

1***December Supplemental Activity: Fruits and Veggie Worksheet*****Nutrition Lesson(s) Supported:**

- *Fruits and Vegetables*

Supplies Needed:

- *Fruit and Veggie Math Worksheet*

Length of Time to Complete:

- *5 minutes to Introduce activity*
- *5 minutes for each worksheet*

Audience (grades): 1st**Common Core Standards Taught:**

- *Math: Operations and Algebraic Thinking 1.1*
 - *Represent and solve problems involving addition and subtraction*
 - *Add and subtract within 20*

Lesson:

Leader: Who can tell me why eating fruits and veggies is so important? Fruits and veggies contain essential vitamins and minerals that your body needs to grow strong and stay healthy!

Who can tell me the minimum number of fruits and veggies we should eat every day? 2 fruits and 3 vegetables for a total of 5 servings a day.

Today, we are going to fill out a fruit and veggie math worksheet (distribute handout).

Name _____

Fruit and Vegetable Math Workout

Directions: Find the total number of fruits or vegetables and write the number in the blank next to it.

1. You have 2 bananas and 3 bunches of cherries. How much fruit do you have all together?



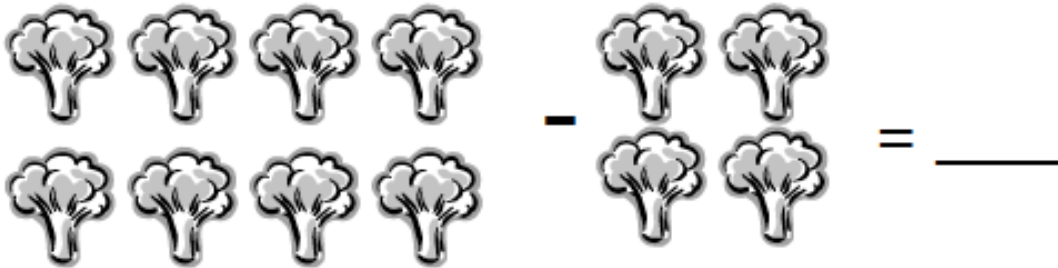
2. You picked 4 bunches of carrots from the garden. There are 2 bunches left in the garden. How many bunches are there all together?



3. There are 7 apples all together and you eat 3. How many are left?



4. There are 8 bunches of broccoli in the store and you buy 4. How many are left?



5. There are 3 bunches of grapes on the vine. You pick 2 bunches. How many are left?



6. There are 4 green peppers. You eat 2. How many are left?



Nombre: _____

Matemáticas de Frutas y Verduras

Instrucciones: Utiliza las sumas y restas para encontrar la cantidad de frutas y verduras que se muestran a continuación, escribiendo tu respuesta sobre la línea.

1. Si tienes 2 bananas y 3 racimos de cerezas. ¿Cuántas frutas tienes en total?



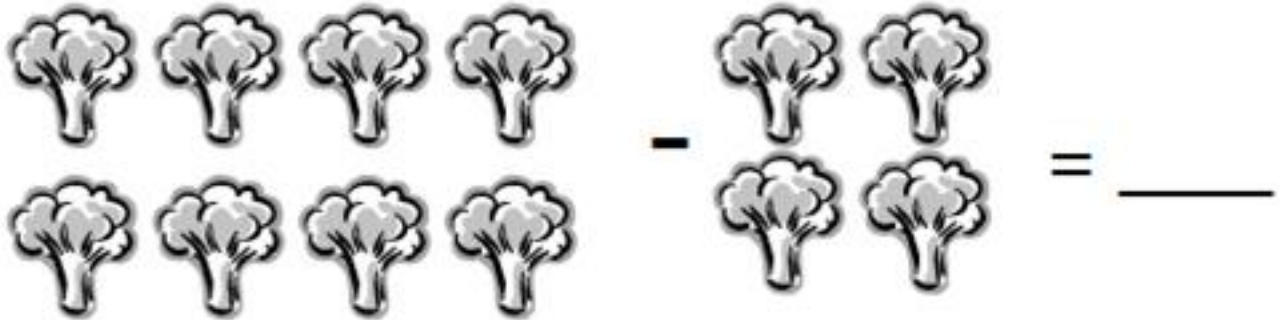
2. Recogiste 4 racimos de zanahorias del jardín, pero quedaron 2 racimos de zanahorias en el jardín. ¿Cuántos racimos hay en total?



3. Hay 7 manzanas en total, si te comes 3 manzanas. ¿Cuántas manzanas sobran?



4. Hay 8 racimos de brócoli en el supermercado y tu compras 4 racimos. ¿Cuántos racimos de brócoli quedan?



5. Hay 3 racimos de uvas en la vid. Tu recoges 2 racimos uvas. ¿Cuántos racimos quedan?



6. Hay 4 piezas pimientos verdes. Tu te comes 2 piezas. ¿Cuántos quedan?

