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# Hey, What's On Your Plate?

## Bilingual Memory Match-Up: Fruit & Veggie Edition



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THE  
UNIVERSITY  
OF RHODE ISLAND

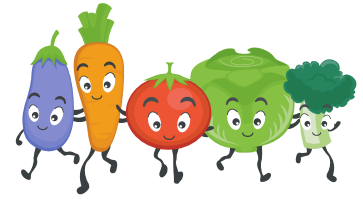


Age: Grades 3-5



# Bilingual Memory Match-Up: Fruit and Veggie Edition

**Age:** Grades 3-5



## Nutrition Objectives:

- Students will learn fun facts about a variety of fruits and vegetables.
- Students will be able to determine which food group specific foods belong to.



**\*Bonus\*** Students can learn the Spanish translation of popular fruits and vegetables!

## Description:

- This group activity involves the whole class and can be used in a classroom or the gym as a warm-up before a Health or PE class.

## Directions:

1. Mix and spread all cards facing down on a flat surface.
2. Players take turns, turning any two cards picture-side-up. The cards must be turned over completely, so that all players can see them.



**A Match:** A player makes a match if the two cards turned picture-side-up are identical. Those two cards are then removed from the playing area. Next, another player takes a turn.



**A Miss:** A player misses if the two cards turned over are not identical. Place the two cards picture-side-down again, in the same spot. That player's turn ends and they must choose an exercise for the group to do together.

3. The game continues until all cards have been matched and removed from the playing area.

For more of our nutrition education and resources, visit: <https://web.uri.edu/community-nutrition/>

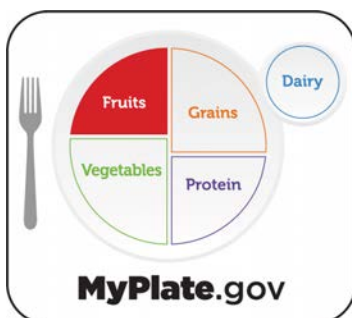




# Apple/Manzana (mahn-sah-nah)

**There are many different kinds of apples. Some can be tart while others are sweet. They are a great snack on their own or try them in a salad or with sunbutter!**

**Hay muchos tipos diferentes de manzanas. Algunos pueden ser agrios mientras que otros son dulces. ¡Son una buena merienda por sí solos o pruébalos en una ensalada o con mantequilla de girasol!**

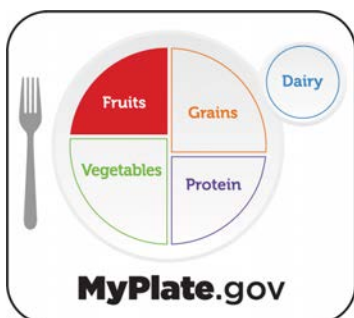




# Papaya (pah-pah-yah)

**Papayas help to keep your skin healthy and boost your immune system. They have a sweet taste. Try them in a smoothie!**

**Las papayas ayudan a mantener su piel sana y mejorar su sistema inmunológico. Tienen un sabor dulce. ¡Pruébalos en un batido!**



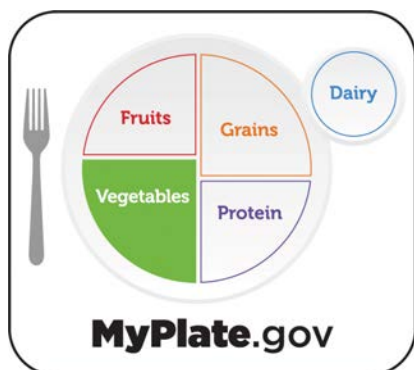




# Cucumber/Pepino (peh-pee-noh)

**Cucumbers are slightly sweet, juicy, and very crunchy. Enjoy them fresh with hummus as a snack or add some slices to a glass of water!**

**Los pepinos son ligeramente dulces, jugosos y muy crujientes. ¡Disfrútalos frescos con hummus como merienda o añade unas rodajas a un vaso de agua!**

