

# P is for Pineapple

P is for pineapple. It is not a pine or an apple, but is a sweet-tasting fruit. Many people use it as a sign of welcome. You might see it on top of a ham or a cake, or even on pizza.



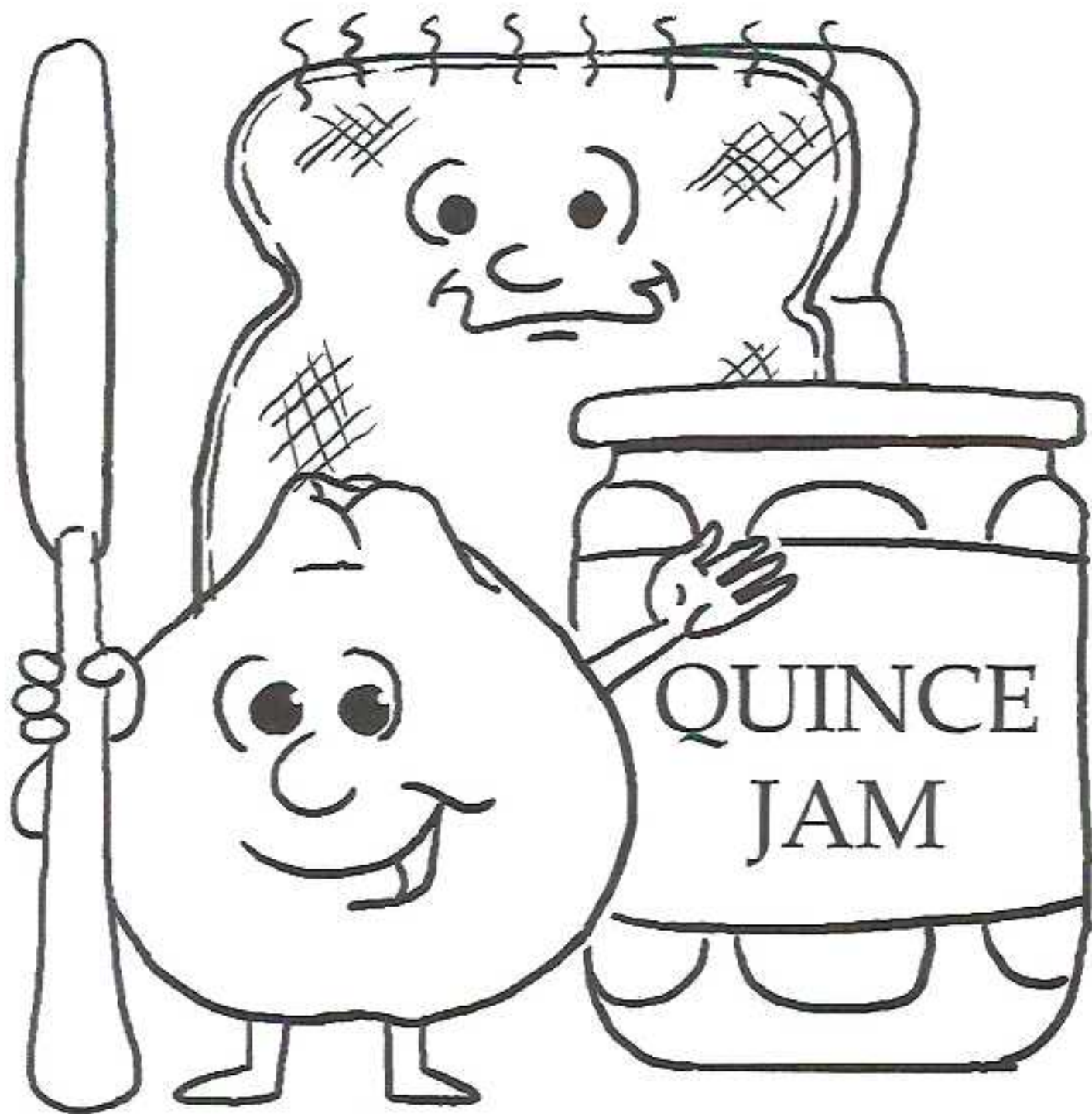
# P is for Pumpkin

Pumpkin is a fruit that you can have great fun with as well as eat. It is fun to put scary faces on them for Halloween and even more fun when you get to eat pumpkin pie. Pumpkins can be huge. They can weigh up to 800 pounds or more. Or they can be so small you can hold them in the palm of your hand. They can be orange or white like a ghost.



