



APPLES AND POTATOES SORTING GAME

Goal: Students will distinguish between foods that are close to their natural state and those that have been significantly altered through processing, cooking, or added ingredients.

Directions:

1. Print and cut out the picture cards below. Place them face down on a flat surface.
2. Put two baskets or containers at the front of the room; one labeled, “Mostly Natural” and the other labeled, “Processed”.
3. One at a time, students pick a picture 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 “Processed” (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

PROCESSED

WHOLE APPLE



BAKED POTATO



APPLE PIE



MASHED POTATOES

- STORE-BOUGHT (BOXED)
- SKIN REMOVED
- SALT AND CREAM ADDED



APPLESAUCE

- STORE-BOUGHT
- SKIN REMOVED
- SUGAR ADDED



FRENCH FRIES

- STORE-BOUGHT (FROZEN)
- SKIN REMOVED
- SALT ADDED



APPLE SMOOTHIE

- MADE WITH:
 - WHOLE APPLES (SKIN ON)
 - KALE
 - BANANA
 - WATER
- NO ADDED SUGAR



TATER TOTS



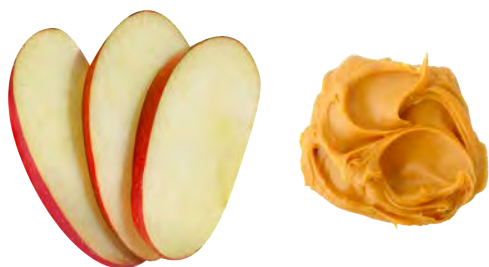
CANDY APPLE



POTATO CHIPS



SLICED APPLE WITH PEANUT BUTTER



ROASTED POTATOES

- HOMEMADE WITH SKIN LEFT ON
- SEASONED WITH HERBS



DRIED APPLE RINGS

- SKIN LEFT ON
- NO ADDED SUGAR



MASHED POTATOES

- HOMEMADE WITH SKIN LEFT ON
- NONFAT MILK ADDED



APPLESAUCE

- HOMEMADE WITH SKIN LEFT ON
- NO ADDED SUGAR



SWEET POTATO FRIES

- HOMEMADE WITH SKIN LEFT ON
- VERY LIGHTLY SALTED



APPLE JUICE



STEAMED POTATOES

- HOMEMADE WITH SKIN LEFT ON
- VERY LIGHTLY SALTED



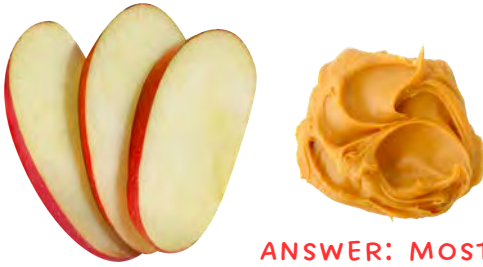
APPLE TURNOVER



BAKED SWEET POTATO



SLICED APPLE WITH PEANUT BUTTER



ANSWER: MOSTLY NATURAL

ROASTED POTATOES

- HOMEMADE WITH SKIN LEFT ON
- SEASONED WITH HERBS



ANSWER: MOSTLY NATURAL

DRIED APPLE RINGS

- SKIN LEFT ON
- NO ADDED SUGAR



ANSWER: MOSTLY NATURAL

MASHED POTATOES

- HOMEMADE WITH SKIN LEFT ON
- NONFAT MILK ADDED



ANSWER: MOSTLY NATURAL

APPLESAUCE

- HOMEMADE WITH SKIN LEFT ON
- NO ADDED SUGAR



ANSWER: MOSTLY NATURAL

SWEET POTATO FRIES

- HOMEMADE WITH SKIN LEFT ON
- VERY LIGHTLY SALTED



ANSWER: MOSTLY NATURAL

APPLE JUICE



ANSWER: PROCESSED

STEAMED POTATOES

- HOMEMADE WITH SKIN LEFT ON
- VERY LIGHTLY SALTED



ANSWER: MOSTLY NATURAL

APPLE TURNOVER



ANSWER: PROCESSED

BAKED SWEET POTATO



ANSWER: MOSTLY NATURAL

WHOLE APPLE



ANSWER: MOSTLY NATURAL

BAKED POTATO



ANSWER: MOSTLY NATURAL

APPLE PIE



ANSWER: PROCESSED

MASHED POTATOES

- STORE-BOUGHT (BOXED)
- SKIN REMOVED
- SALT AND CREAM ADDED



ANSWER: PROCESSED

APPLESAUCE

- STORE-BOUGHT
- SKIN REMOVED
- SUGAR ADDED



ANSWER: PROCESSED

FRENCH FRIES

- STORE-BOUGHT (FROZEN)
- SKIN REMOVED
- SALT ADDED



ANSWER: PROCESSED

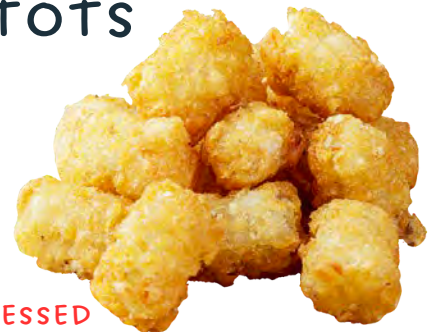
APPLE SMOOTHIE

- MADE WITH:
 - WHOLE APPLES (SKIN ON)
 - KALE
 - BANANA
 - WATER
- NO ADDED SUGAR



ANSWER: MOSTLY NATURAL

TATER TOTS



ANSWER: PROCESSED

CANDY APPLE



ANSWER: PROCESSED

POTATO CHIPS



ANSWER: PROCESSED