the correct basket.
4. After all cards are sorted, review the answers together as a class.

**Teacher Note:**

To make the activity more exciting, split the class into two teams and turn it into a relay race. Each team will need two baskets- one labeled "Mostly Natural" and one labeled "Changed" (a total of four baskets). You will also need two sets of picture cards, one for each team. Teams take turns racing to pick and sort the cards into their baskets. At the end, review the answers together as a class. The winning team is the one with the most correct answers.

MOSTLY  
NATURAL

CHANGED

WHOLE APPLE



BAKED POTATO



APPLE PIE



MASHED POTATOES



APPLESAUCE



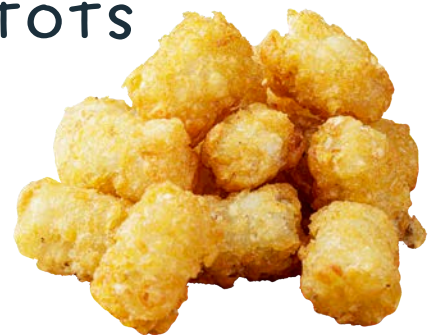
FRENCH FRIES



APPLE JUICE



TATER TOTS



CANDY APPLE



POTATO CHIPS

