

What Am I?

Purpose of Activity:

1. To encourage youth to eat more fruits and vegetables
2. To help youth realize many fruits and vegetables are tastier than they think

Materials Needed:

- My Plate diagram
- Scarves (or some other type of blindfold)
- Paper plates for food pieces (enough for 3 plates per team);
- Cut-up pieces of fruits and vegetables (use a variety, and try to include as many Native foods as possible – especially things like squash, corn, beans, and tomatoes which are easy to get; also try to select foods you think youth are already familiar with as well as some they might not know but that you think they'll like)

Instructions:

1. Pointing to the relevant sections on the My Plate diagram, tell participants they'll be learning more about the fruit and vegetable groups.
2. Divide them into teams of three and tell the group that each team member will have a turn at being a taster, a server, and a score keeper. Keep the plates of food covered up so no one can look at them.
3. Blindfold each team's first taster. Then, give each team a plate with at least six different selections of food pieces (a mix of both vegetables and fruits).
4. Have the servers put the food into the tasters' mouths. Don't let the tasters touch the food, since that will make it much easier for them to guess what it is.
5. Ask the tasters to guess what the food is.
6. Have the scorekeepers keep a tally of right and wrong guesses.
7. Do the same thing twice more so that youth can switch roles, but use a different mix of foods on each new plate you give them so that the taster doesn't know what's on it.
8. Have a group discussion when everyone has finished the tasting.

Suggested Discussion:

1. Did you each guess the right food every time?
2. Did you always recognize foods that you already knew?

3. Were you surprised by what some of the foods tasted like once you found out what they were?
4. Do you think you might eat some of the fruits and vegetables you tasted that you wouldn't have eaten before?
5. What did you learn from this blind tasting? (*Encourage youth to admit that some of the fruits and vegetables were surprisingly good, and that they might eat more of them now*)
6. Can you tell me which of the fruits and vegetables you ate are Native foods? (i.e., foods indigenous to the Americas that American Indian/Alaska Natives have been eating for centuries).