



# Fruit and Vegetable Morning Announcements



These announcements have been adapted from Iowa Nutrition Network educators and Team Nutrition's resources and can be read or uploaded to classroom electronic boards or TVs to utilize as electronic health messages.

- **What am I?** I am bright red, heart-shaped fruit with seeds on the outside and a green cap. I am a tender, sweet fruit packed with vitamin C. I am a member of the Fruit Group. I grow on a plant in a garden, a pot, or on a farm. Every one, no matter the size, has about 200 seeds. **I am a Strawberry!**
- **What am I?** Some people call me Chick Peas. I am rounder than most other beans. I am a very light tan color. I grow in a pod, on plants that can grow 1-2 feet high. I contain fiber, protein, and folate. I am a member of the Vegetable Group and the Protein Group. You can mash me up with garlic, olive oil, lemon juice, and spices to make hummus. **I am a Garbanzo Bean!**
- **What am I?** My name comes from the Latin word brachium, which means "branch" or "arm." My tree-like stalks are topped with umbrella-shaped clusters of purplish green florets. I am packed with vitamin C and a good way to add fiber to your meal or snack. I am a member of the Vegetable Group. Eating me raw with low-fat ranch dip is a great snack! **I am Broccoli!**
- **What am I?** I am a dark-green leafy vegetable that can grow up to about 12 inches tall. My leaves can be smooth, crinkly and curly, or slightly crinkly. My delicious leaves are packed with vitamin A and also contain vitamin C, folate, and the mineral potassium. I am a member of the Vegetable Group. I am popular in salads. **I am Spinach!**
- **What am I?** I usually have yellow or white kernels attached to a cob. I am a member of the Vegetable Group. I am harvested on over 28,000 farms and in all 50 States. I have one strand of silk for each kernel. **I am Sweet Corn!**
- **What am I?** I am sometimes mistaken for a yam, which is a starchy root that grows in Africa and Asia. I have a light tan, orange, or purple skin. I can be deep orange color inside. I am high in potassium, vitamins A and C, and fiber. I am a member of the Vegetable Group! I grow underground and you can dig me up. **I am Sweet Potato!**
- **What am I?** I am a type of lettuce that has darker outer leaves. I have crisp leaves, which provide your body with vitamin A and folate. I am a member of the Vegetable Group. I am often found in Caesar salads. The Romans called me "Roman lettuce," due to their belief in my health and healing properties. **I am Romaine Lettuce!**
- **What am I?** I can have long green leaves with a bumpy texture. My beautiful leaves are packed with vitamins A and C. I am a member of the Vegetable Group. A light frost or freezing temperature makes my leaves sweeter. I can be a cooked vegetable side dish, in soups, or baked with a little oil to make deliciously crunchy chips. Yum! **I am Kale!**

- **What am I?** I am a root vegetable that is most often seen orange but can be white, red, or purple. I have a crunchy root, packed with vitamin A. I am a member of the Vegetable Group. I grow underground and am considered a favorite vegetable by many kids! **I am Carrot!**
- **What am I?** I am an acorn-shaped vegetable. While I can be other colors, the most common is green. Inside, I am golden yellow. I am a good way to add vitamin C, fiber, and potassium to your meals. I am a member Vegetable Group. I grow on a vine and was given to the settlers by the Native Americans. **I am Acorn Squash!**
- **What am I?** When I am ripe I am often red, but there are yellow, orange, and purple varieties of me as well. My “fruit” is eaten as a vegetable. I provide vitamins A and C and some potassium. You will find me on salad bars and in pizza and pasta sauce. **I am Tomato!**
- **What am I?** I have grass-colored green pods holding me. My seeds provide vitamins A and C, fiber, and some potassium. I am a member of the Vegetable Group. I am one of the first vegetables growing in gardens in early spring. I was Thomas Jefferson’s favorite vegetable! **I am Green Pea!**
- **What am I?** I am a large cylinder-shaped vegetable that is wider and rounder at the bottom. On the outside, my skin is camel-colored and inside, the flesh is orange. I provide vitamins A and C, fiber, and some potassium. I add great color to your plate. I am a member of the Vegetable Group. **I am Butternut Squash!**
- **What am I?** My nickname is spud. I am a root vegetable and provide vitamin C and potassium. I grow underground, most commonly in Idaho, Washington, Wisconsin, Colorado, and Oregon. Kids eat more of me than any other veggie, which is mostly in the form of French Fries. **I am Potato!**
- **What am I?** I can be red or green and form tight compact heads of leaves. My leaves provide vitamin C. I am a member of the Vegetable Group. I can be processed into coleslaw. In the United States, I am most in demand in March because of preparation of traditional corned beef and cabbage meals for St. Patrick’s Day. **I am Cabbage!**
- **What am I?** I have light green stalks growing parallel and topped with leaves. My crunchy stems, can be eaten raw or sliced and cooked. My leaves and seeds can also be used as a flavoring/garnish. I am a member of the Vegetable Group. **I am Celery!**
- **What am I?** Some people call me Cabbage Flower. I have a compact head of white flower buds surrounded by green leaves. My flowers are packed with vitamin C. I am a member of the Vegetable Group. The green leaves that surround my head keep the flower buds from sunlight. **I am Cauliflower!**
- **What am I?** Some people call me Green Globe, Desert Globe, Big Heart, or Imperial Star. I have a green bud that has many triangle-shaped scales. My flower bud is filled with vitamin C and fiber. I am a member of the Vegetable Group and I grow mostly in California. I taste best when prepared and eaten soon after harvest. **I am Artichoke!**

