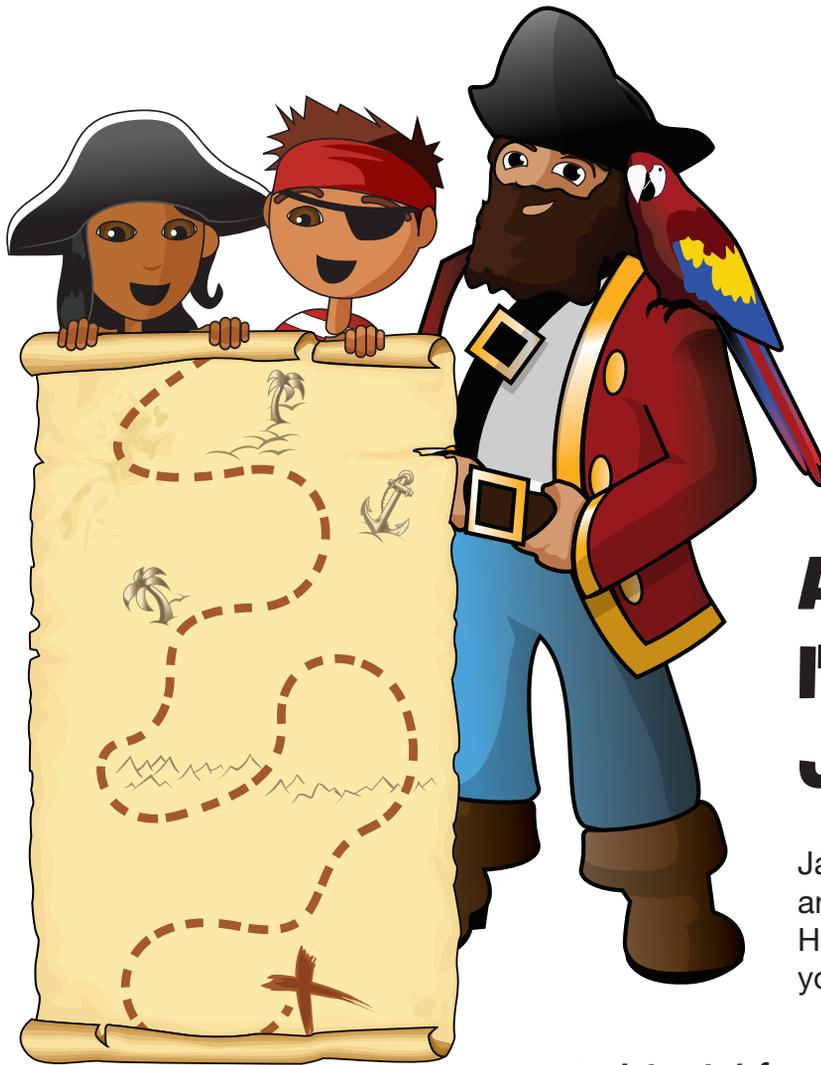


Treasure Hunt

Finding Healthy Food at the Grocery Store

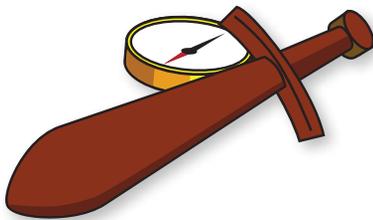




Ahoy kids! I'm Captain Jamie

Jack and Gabby are on a fruit and vegetable treasure hunt. Help them find the treasure in your local grocery store!

Symbols to look for:



Ahoy!

Look for this symbol. It's a sign for a fun pirate tip.



Fun Treasure Fact

Look for this symbol. It's a sign for a fun treasure fact.

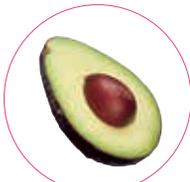


Ahoy kids!

Use the stickers below to complete the “I spy treasure!” activity.