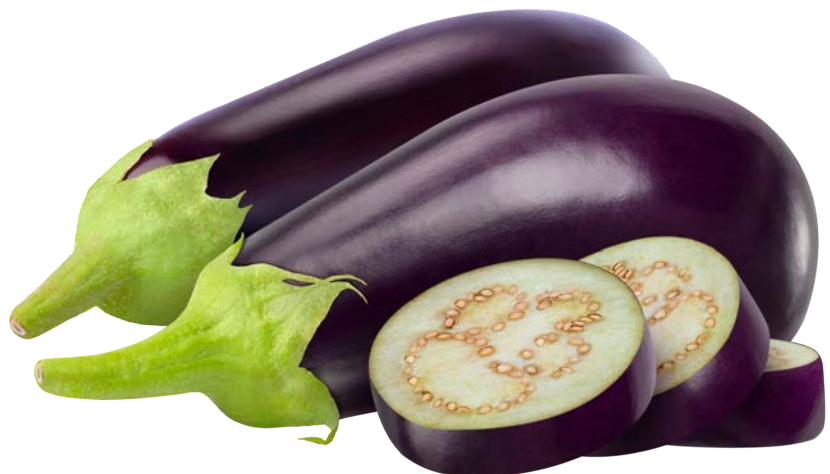
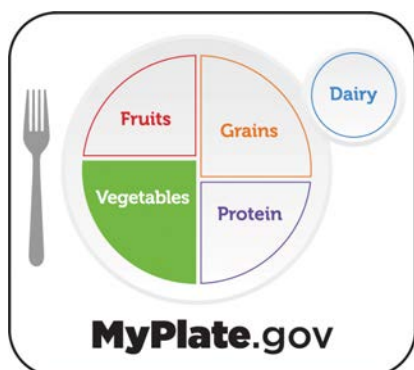




# **Eggplant/ Berenjena (beh-rehng-heh-nah)**

**Eggplant is mild with a rich, creamy texture. Enjoy it on the grill or in pasta sauce. Leave the skin on for more nutrients!**

**La berenjena es suave con una textura rica y cremosa. Disfrútalo a la parrilla o en salsa para pasta. ¡Deja la piel puesta para mas nutrición!**

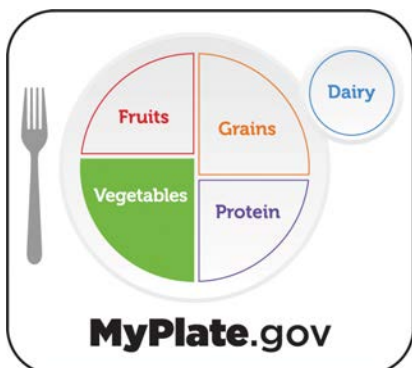




# Jicama (hi-kuh-muh)

**Jicama can be peeled like a potato and eaten raw like an apple. Dip slices into lime juice and chili powder for a sweet and sour taste!**

**La jícama se puede pelar como una papa y comerse cruda como una manzana. ¡Sumerja las rodajas en jugo de limón y chile en polvo para un sabor agridulce!**

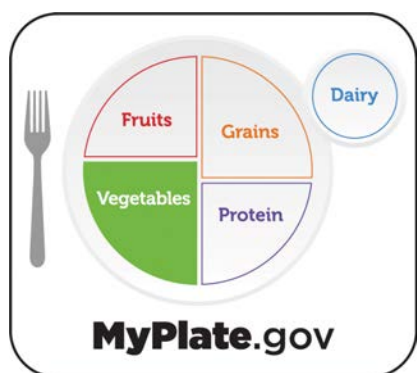




# Plantain/Plátano (plah-tah-noh)

**Although plantains are part of the banana family, they are actually a vegetable, not a fruit. The more a plantain ripens, the sweeter it becomes.**

**Aunque los plátanos son parte de la familia del banano, en realidad son una verdura, no una fruta. Cuanto más madura un plátano, más dulce se vuelve.**



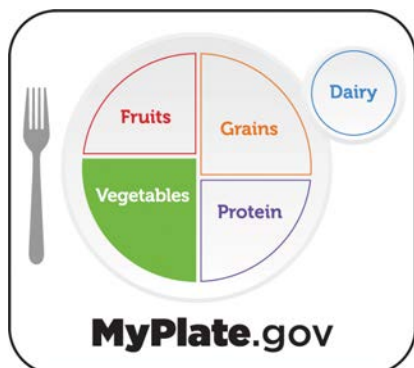




# Sweet Potato/Batatas (bah-tah-tah)

**Sweet Potatoes are creamy and sweet! Wash and scrub well, then enjoy them as fries, chips, or in your quesadilla for a delicious meal.**