- **What am I?** I am a green, bell-shaped, crunchy, and am packed with vitamin C. I am a member of the Vegetable Group. **I am Green Bell Pepper!**
- **What am I?** I look like tiny heads of cabbage. My leaves are high in vitamin C. I am a member of the Vegetable Group. I am named after the capital of Belgium where it is thought that I was first grown. **I am Brussel Sprouts!**
- **What am I?** I can be a Golden Delicious, Red Delicious, Fuji, Granny Smith, or many others. I am round and found in all shades of red, green, and yellow. I am a sweet and crunchy fruit. I grow on trees and you will see me whole or sliced in many school cafeterias. I am a kid favorite! Americans eat about 120 of me each in a year. **I am Apple!**
- **What am I?** Another name for me is "Cukes". I am long, dark-green, and grow on a vine. I am a member of the Vegetables Group. You will find me on vegetable trays and salad bars everywhere. My inner temperature can be up to 20 degrees cooler than the outside air. Hence the phrase, "Cool as a \_\_\_\_\_." **I am Cucumber!**
- **What am I?** I come in four colors: red, purple, black, and gold. I am a sweet and juicy fruit, which provide vitamin C and fiber. I am a member of the Fruit Group. I am delicious in fruit smoothies, sprinkled on cereal, or topped on ice cream. My small hairs are called stiles. **I am Raspberry!**
- **What am I?** Some people call me Tree Fruit or Stone Fruit. I am round and about the size of a baseball. My skin color is yellow or cream, sometimes blushed with red. The flesh inside is usually yellow. There is a large pit in the center that is not eaten. I am a sweet fruit, which provides vitamin C and some vitamin A, fiber, and potassium. I am a member of the Fruit Group. **I am Peach!**
- **What am I?** I am also known as Navel, Valencia, Mandarin, and Chinese Apple. I am round and yellow-orange in color. Inside, there are juice segments with seeds. I am a juicy fruit, and am loaded with vitamin C. I also provide fiber and folate. I am a member of the Fruit Group. I hang out in orchards on the branches of a tree. **I am Orange!**
- **What am I?** I can be found in a variety of shapes, sizes and colors. Skin colors include green, golden yellow, and red. I have a sweet and juicy fruit, which provides fiber and vitamin C. I am a member of the Fruit Group. You can find me hanging out on the branch of a tree in a sunny garden or orchard. **I am Pear!**
- **What am I?** Some people call me Muskmelon. I am round with a light-brown rind, thick skin, and orange flesh with seeds in the center. I am a very sweet fruit, which is loaded with vitamins A and vitamin C. I am a member of the Fruit Group. I grow on vines in gardens and on farms. My seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California. **I am Cantaloupe!**

- **What am I?** I am green and round or oblong, weighing between 5 and 30 pounds. Inside, I have red flesh. Some have seeds and some are seedless. I am a sweet and juicy fruit, which is loaded with vitamins C and A. I am a member of the Fruit Group. I like to lie around on the ground attached to a vine in large gardens where it is warm for most of the year. Americans eat about 17 pounds of me a year. **I am Watermelon!**
- **What am I?** I am small, round, and seen in many colors: black, blue, blue-black, golden, red, green, and purple. I am a sweet and juicy fruit and a member of the Fruit Group. I grow in clusters on vines in orchards. I am about 80 percent water, making me a delicious low-calorie snack or dessert. Raisins are dried versions of me and contain only about 15 percent water. **I am Grapes!**
- **What am I?** I am small and white and sold dried or canned. I am full of fiber, folate, and protein. I am a member of the Beans & Peas Subgroup and the Protein Group. North Dakota grew the most in the United States in 2009. Often I am a key ingredient in baked beans, so try me next time I am on the lunch menu. **I am Navy Beans!**
- **What am I?** When dried, I am small and shiny. When fresh, I can be found growing on bushes, hiding out inside pods, like a pea pod. My seeds contain fiber, protein, and folate. Power up with me in soups and quesadillas. I am a member of both the Vegetable and the Protein Group. **I am Black Beans!**
- **What am I?** Some people call me Cow Peas. I grow in a pod, just like green peas. My black “eye” or spot is where the tan pea attaches to the pod. I am packed with fiber, protein, and folate. I am a member of the Beans & Peas Subgroup and the Protein Group. I like warm weather to grow. Some believe that if you eat me on New Year’s Day, you will have good luck all year. Whether or not that’s true, it is certainly a healthy way to try your luck. **I am Black-eyed Peas!**
- **What am I?** I am named after the “pinto” horse, and am a light reddish tan in color, with darker speckles all over. I contain fiber, protein, and folate. I am a member of the Beans & Peas Subgroup and the Protein Group. I can be mashed up as refried beans or used as an ingredient in burritos. **I am Pinto Beans!**

