

Food Nuggets

Bag contains 14 different nuggets

Purpose:

- To promote and normalize eating certain foods (including a variety of fruits and vegetables) by discussing how to choose, prepare and store these foods.

**Activity
contains:**

- 14 separate food nuggets: avocado, asparagus, broccoli, ginger, lentils, mango, peppers, pineapple, quinoa, sardines, spinach, squash, sweet potato, zucchini
- Each food nugget contains question cards with illustrations and answers on the back.
- Example of a nugget questions include:
 - Where are avocados from?
 - What is the best way to choose an avocado in the grocery store?
 - How do avocados ripen?
 - How can avocado browning be prevented?
 - How should peeled avocado be stored?

**How to use the
activity:**

- Read and show the questions to the group, then discuss the answer with the group.
- If possible, purchase the fruit or vegetable you want to focus on.
 - When describing preparation, demonstrate, to the group, the steps for preparation on the purchased food item (for example: show how to cut an avocado).
 - If possible, give everyone in the group a small sample to try.