

Fruits & Veggies

Goals:

- *Students will learn to identify fruits and vegetables*
- *Students will learn the health benefits of consuming a diet rich in fruits and vegetables*
- *Students will know how many servings of fruits and vegetables they need to eat each day for optimal health*

Audience: *K-2nd grade*

Optional Craft, Activity or Snack:

- *Fruit Dip*
- *Fruit Salad*
- *Veggies and Hummus*

Materials:

- *MyPyramid Poster*
- *Fruit, Veggie, or "Wanna Be" Slides (cut in half for use in classroom lesson)*

Lesson:

Leader: Your parents always tell you to eat your fruits and veggies; but do you know why they are so important? Fruits and vegetables contain essential vitamins and minerals that your body needs to grow strong and stay healthy!

Leader: Let's take a look at the food pyramid. Fruits and vegetables make up 2 of the 5 food groups. The red portion represents fruits. Fruits are foods that have seeds inside and are usually sweet tasting. Can you think of some tasty fruits?
(Brainstorm) Apples, bananas, kiwi, grapes, oranges, berries, watermelon, etc.

Leader: Now let's take a look at the vegetable food group (it is colored green). Can you think of some yummy veggies?
Carrots, broccoli, spinach, potatoes, sweet potatoes, celery, asparagus, etc.

Leader: I want everyone to look at their skin. Vitamin A, which is found in vegetables such as carrots, helps your skin stay healthy and promotes good vision.

- Leader: Raise your hand if you've ever had a bad cold? Being sick is not very fun! Vitamin C, which is found in fruits such as strawberries and oranges, helps build a strong immune system, so your body can fight off colds and sickness.
- Leader: Some vegetables, such as broccoli, contain calcium! Calcium is needed to build strong bones and teeth.
- Leader: How many fruits and vegetables do you think you need to eat each day? At a minimum, you need at least 3 servings (hold up 3 fingers) of vegetables and 2 servings of fruits (hold up another 2 fingers). Think of giving yourself a high five if you eat at least 5 servings in a day.
- Leader: So what does one serving look like? Show me with your hands how big (or small) one serving looks like.
- Leader: One serving is about the size of my fist or about the size of a baseball. One small apple would be 1 serving. A large grapefruit would be about 2 servings. 5-6 baby carrots would be one serving.
- Leader: Eating at least 3 servings of vegetables and 2 servings of fruit sounds like a lot, but it can be pretty easy! Here is one example of how I got my 5 servings: (every time you mention a fruit or veggie hold up a finger, at the end you'll have all five fingers up): for breakfast, I had a banana with my favorite cereal. For a morning snack, I had celery sticks with nut butter. I ate some baby carrots with my lunch. After school, I ate an apple. Finally, I ate a small baked potato with my dinner. There are my 5 servings! Not too hard!?
- Leader: There are a lot of fruits and vegetables to choose from! When choosing fruits and vegetables, think of a rainbow. Try to eat a variety of colors. By eating a rainbow of colors your body is getting different nutrients needed for proper growth. Don't be fooled by foods that have the word 'fruit' or 'veggie' in the label. For example, do Apple Jacks really have apples in them?

Leader: Are you guys ready to play a game? I am going to divide the class in half. I will show one side a picture of a food and they have to decide if it is a fruit, vegetable, or a 'wanna be'. A 'wanna be' is a food that is pretending to be a fruit or vegetable, but really isn't that healthy! We'll see which team can get the most correct!

(Use the fruit, veggie or "wanna" be slides (cut page in half; each slide provides two pictures).