



Quiz: Are you a fruit and vegetable expert?

Here is an activity to be done during **Week 2** of the 2019 *Health Challenge (Défi Santé 2019)*, which is themed **Gourmet Explorers!**. This is a game in which two teams compete by answering questions featuring fruits and vegetables. Riddles, fruity expressions, charades... Get ready to test your knowledge!



Age group:

Multiage.

Required material:

- Question cards (1st cycle: remove the charades category ; 2nd and 3rd cycles: use the 5 categories). Prepare a deck of questions per pair of teams.
- Sheets of paper and pencils to count the points.
- Hourglass or stopwatch.

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psycho-motor
- Social

Educative intent:

At the end of this activity, the student will have developed cooperation strategies.

Professional expertise put forward by this activity:

- Planning predominantly affective activities.

Quiz: Are you a fruit and vegetable expert?

Approach

1. Get ready

Form small teams of 3 or 4 people. The teams will compete in pairs, which will be led by a game master.

Choose the game masters (1 per pair of teams): it can be an educator or a student. This person asks the questions, times the rounds and counts the points of each team.

Count 1 point for each correct answer from each team on a large board or a large sheet visible to all. The winning team is the one that gets the most points.

2. Have fun!

There are two ways to play.

A. Team response

You can give each team sheets and pencils. Each team must agree on their answer in a very short time (for ex.: 30 seconds or less). When the game master declares that the time is up, each team raises its sheet with its response in the air.

Count 1 point per correct answer.

B. Everyone in turn

With each question, one member of a team faces a person on the other team, in turn. Ask players who know the answer to raise their hand as quickly as possible. The game master being the referee, it is he (and he alone) who questions the player who raised their hand first. If the player does not have the correct answer, the player on the other team can answer. Count 1 point per correct answer.

3. Tell us about your experience

Don't forget to take a picture of the activity and send it to info@defisante.ca!



ASSOCIATION SOUTENIR
QUÉBÉCOISE DE LA REPRÉSENTER
GARDE SCOLAIRE MOBILISER

402, rue Verchères
Longueuil (Québec) J4K 2Y6
450 670-8390 / 1 800 363-0592
gardescolaire.org

Défi Santé
GARDE SCOLAIRE

300, rue Léo-Pariseau, bureau 1810
Montréal (Québec) H2X 4B3
514 985-2466
DefiSante.ca

WHO AM I?

When I'm green, I'm not ripe.
When I'm black, I'm too ripe.
Yellow is when I'm best.

Answer: **Banana**



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WHO AM I?

I am a fruit and my pits are
on the outside.
I am bright red and I look
a little like a heart.

Answer: **Strawberry**



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WHO AM I?

I look like a grape.
I grow in fields or in the forest.
I am small and blue.

Answer: **Blueberry**

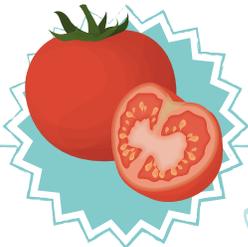


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WHO AM I?

I am round.
I am red, pink or yellow.
I am delicious in a sandwich.

Answer: **Tomato**

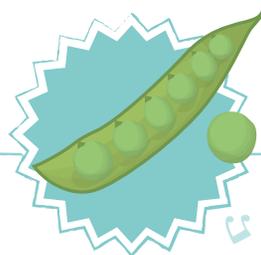


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WHO AM I?

I am a very
small round vegetable.
I am green
and I grow in a pod.

Answer: **Pea**



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WHO AM I?

I am white or brown.
I have a cap and a stem.
I look like a Smurf's house.

Answer: **Mushroom**



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WHO AM I?

I am a vegetable
that grows in the ground.
I have layers and I make
you cry when you cut me.

Answer: **Onion**



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WHO AM I?

My ears have silk.
I grow in fields
and you eat me
cooked in the fall.

Answer: **Corn**



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WHO AM I?

I am Popeye's favorite food.
I am a green vegetable
that you can eat in a salad.
I am green and flat.

Answer: **Spinach**



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FRUITY EXPRESSION

Means
"I'm feeling great":
I'm just

Answer: **Peach (peachy)**



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FRUITY EXPRESSION

Means
"You're very special to me":
You're the -----
of my eye

Answer: **Apple**

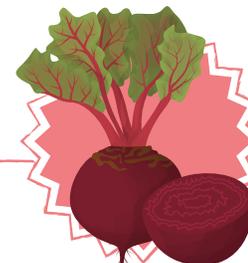


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FRUITY EXPRESSION

Means
"To be embarrassed":
To be
----- **red**

Answer: **Beet**



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FRUITY EXPRESSION

Means
"To select carefully":
To

-pick

Answer: **Cherry**



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FRUITY EXPRESSION

Means
"Going crazy":
Going

Answer: **Bananas**



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FRUITY EXPRESSION

Means
"They are very alike":
They are like two

in a pod

Answer: **Peas**

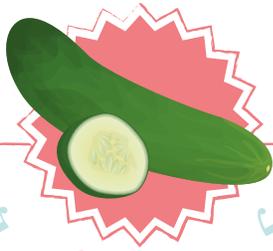


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FRUITY EXPRESSION

Means
"To be very calm and in control":
To be as cool as a

Answer: **Cucumber**



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FRUITY EXPRESSION

Refers to someone who spends
too much time watching
television or playing video games:
A couch -----

Answer: **Potato**



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FRUITY EXPRESSION

Means
"To reveal a secret or talk
about something private":
To spill the -----

Answer: **Beans**



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HOW DO I GROW?

I am a carrot.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **In the ground**



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HOW DO I GROW?

I am a cabbage.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **On the ground**



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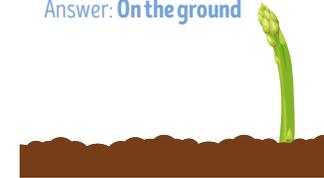
HOW DO I GROW?

I am asparagus.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **On the ground**



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HOW DO I GROW?

I am celery.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **On the ground**



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HOW DO I GROW?

I am a beet.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **In the ground**



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HOW DO I GROW?

I am a pineapple.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **On the ground**



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HOW DO I GROW?

I am a plum.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer:
In a tree



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HOW DO I GROW?

I am rhubarb.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **On the ground**



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HOW DO I GROW?

I am a melon.

I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: **On the ground**



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YUM!

Which fruit's juice
keeps cut fruit
from turning brown?

Answer: **Lemon**



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YUM!

Which fruit
do we usually top
a sundae with?

Answer: **Cherry**



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YUM!

With which fruit
do we usually
make a shortcake?

Answer: **Strawberries**



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YUM!

Which vegetable can we cook “in a jacket”, meaning in its skin?

Answer: **Potato**

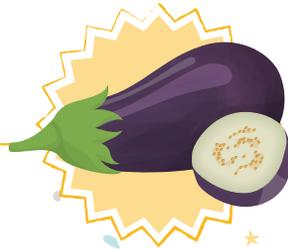


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YUM!

What is the main vegetable in a moussaka?

Answer: **Eggplant**



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YUM!

Which fruit or vegetable do we make ketchup with?

Answer: **Tomato**



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YUM!

Which vegetable is sauerkraut made with?

Answer: **Cabbage**



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YUM!

Which vegetable tastes like black liquorice?

Answer: **Fennel**

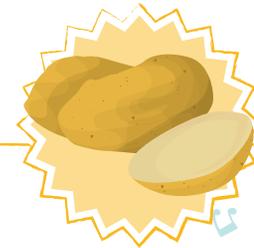


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YUM!

Which vegetable is in dauphinoise gratin?

Answer: **Potato**



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