### **Additional Announcements:**

- Try making your own flavored water at home. Just add some sliced up fruit or vegetables and let sit in water in refrigerator a few hours. Try Cucumber water, it tastes crisp and fresh!
- Fruit and vegetables help keep your eyes, skin, and body healthy!
- At lunch today check out the different fruits and vegetables. Try a new one to you!
- Go with your grown up to the grocery store and pick out a new vegetable to try as a family!
- Which vegetable grows underground and can make you cry even when you are not sad? An Onion!
- September is National Potato Month, what is your favorite way to eat a potato?

- What color represents the fruit group on MyPlate? Red!
- Eating fruits and vegetables of every color of the rainbow can help give you the different vitamins and minerals you need to soar through the day!
- Make ½ your plate fruits and vegetables. Encourage your friends and family to do it too!
- Fruits contain natural sugars. In fact strawberries are the lowest sugar containing fruit.
- Spinach is considered a “dark green” vegetable in school lunch. Spinach tastes good raw and can be used in salads or on sandwiches!
- Get plenty of vitamin C to keep from getting colds. Your best source is from foods (oranges, kiwi, broccoli, grapefruit).
- Try hummus as a dip for your carrot sticks or pepper slices. Yummy!
- Oranges are a healthy way to recharge if you need a snack or more energy!
- Choose snacks that power your body like bananas, carrots, apples and grapes. Pick a better snack, how easy is that?
- Sweet potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed or fried). Try some in a new way!
- For dessert blend frozen strawberries or blueberries and banana with 100% juice to make a smoothie. Make sure to have a grown up help!
- Corn is the most popular vegetable in the world and next is the potato!
- Did you know that grapes are 80% water? Raisins which are dried grapes have only about 15% water.
- Carrots started 5,000 years ago in Middle Asia around Afghanistan. In Roman times, carrots were purple or white.
- Try dried cranberries in your morning cereal. They taste great and add extra color and flavor!
- Try a new dip with your veggies! Use non-fat plain yogurt and stir in your favorite salsa.
- Blueberries are the second most popular berry in the United States. Strawberries are number one!
- Did you know that strawberries are the only fruit that have seeds on the outside?
- Fruit and veggie snacks are fun and easy. Snack on strawberries, apples, carrots and peppers. Just wash and bite. How easy is that?
- What’s orange and sounds like parrot? Carrot!
- Try a yummy healthy vegetable dip by using plain Greek yogurt mixed with dry taco seasoning.
- Did you know that in the United States, more tomatoes are consumed than any other single fruit or vegetable!
- Today we are eating more broccoli than we did 20 years ago. Today, the average person in the US eats 4 ½ pounds each year!
- Try eating more dark orange vegetables (sweet potatoes, carrots, pumpkin, and squash) and dark greens (leafy greens, romaine, spinach, kale, and collard greens) for more nutrition!
- Did you know that a watermelon is 92% water?
- Tomatoes can be found in every color of the rainbow except blue.
- Did you know that a single peach tree can produce 4-10 bushels per year?
- Peaches are native to China. In China, the peach is a symbol of good luck.

## Jokes:

- Why aren't bananas every lonely? Because they come in bunches!
- What is a scarecrow's favorite fruit? **Straw**berries!
- Knock Knock! Who's there? Lettuce. Lettuce who? Lettuce in, we're freezing.
- What is a librarian's favorite vegetable? Quiet Peas!
- What's a penguin's favorite salad? Iceberg lettuce!
- Where do baby apes sleep? In apricots!
- How do you fix a broken tomato? Tomato paste!
- What is a vampire's favorite fruit? A neck-tarine!
- Why did the banana go to the doctor? Because it wasn't peeling well.
- What did the father tomato say to the baby tomato while on a family walk? Ketchup.
- Why is it not wise to tell secrets in a cornfield? There are too many ears!
- Did you hear the joke about the watermelon? It's pit-iful!
- How do you fix a cracked pumpkin? With a pumpkin patch!
- What vegetable might you find in your basement? Cellar-y!
- What is green and goes to a summer camp? A Brussels' scout.
- Why did the Tomato go out with a prune! Because he couldn't find a date!

