

Overview:

This lesson plan covers both the [Lemons](#) and [Potato Activity](#)—similar activities available on the HubICL. This activity will challenge participants to interrogate stereotypes and recognize how individuals are unique. Each participant will be given a lemon or a potato and asked to closely examine it and note its unique characteristics. Then, their lemon or potato will be mixed up with all the others and they will be asked to pick it out from the group based on their previous observations. Finally, they will reflect on how this activity relates to stereotypes.

Background and Information:

The original version of Lemons is unknown, but the oldest source can be traced to Rick Artman in the edited collection *Readings in Intercultural Communication Volume 5* (see citation below). The version linked on the following page is from SALTO-YOUTH. The Potato Activity, also linked on the following page, is created by AFS International Programs USA.

Objectives:

As a result of these activities, participants will be able to:

1. Examine stereotypes and draw parallels between this exercise and differentiating between people.
2. Begin to reflect on stereotypes that exist between people of different cultures, races, and genders.
3. Give examples of how grouping people together can lead to overlooking differences.
4. Define stereotypes and why they are dangerous. 3. Recognize themselves as influenced by their own culture.

Time:

30 minutes

Group Size:

Entire group or small group

Materials:

Enough lemons or potatoes for each person in the group and the facilitator, a bag that will fit all lemons or potatoes

Intercultural Development Continuum Stages:

- Denial
- Polarization
- Minimization
- Acceptance

AAC&U Intercultural Knowledge and Competence Goals:

Cultural Self-Awareness:

- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).

Openness:

- To initiate and develop interactions with culturally different others.
- To suspend judgment in valuing interactions with culturally different others.

Other Skills:

Teamwork; Diversity, Equity, and Inclusion

Links to Activity Instructions:

- [Lemons activity from SALTO-YOUTH](#)
- [Potato activity from AFS International Programs USA](#)

Related Tools:

Similar tools:

- [Potato Activity](#)
- [Stereotypes and Generalizations](#)