**¡Las batatas son cremosas y dulces! Lave y estriegue bien, luego disfrútelos como patatas fritas, papas fritas o en su quesadilla para una deliciosa comida.**

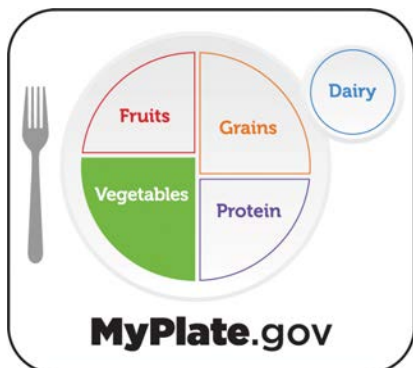




# Avocado/ Aguacate (ah-gwah-kah-teh)

**Avocados have a very light, nutty and earthy taste. They are creamy in texture. Try mashing avocado and spreading it on whole wheat toast for breakfast or a healthy snack.**

**Los aguacates tienen un ligero sabor a nuez y terroso. Son de textura cremosa. Pruebe machacar el aguacate y untarlo sobre una tostada integral para desayuno o una merienda saludable.**

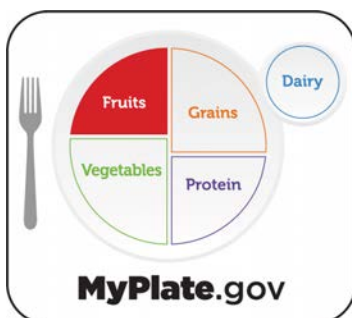




# Mango (mahn-goh)

**Mangoes are sweet and delicious on their own or in smoothies, salsas, or salads. There are over 500 varieties of mangoes grown all over the world!**

**Los mangos son dulces y deliciosos solos o en batidos, salsas o ensaladas. ¡Hay más de 500 variedades de mango cultivadas en todo el mundo!**

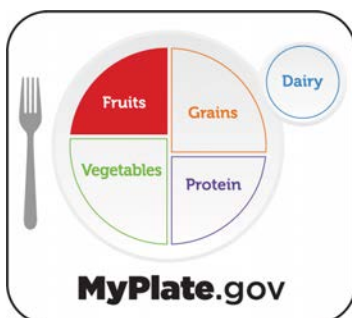




# Passion fruit/ Maracujá (mah-rah-koo-yah)

**Before passion fruit ripens, the skin is a soft green color. Enjoy the seeds and pulp as a sweet topping in salads, jams, or beverages.**

**Antes de que la maracujá madure, la piel es de un color verde suave. Disfrute de las semillas y la pulpa como un aderezo dulce en ensaladas, mermeladas o en bebidas.**



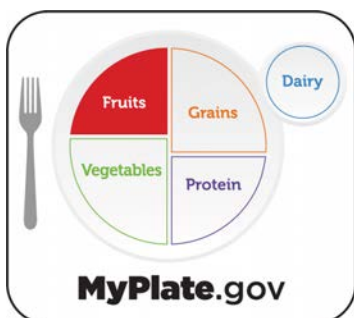




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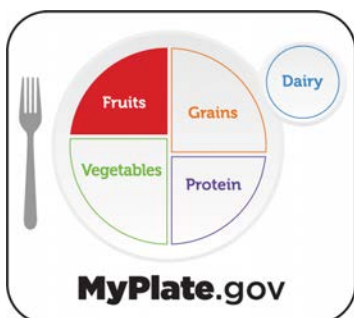




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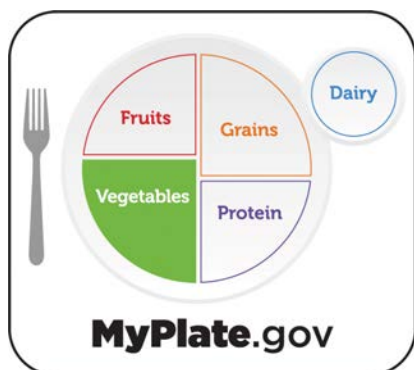