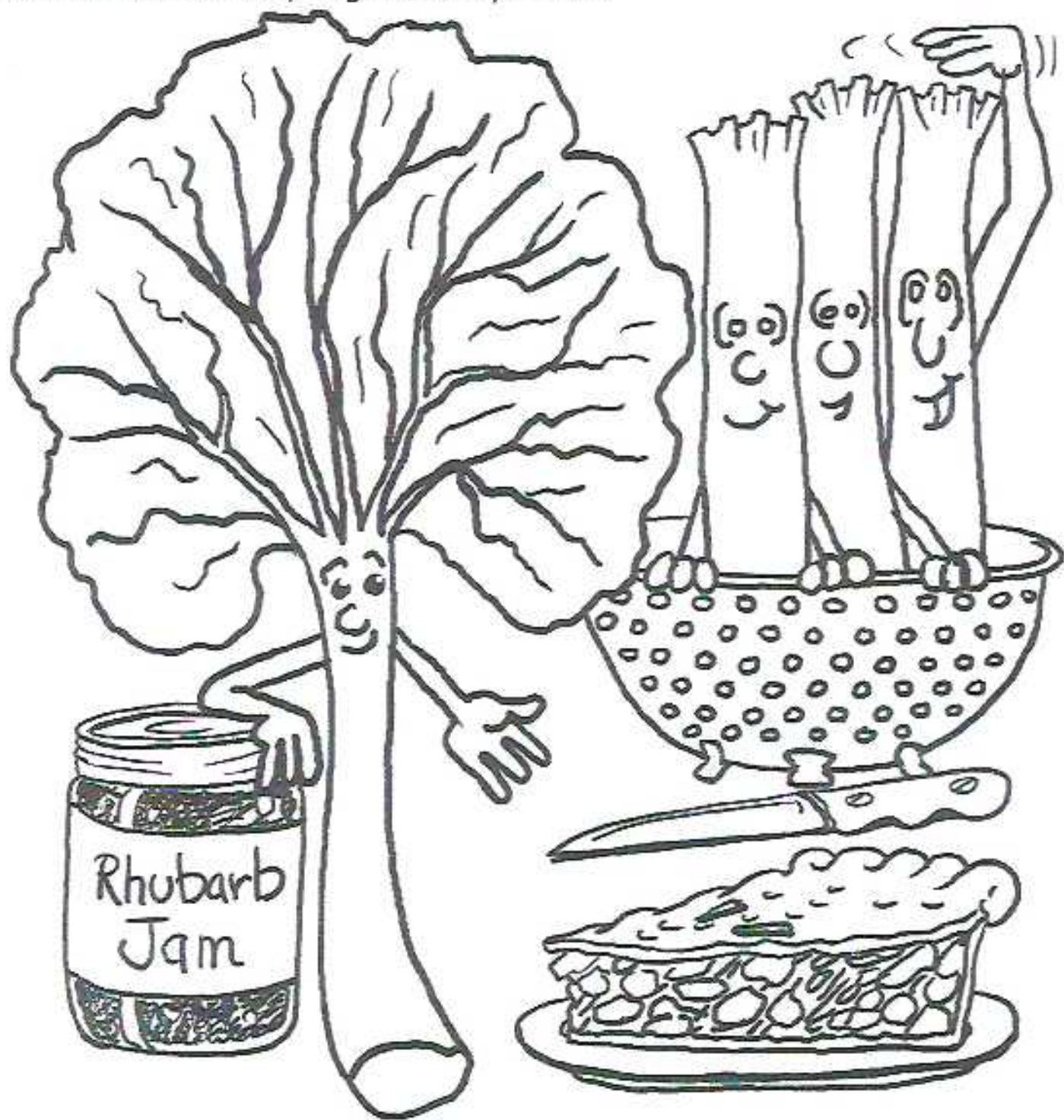
# Q is for Quince

Q is for the mouth-puckering Quince - a fruit that looks like a small greenish-yellow pear. It is very sour and dry. Quince is a favorite in Middle Eastern and Mediterranean countries. In the U.S., it is often used to make jams and jellies. Try it on toast.

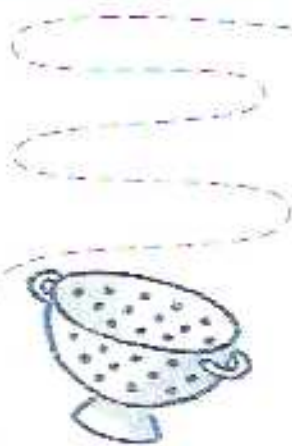


# R is for Rhubarb

Rhubarb pie and rhubarb jam is made from the stalks that hold up the leaves. The stalks are bright red and very sour. When cooked, they can be really good. Be careful! When eating rhubarb from the garden, don't eat the leaves. They might make you sick!



Tell Me More!



Name a kitchen task you enjoy.

Tell Me More!



Name a recipe that's fun to make. What do you put in it? Why do you like to make it?

Tell Me More!

## Conversation Cards

A Mealtime Game for Food Heroes



Fund for the game by Oregon Dept. of the USA, Oregon State University, Oregon State University Extension Service & All Local Open Source Providers and Employers

Tell Me More!

Who grew and harvested the foods you eat? How did the foods get to the market? Who helped sell them?



Bumble Bee

Tell Me More!



Can you think of a new name for one of your favorite vegetables? For instance, mashed potatoes could be cloud puffs.

Tell Me More!



Can you think of a fruit or vegetable that starts with the same letter as your first name? Have you tried it? If so, did you like it?

## Tell Me More!



Name all the blue or purple fruits and vegetables you can think of!  
Can anyone add any more?

