FRUIT AND VEGETABLE MATCHING GAME

Equipment
✓ Fruit and vegetable cards and squares.
✓ Print, laminate and cut out the same images.

Variation
• Play as a group (children take turns turning a card over and attempting to match it to their card).
• For an additional challenge, on the base card, include images of the whole fruit or vegetable, and on the matching cards provide images of the fruits or vegetables cut in half.
• Children can create their own version of how to play the game.

Activity
• Provide the cards for the children to match individually.

RECOMMENDED AGES: 3 TO 5 YEARS

CAN YOU FIND MY MATCH?

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au