Apples



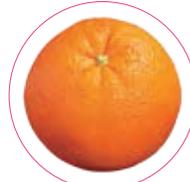
Avocados



Bananas



Broccoli



Oranges



Grapes



Leafy Greens



Tomatoes



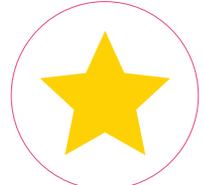
Sweet Potatoes



Cucumbers



Strawberries

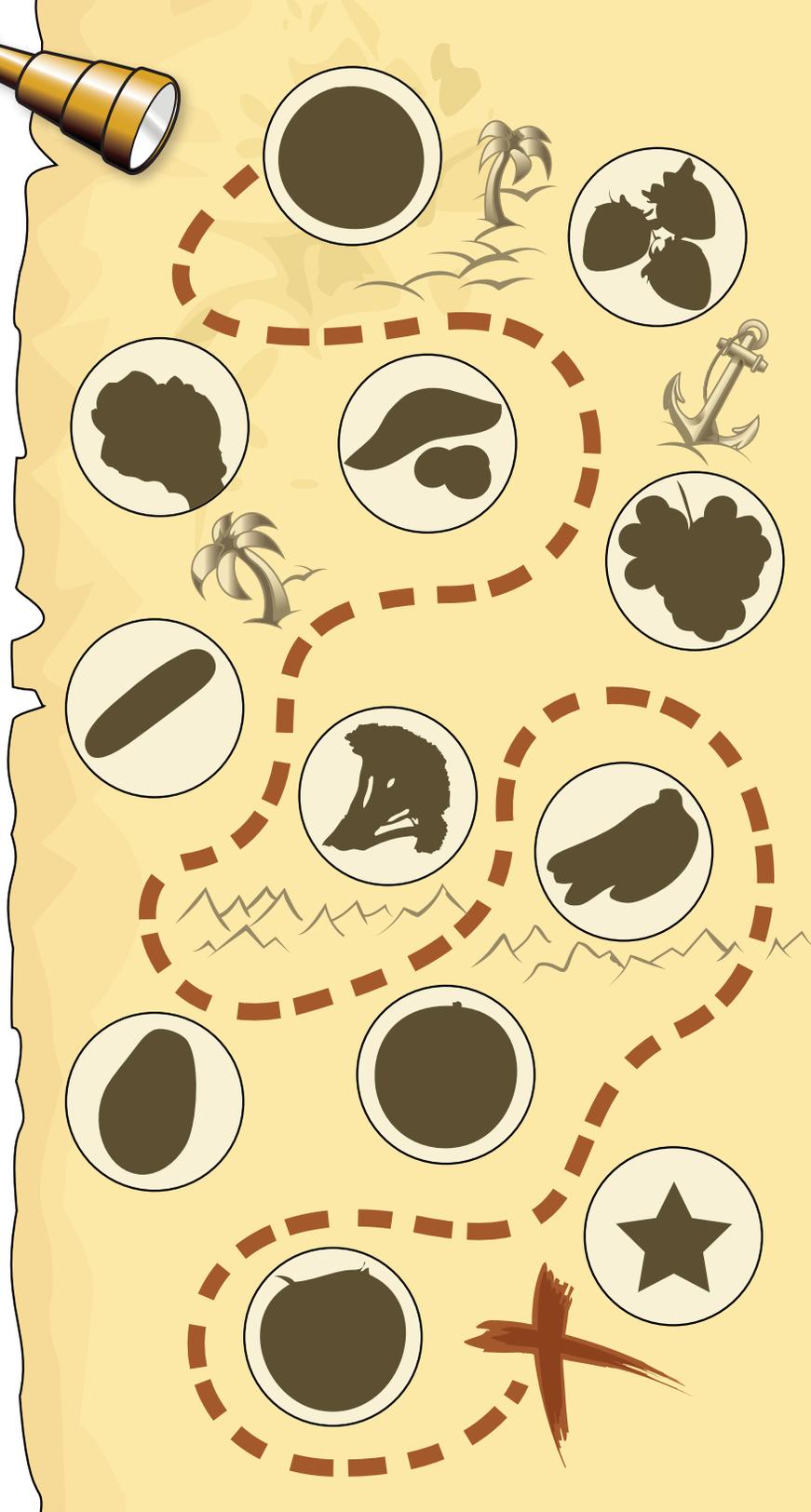


My Favorite

I spy treasure!

Once you figure out the clues, use the sticker to mark the fruits and vegetables on the map.

1. I spy a fruit that is orange.
2. I spy a vegetable that is dark green and leafy.
3. I spy a red fruit with seeds on the outside.
4. I spy a vegetable that is brown on the outside and orange on the inside.
5. I spy a fruit that is purple.
6. I spy a vegetable that is green and smooth.
7. I spy a vegetable that looks like a tree.
8. I spy a fruit that is black on the outside and green on the inside.
9. I spy a fruit that is round and green.
10. I spy a fruit that is yellow.
11. I spy a fruit that is red and is sometimes called a vegetable.
12. What is your favorite fruit or vegetable?



Check out Your Treasure!



