

# 1

## December Lesson: Fruits & Veggies

### Goals:

- Students will learn the health benefits of consuming a diet rich in fruits and vegetables
- Students will learn that fruits and vegetables should fill half their plates

**Audience:** 1<sup>st</sup> grade

### Optional Craft, Activity or Snack:

- Fruit and Veggie Spud
- Fruit and Veggie Math

### Materials:

- 5 Minute Fitness Ideas
- Healthy Body Visual
- Paper, pencils, crayons

### Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 1.1
  - Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups.
  - Follow agreed-upon rules for discussion.
- English Language Arts: Speaking and Listening: 1.3
  - Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.

### Lesson:

Choose an exercise from 5 Minute Fitness Ideas and do it for five minutes.

### Did anyone try to make the Yogurt Parfait from last month's parent handout?

**Can anyone tell me what we talked about during the last lesson?** (Energy Balance)

**What happens when we don't have enough food?** (We feel hungry, our stomachs may grumble, we might feel low on energy, we could get sick)

**What happens when we have too much food?** (We feel full, we may get an upset stomach, feel like throwing up, or we might feel very sleepy)

**What happens if we don't move our bodies enough?** (We won't have the energy to do the things we love like basketball, tag, dance, soccer, etc.)

Grown-ups always tell you to eat your fruits and veggies, but do you know why they are so important? Fruits and vegetables contain vitamins and minerals that your body needs to grow strong and stay healthy.

(Show MyPlate picture - **slide 1** from "1LV Dec Healthy Body Poster") Let's take a look at the new food guide called MyPlate. This is a guide for how much of each type of food you should eat at each meal.

The red portion represents fruits. Can you think of some tasty fruits?

Apples, bananas, kiwi, grapes, oranges, berries, watermelon, etc.

Now let's take a look at the vegetable food group, the section colored green. Can you think of some yummy veggies?

Carrots, broccoli, spinach, potatoes, sweet potatoes, celery, asparagus, etc.

When you add the red part with the green one, the fruits and vegetables make up half of the plate. At each meal try to fill half your plate with fruits and vegetables – and eat them too.

*(Show healthy body picture- **slide 2**)* So why do we need to eat fruits and veggies? Fruits and vegetables contain vitamins and minerals that help keep our bodies strong and healthy.

*(Show healthy body picture - **slide 3**)* I want everyone to look at their skin. Vitamin A, which is found in vegetables such as carrots and sweet potatoes, helps your skin stay healthy. It also promotes good vision which means it helps you see better. Without Vitamin A, we wouldn't be able to see in the dark! And it helps keep your hair healthy so it looks its best.

*(Show healthy body picture- **slide 4**)* 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 germs, colds and sickness. Vitamin C also helps your body heal when you get a cut or bruise.

*(Show healthy body picture- **slide 5**)* Some vegetables, such as broccoli and spinach, contain calcium. Calcium is needed to build strong bones and teeth. Can anyone name another good source of calcium? (milk and yogurt)

So now you can see why it is so important to eat fruits and vegetables! Fruits and vegetables contain vitamins and minerals to keep your body healthy.

*(Have everyone return to their desks.)* Now we are going to do an activity to help us remember to eat our fruits and vegetables. **(slide 6)** *(Hand out or have students take out paper and pencils)* First, trace your hand onto the paper.

Did you know that children should eat at least 3 vegetables and 2 fruits a day? Think of your favorite 3 vegetables and draw each of them on one finger. Now think of your favorite two fruits and draw each of them on one finger. When you're done it should look something like this **(slide 7)**. Everyone should eat 5 fruits and vegetables or more every day!

What are some ways you can get your 5 servings of fruits and vegetables a day?

One way to eat more fruits and veggies is to enjoy them as a snack! You can take apples and oranges anywhere! Another great snack is baby carrots with salsa or bean dip.

Did you know when you eat vegetable soup and fruit smoothies they count toward your 5 servings a day?

Can you think of other tasty foods that have fruit or veggies in them? (guacamole, tomato sauce, etc)

Another way to eat more veggies is to mix it in with food you enjoy. For example, you can add broccoli to your macaroni and cheese, or add extra lettuce and tomatoes to your sandwiches.

Bring home your picture and show it to your parents or put it on your refrigerator. Give yourself a high five every day you eat your 5 fruits and vegetables!

**Tips:**

Students love to talk about how to tell the difference between fruits and vegetables.

Most fruits have seeds on the inside. There are exceptions such as strawberries and some exotic berries.

Scientists classify fruits and vegetables based on whether or not they have seeds. In the health world, however, we classify fruits and vegetables based on their nutrition profile. There are numerous nutrients in fruits and vegetables, but one of the deciding factors of whether a food is classified as a fruit or vegetable is the sugar content. Most fruits taste sweet such as watermelon, grapes, apples etc.

However, there are foods that are technically fruits because they have seeds, but taste more like vegetables such as zucchini, cucumber, tomatoes etc. Nutritionists classify these fruits as vegetables. It can all get very confusing! However, in general, a good rule of thumb is that if it tastes sweet, it is probably a fruit.

Regardless of whether it is a fruit or vegetable, it is important to include plants in the diet. They are filled with nutrients that help keep you healthy and strong.

**Optional Extension Activity:** If most students normally bring a fruit or a vegetable to class it might be fun for them to guess how many they might have in a week, or have them set a goal for themselves and try and eat that many in one day or in a week.