1 *January Supplemental Activity: Calculating Fruits and Veggies Consumption*

Nutrition Lesson(s) Supported:
- Fitting in More Fruits and Veggies

Supplies Needed:
- Fruit and Veggie Challenge

Length of Time to Complete:
- 10 minutes to Introduce chart
- 5 minutes per day to fill in the chart
- Differentiation: 5 - 15 minutes – Complete the worksheet on pages 3 and 4

Audience (grades): 1st

Common Core Standards Taught:
- Math: Operations and Algebraic Thinking 1.5
  - Relate counting to addition and subtraction (e.g. by counting on 2 to add 2).
- Math: Operations and Algebraic Thinking 1.1
  - Represent and solve problems involving addition and subtraction.
  - Add and subtract within 20.

Background:
Once the Fruit and Veggie Challenge is introduced and filled in for one day, you can either have the students fill in the worksheet every day at home or in the classroom. You also have the option of recording only those fruits and veggies eaten before and during school or those eaten over the course of an entire day.

The tally mark exercise is for the entire class. The worksheets on pages 3 and 4 can be used for differentiation.

Lesson:
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!

How many fruits and veggies should we eat?
Fill half your plate with fruits and veggies. At minimum, try to eat at least 2 fruits and 3 vegetables a day for a total of 5 servings a day.

We are going to track how many fruit and vegetables we eat over the next week.

(Distribute the Fruit & Veggie Challenge and show on promethean board or overhead projector.)

Let's look at the Fruit & Veggie Challenge. For each day of the week there's a place to write which fruits and veggies you ate each day. Let's fill in the fruits and vegetables you ate today/yesterday. (Show Fruit and Veggie Word Bank on Page 2 of Fruit and Veggie Challenge).Use the Fruit and Veggie Word Bank to help you spell the names of the fruit and vegetables you ate.

Now that we've recorded the fruits and vegetables that we've eaten, count how many you ate. In the middle column use tally marks to show how many fruits and vegetables you ate today/yesterday.

In the last column write the number of fruits and veggies you ate today/yesterday.

After one week of filling out the chart have the students count the total number of fruits and vegetables they ate. Students with stronger math skills can also complete the following worksheet.

How many total fruits and vegetables did you eat?

1. Fill in the number of fruits and vegetables you ate on Monday and Tuesday. Add to find Total 1.

_____ + _____ = _____
    Monday   Tuesday   Total 1

2. Fill in the number of fruits and vegetables you ate on Wednesday and Thursday. Add to find Total 2.

_____ + _____ = _____
   Wednesday   Thursday   Total 2

3. Fill in Total 1 and Total 2 from your answer above. Add to find Total 3.

_____ + _____ = _____
    Total 1   Total 2   Total 3

4. Fill in Total 3 and the number of fruits and vegetables you ate on Friday. Add to find the Grand Total of all the fruits and veggies you ate.

_____ + _____ = _____
    Total 3   Friday   Grand Total

5. Answer the following.

$8 - 5 =$ _____ $2 + 5 =$ _____

$9 - 6 =$ _____ $4 + 7 =$ _____

¿Cuántas frutas y verduras comiste en total?

1. Anota el número de frutas y verduras que comiste el lunes y martes. Sumar para encontrar el Total 1.

   _____ + _____ = _____
   Lunes   Martes   Total 1

2. Anotar el número de frutas y verduras que comiste el miércoles y jueves. Sumar para encontrar el Total 2.

   _____ + _____ = _____
   Miércoles   jueves   Total 2

3. Anotar el Total 1 y Total 2 de su respuesta anterior. Agregar para encontrar Total 3.

   _____ + _____ = _____
   Total 1   Total 2   Total 3

4. Anotar en el Total 3 el número de frutas y verduras que se comió el viernes. Agregar para encontrar el Total Final de todas las frutas y verduras que usted comió.

   _____ + _____ = _____
   Total 3   Viernes   Total Final

5. Responder a la siguiete.

   8 - 5 = _____   2 + 5 = _____

   9 – 6 = _____   4 + 7 = _____