

## Lesson 5:

# Fruits & Veggies Every Day the Tasty Way

### Outcome

Kids will be able to

- identify color as a way to ensure a good variety of veggies and fruits
- identify how family can help in increasing the number of times fruit and veggies are chosen for snacks
- set a goal and express intention to eat fruit and veggies more often

### Materials

- Food Cards representing fruit and veggie colors: white, green, yellow/orange, red, or blue/purple. Sort Food Cards for fruits and veggies. Ensure all fruit and veggie color groups are represented, and there is one card per person.
- Crayons
- Lesson 5, *Snack Attack, Fruits & Veggies Every Day the Tasty Way* Worksheet (page 186)



### Discussion

1. Explain choosing a variety of food groups and foods within those groups is the best way to make sure we get all the nutrients we need to look and feel great!
2. Explain that when it comes to fruits and veggies, there is a lot of variety! A good mix of all the fruit and veggie colors helps us keep our eyes, skin and bodies healthy!
3. Explain something fun also happens when you choose a variety of fruit and veggie colors; and you will show everyone what you mean.
4. Demonstration:
  - a. On a board, place a picture of a banana, pear and cauliflower and ask the class to look at it.
  - b. Now replace the banana with green grapes and the cauliflower with red pepper. Ask the class if the mix of colors would make a plate look more interesting.
  - c. Try different color combinations, e.g., leaf spinach, red apple, orange. Ask the class if anyone has had these color combinations in one dish, like a salad. Explain fruits can make lettuce salad yummy.
5. Ask kids if they can tell you what happened when you mixed different fruit and veggie colors. (**A:** choosing a variety of fruits and veggie colors each meal or snack, also makes our meals look prettier!)

## Activity

1. Ask kids to pretend they are a snack chef and today they are creating colorful fruit snacks. There are 5 different fruit color groups: white, green, yellow/orange, red, or blue/purple.
2. Give several examples of contrasting color fruit combinations, e.g.,
  - Canned peaches and frozen (or fresh) strawberries
  - Canned pineapple chunks and frozen (or canned) blueberries
3. Distribute the Lesson 5 Worksheet and crayons. Ask kids to create (draw and color on paper) their own combination of 2 or more fruits of different colors. Ask them to make their drawing something they would eat themselves.
4. Send the worksheet home and encourage them to ask their family for help in making the colorful snack and to help them increase the number of times they choose fruits and veggies for snacks.

## Move and Learn

1. Explain the class is going to make a fruit toss salad.
2. Distribute fruit and veggie cards with foods representing all color groups (white, green, yellow/orange, red, or blue/purple).
3. Ask everyone to begin walking in place and observe how, with the same action, every color group looks pretty much the same.
4. One at a time, ask the different color groups to begin a different activity:
  - White—hop
  - Green—reach high and go low
  - Yellow/orange—dance the twist
  - Red—windmills
  - Blue/purple—continue marching
5. As the different color groups are performing different actions, ask the class to observe the variety of actions. Ask if it looks different compared to when everyone was doing the same thing performing the same action. Explain what they are doing now is variety!

## Summary

Remind kids that mixing different colors makes what we eat look better and gives more variety! Eating different fruit and veggie colors each day helps keep our body, eyes, skin and heart healthy.

## Student Assessment

### K-2:

1. On the Lesson 5 Worksheet, kids will be able to complete the activity (by drawing a snack with 2 fruit color combinations).
2. On the Lesson 5 Worksheet, (**K with assistance**) identify healthy reasons for choosing different fruit and veggie colors.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Lesson 5: *Snack Attack* Worksheet-1

### ***Fruits & Veggies Every Day the Tasty Way***

Fruit is a healthy snack choice. A colorful fruit combo makes my snack look great, taste good and gives me more variety for a healthy body.

- ✓ Draw a snack with 2 different fruit colors.

A healthy goal is to make fruit or veggies a regular choice for snacks.

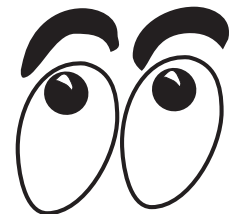
- ✓ Use the first letter and picture clues to name at least 3 good reasons to eat a rainbow of fruit and veggie colors every day.

For healthy:

1. E \_\_\_\_\_

2. B \_\_\_\_\_

3. H \_\_\_\_\_



Every day, Colorful and Tasty  
☺ TWO fruits ☺ THREE veggies  
Help you look and feel good!

- Check here if you can set a goal to choose fruits or veggies more often.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Lesson 5: *Snack Attack* Worksheet-2

### Fruit and Veggie Tracking Form

Fruits and Veggies are great choices at home or school. Keep track of the choices you make just before or during the school day. Each day of a school week, put a checkmark in the box for every fruit or veggie you choose.



Day	Breakfast	Lunch	Snacks
1			
2			
3			
4			
5			

✓ After keeping track, would you like to try one of these healthy goals next week? Check just one:

- Try a fruit or veggie each day that I usually do not eat.
- Eat a fruit or veggie for a snack every day.
- Have at least 2-3 different colors of fruits and vegetables every day.