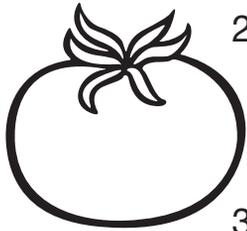
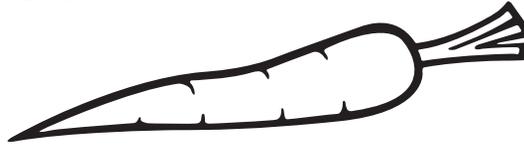
Now that you've found the treasure, it's time to check it out! Color each fruit or vegetable. Then, circle the word that best describes how it looks, feels or tastes.



Ahoy!

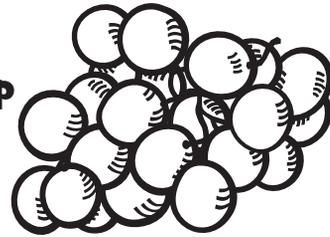
Always wash fruits and vegetables before you eat them.

1. Carrots feel: **rough** or **smooth**
and taste: **sweet** or **bitter**

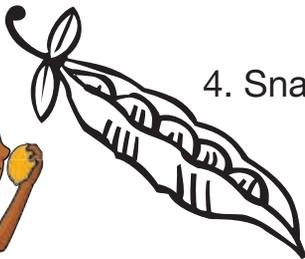


2. Tomatoes look: **red** or **green**
and feel: **hard** or **squishy**

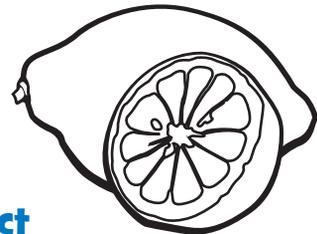
3. Grapes feel: **smooth** or **sharp**
and taste: **sweet** or **salty**



4. Snap peas feel: **prickly** or **smooth**
and look: **green** or **yellow**



5. Lemons look: **green** or **yellow**
and taste: **sour** or **sweet**



Fun Treasure Fact



Dark lettuce leaves (like romaine and spinach) have more nutrients than lighter color leaves.

From Farm to Plate!

Where do fruits and vegetables come from?
And how do they get to our plate? Help Jack and Gabby find the many ways fruits and vegetables get from the farm to the food on our plates!

Fun Treasure Fact
More than half of the country's fruits, vegetables and nuts are grown in California.





Make half 'yer plate fruits and vegetables

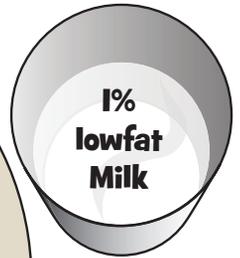
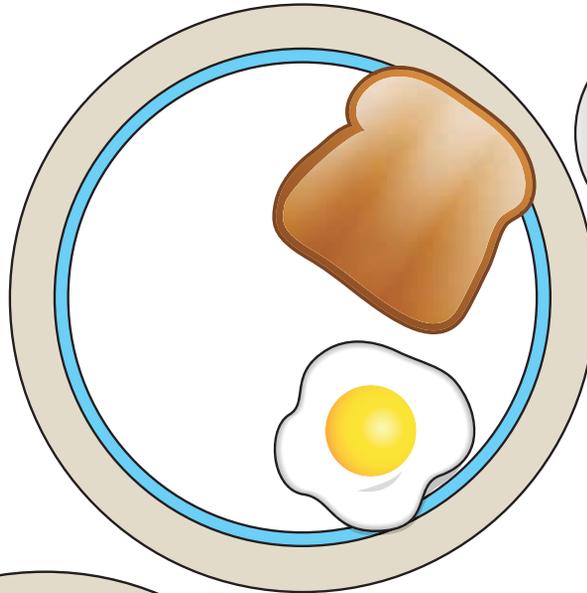
Use the stickers to add fruits and vegetables to each plate.



Breakfast

What is your favorite fruit to eat at breakfast?

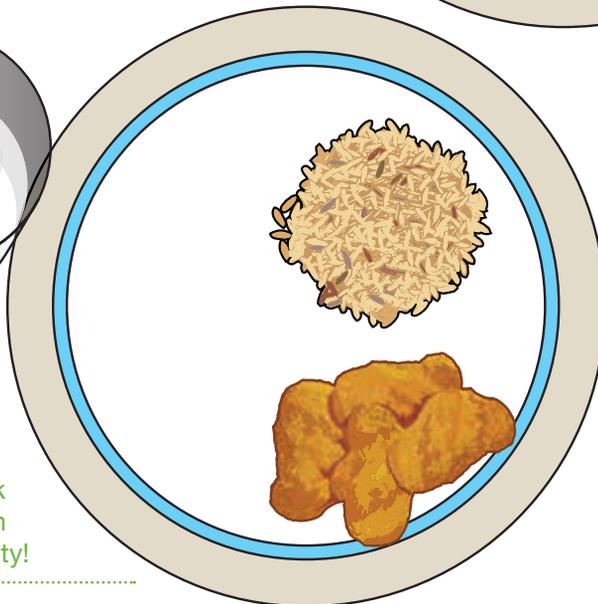
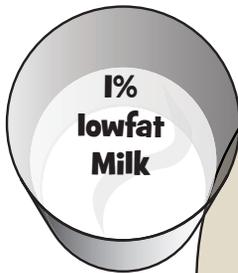
What is your favorite vegetable to eat at breakfast?