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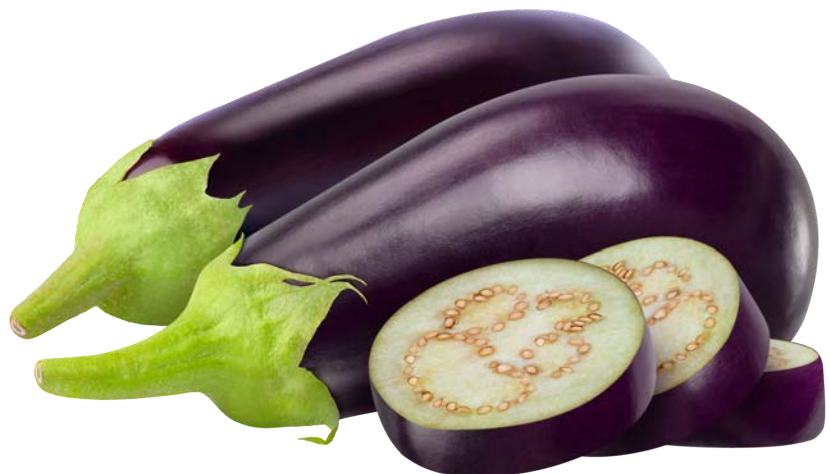
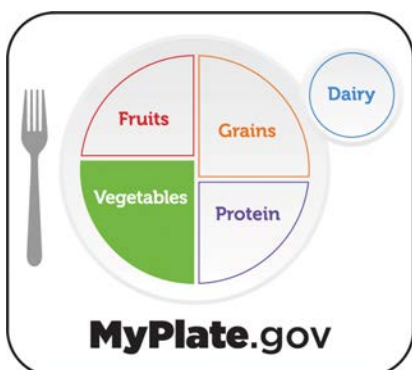




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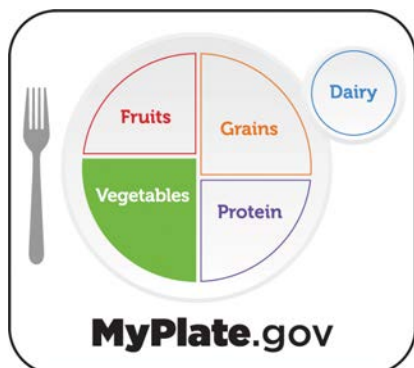




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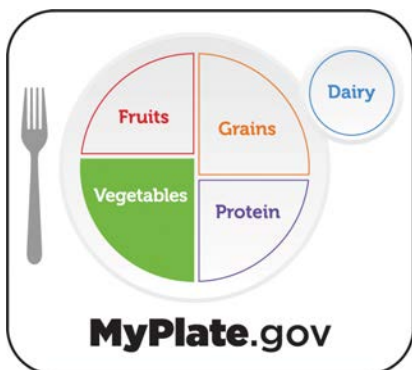




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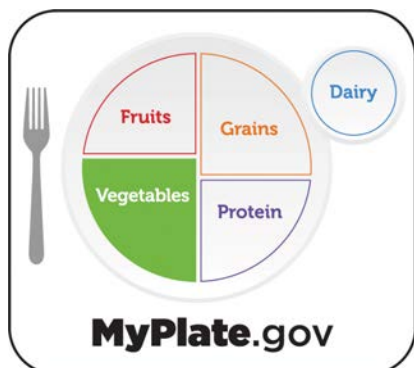




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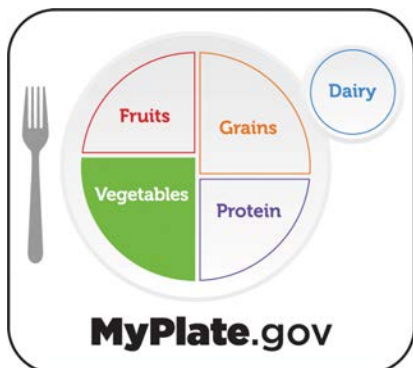




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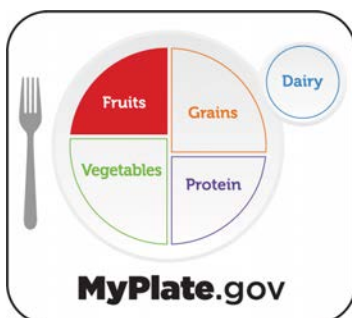




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