

You Will Need

- Exotic/Unusual Fruits & Vegetables
- Treasure Hunt Sheet (See Attached)
- Pencils
- Prizes



Why do we do this?

A treasure hunt using fruits and veg allows parents and children to learn about, discuss and taste fruits and vegetables they may not usually eat. It's a great activity for parents and children to do together, exploring texture and taste.

Step 1 - Hide various fruits and vegetables around the room

Step 2 - Give each parent and child team a treasure hunt sheet which has the names and pictures of the hidden fruits and vegetables. Encourage those who can, to count and tally how many of each fruit and vegetable they find.

Step 3 - If possible, prepare the fruits and vegetables for the parents and children to taste.

Step 4 - Present each child with a prize for their participation