Lunch

What is your favorite fruit to eat at lunch?

What is your favorite vegetable to eat at lunch?



Ahoy!

Water keeps your body healthy. Drink water when you're thirsty!





Tomatoes



Baby Carrots



Cantaloupe



Broccoli



Asparagus



Avocados



Grapes



Fruit Cup



Sweet Potatoes



Snap Peas



Dried Fruits



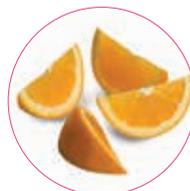
Bell Peppers

Half 'yer plate

Use the stickers to the right to complete the *"Make half 'yer plate fruits and vegetables"* activity.



Peaches



Oranges



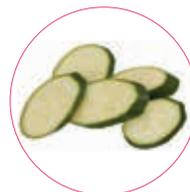
Strawberries



Cucumbers



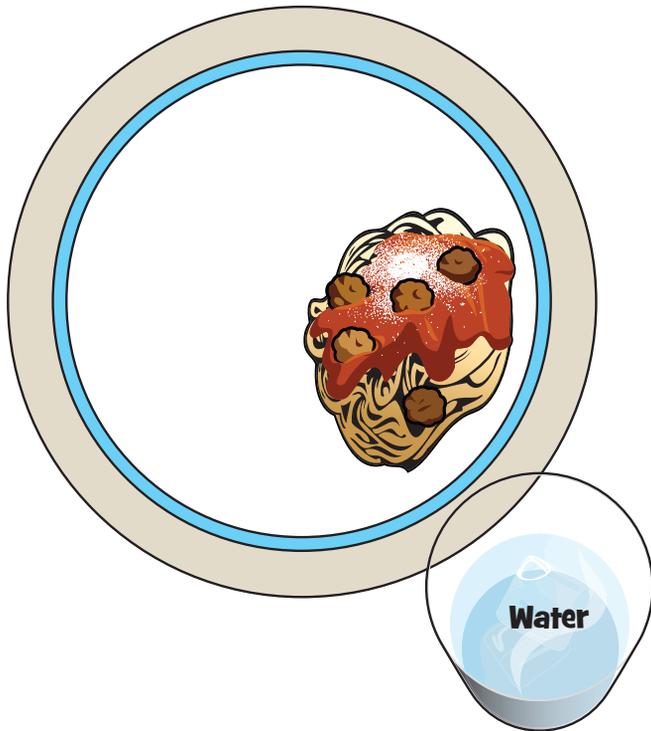
Salad Greens



Zucchini

Plus, eating fruits and vegetables helps us grow healthy and strong.

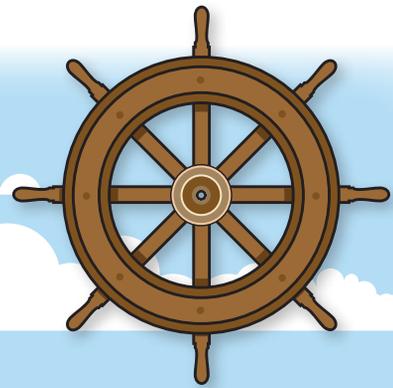
We found great treasure, Gabby. It's so colorful and tasty!



Dinner

What is your favorite fruit to eat at dinner?

What is your favorite vegetable to eat at dinner?



Parents, you're the captain!

The grocery store is a place where you can help teach your kids about food and nutrition.

Here are a few "smart-shopping" tips for fruits and vegetables:

- Buy fresh vegetables that are in season. They are easy to get and have more flavor.
- Plan your meals ahead of time and ask your kids to help make a grocery list. You will save money by buying only what you need.
- Try canned or frozen fruits and vegetables.

You can find many healthy recipes with fruits and vegetables in the *Kids Get Cookin'!* cookbook. For more healthy tips and recipes, visit CaChampionsForChange.net.



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This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

Key Contributors: Courtney Cagle, Stephanie Carillo, Kristy Garcia, Leslie Kemp, Emily Pérez, Public Health Institute; Cole Ryan, Cole Ryan Graphic Design; Allyson Conwell, GALEWill Design; Della Gilleran, Marketing by Design.