## Tell Me More!



Each fruit and vegetable color has unique disease fighting chemicals called phytochemicals. What is the color of your favorite fruit and vegetable?

## Tell Me More!



Honey Bee

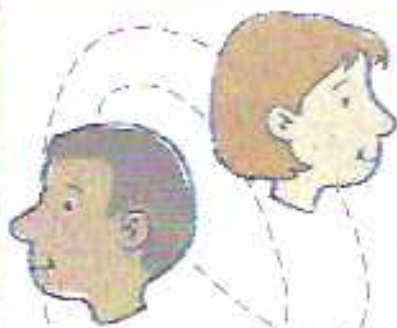
Write in your own question on this card!

## Tell Me More!



Pretend you're writing a comic book or making a movie starring a Food Superhero whose mission is to help kids eat healthy foods. What superpowers would your hero have? Why?

## Tell Me More!



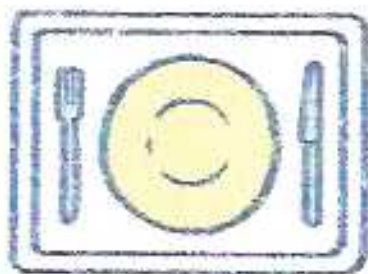
If you could invite someone to dinner, who would it be and what foods would you serve? Why?

## Tell Me More!



If someone were to give you a garden plot the size of a bathtub, what fruits, vegetables, herbs, and/or flowers would you grow there? Why?

Tell Me More!



If you were in charge of a school cafeteria, what 3 things would you change. Why?

Tell Me More!



Imagine you're in charge of a school cafeteria for one day. Name 3 healthy foods you would offer. Why?

Tell Me More!



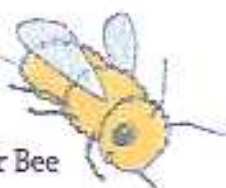
Which is your favorite meal of the day—breakfast, lunch or dinner? Why?

Tell Me More!



What's an activity you did during school recess or in PE class that you really liked? Why?

Tell Me More!



Sunflower Bee

Write in your own question on this card!

Tell Me More!



If you could plan an outdoor activity for your family, what would you choose, where, and why?

# Take a guess!

What fruit is dried to make raisins?



Answer: Grapes!

# Did you know?

Corn, beans and squash grow well when planted together and are known as the "Three Sisters."



# Did you know?

A cow has four chambers in its stomach, which helps it digest what it eats.



# Did you know?

Hens with white feathers usually lay white eggs, and hens with red feathers lay brown eggs!



# Did you know?

Dry beans are large seeds and, like other edible seeds, are packed with protein!



# Did you know?

Yogurt was likely made by accident thousands of years ago when milk was stored in warm climates!





Tell Me More!



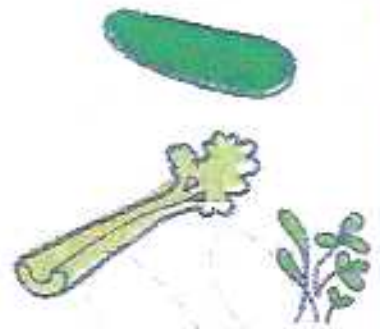
Think of a fruit you like - **but don't say it out loud!** Describe it until someone guesses its name - think about the taste, smell, feel, look and sound that it has when you bite into it.

Tell Me More!



Name a vegetable you like. How do you like to eat it (raw with a dip, in a salad, steamed, roasted in the oven, etc.)?

Tell Me More!



Name 5 green fruits or vegetables.

Tell Me More!



Name 5 yellow or orange fruits or vegetables.

Tell Me More!



Name as many red fruits and vegetables as you can think of!

Tell Me More!



Bumble Bee

Write in your own question on this card!

## Take a guess!

How high can a salmon jump?



Answer: Some can jump over 6 feet!



## Did you know?

Dark green leafy lettuce contains more nutrients than lighter-colored types.



## Did you know?

Potatoes are often grown from "seed potatoes," which are small potatoes or pieces of potatoes.



## Take a guess!

How much water does a dairy cow (a cow that produces milk) have to drink every day?



Answer: A bathtub's worth!



## Did you know?

Wheat is in the grass family. People eat the seeds which are called kernels.



## Did you know?

The leaves of a cauliflower are edible! Cook them as a sub for any leafy greens such as kale.



## Take a guess!

How large is the largest mushroom in the world?



Answer: It is in Oregon, mostly underground, and is thought to measure about  $3\frac{1}{2}$  miles across.



## Take a guess!

How long can an asparagus spear grow in 24 hours?



Answer: 10 inches!



## Take a guess!

Is a tomato a fruit or a vegetable?



Answer: A fruit botanically and a vegetable nutritionally.



## Did you know?

When you eat broccoli, you're actually eating flower buds!



## Did you know?

You can roast the seeds of all types of winter squash—not just pumpkins! They make a great snack!



## Did you know?

Leeks have been grown since the time of Ancient Egypt and were likely eaten by the people who built the pyramids!

