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.
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?

____________________________

I spy treasure!
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.

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.

Ahoy!

Always wash fruits and vegetables before you eat them.
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?

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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!
Half ‘yer plate

Use the stickers to the right to complete the “Make half ‘yer plate fruits and vegetables” activity.
We found great treasure, Gabby. It's so colorful and tasty!

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

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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