## Lesson 10: Healthy Breakfast Menus

### Outcome

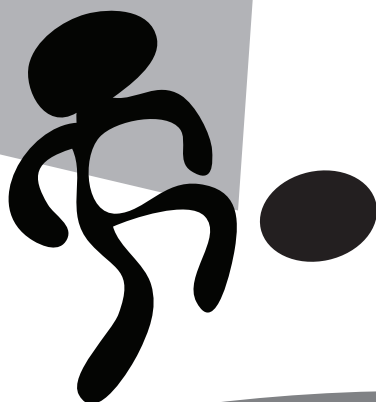
Kids will be able to apply skills by choosing a healthy breakfast.

### Materials

- Classroom board
- Pictures representing *MyPyramid* food groups
- Pencils, crayons or markers
- Art paper
- Glue
- Post-Ballot Survey (page 79)
- Lesson 10, *Breakfast GO Power*, Healthy Breakfast Menus Worksheet (page 80)
- **Optional:** paper plates and plastic silverware

### Discussion

1. Explain *MyPyramid* is a good guide for making healthy breakfast choices.
2. A healthy breakfast has foods from at least 3 of the 5 major *MyPyramid* food groups. We have good balance when we choose more of the foods from the base of *MyPyramid* and less from the tip. Ask kids why they should choose less of foods from the tip. (**A:** These are foods higher in fat and/or added sugar.)
3. Another way we balance our day is with *Active Play*. Healthy food choices, plus *Active Play* helps keep our body looking and feeling good.
4. A very good reason to choose a healthy breakfast every day has to do with school. Ask kids if they can remember the reason. (**A:** Eating breakfast makes us feel less tired and makes it easier to think.)
5. Eating breakfast every day really does give us GO Power. Ask kids:
  - What kind of power? (**A:** GO Power.)



## Activity

1. Distribute a variety of food pictures representing *MyPyramid* food groups around the classroom.
2. Explain they will be creating a healthy breakfast meal on a “placemat.” To be healthy, the picture should include at least the following 3 *MyPyramid* food groups:
  - Grains
  - Fruit
  - Milk

However their “breakfast” can also include other food groups. Ask them to make their breakfast lower in added sugar and fat by choosing foods that are found at the base of the pyramid.

3. Explain when you say, “go” the kids will move around the room, choose ONE food to build their healthy breakfast on a placemat, and return to their desk/table. Let them know as they move around the room, you will call out different movement activities such as hop, walk slowly, and skip.
4. Explain they will be able to repeat this picture selection at least two more times and they should make sure their breakfast includes at least three different food groups.
5. Once kids have selected their breakfast foods, have them identify the foods and food groups selected.
6. Glue or tape pictures on the plates for a more permanent display, or, if the food pictures are to be reused, have kids draw the pictures on their plates. Draw silverware or make plastic silverware available to glue onto the placemat.

## Move and Learn

Practice syllables with healthy breakfast choices. For each syllable, have kids hop, skip, slide, or jump.

- Tor-ti-lla
- Cer-e-al
- Waf-fle
- Ap-ple
- Ba-nan-a
- Bag-el
- Yo-gurt
- Man-go
- Low fat cheese

## Summary

By eating breakfast every day we have GO Power to look and feel good, make learning easier and make our body healthy.

## Student Assessment

### K-2:

#### Skills

1. Assess the accuracy of the art projects completed in the activity. Individual art projects depict at least 3 different food groups.
2. Using the Lesson 10 checklist, students will be able to check all the things they learned.

#### Behavior




1. Conduct the Post-Ballot Survey (page 79). Graph as in Lesson 2 and compare the results.

#### Parent Connection

Reinforce *Breakfast GO Power* healthy habit building lessons by sending home the *Breakfast GO Power Challenge* (page 81).

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Breakfast GO Power Pre-Survey Ballot

How often do YOU	Every day	Sometimes	Never
(Check just one box that fits your breakfast habits.)			
• I eat breakfast:			




**How important do you think it is to eat breakfast?**

- Very important
- Kind of important
- Not important

----- CUT HERE -----

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Lesson 10: *Breakfast GO Power* Checklist



<b>Healthy Habits—Things I Learned</b>	<b>✓ Checkmark what you learned</b>	<b>✓ Assessment Verified</b>
Eat breakfast every day		
Eat breakfast for GO Power to make school and learning easier and get more energy for play		
Use <i>MyPyramid</i> to help guide healthy choices		
<i>Fruits &amp; Veggies Every Day the Tasty Way:</i> Choose in a rainbow of colors.		
<i>Smart Servings:</i> Choose smaller amounts of foods high in added sugar or high in fat or choose them less often		
<i>Drink Think!</i> Choose: <ul style="list-style-type: none"> <li>• 100% juice instead of sugar added drinks</li> <li>• Lower fat milk</li> <li>• Water</li> </ul>		
Choose <i>Active Play</i> to balance energy in (eating)		
Ask family for help by working together to <ul style="list-style-type: none"> <li>• plan menus</li> <li>• make a grocery list</li> <li>• grocery shop</li> </ul>		
For healthy variety, choose breakfast foods from at least 3 of the following <i>MyPyramid</i> food groups: Grains, Vegetables, Fruit, Milk, Meats & Beans		