

Supplemental Activity: Fruits and Veggies Math

Supplies Needed:

- Fruit and Veggies Math Worksheet
- Writing utensils (pencils, crayons)

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:

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?

(At least 2 fruits and 3 vegetables for a total of 5 servings a day. Half our plates should be filled with fruits and vegetables.)

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