

Lesson: Fitting in More Fruits & Veggies

Supplies Needed:

- EP_Five-Minute-Fitness-Ideas
- 1.4_LV_FITTING-IN-MORE-FRUITS-AND-VEGGIES-VISUAL
- 4 sets of the following: 1 Meal Card and 5-7 Fruit and Vegetable Cards. The Meal Cards are slides 5 (Pizza), 7 (Tacos), 9 (Pancakes), and 11 (Eggs) from 1.4_LV_FITTING-IN-MORE-FRUITS-AND-VEGGIES-VISUAL

Goals:

- Students will learn to eat five fruits and vegetables a day/fill half their plates.
- Students will learn the importance of eating fruits and vegetables.
- Students will brainstorm ways to eat more fruits and vegetables.

Background:

There are four entrees shown in the visual. Teachers should choose two or three meals that best reflect the tastes and backgrounds of the students.

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! 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.

Lesson:

(Choose an exercise from 5 minute Fitness Ideas and do it for five minutes.)

Can someone tell me how many fruits **(Make okay sign.)** and vegetables **(Smile.)** we should eat every day?

(Five)

How much of our plate should be made up of fruits and vegetables?

(Half)

Now lets name some of our favorites!

(Apples, bananas, kiwi, grapes, oranges, berries, watermelon, carrots, broccoli, potatoes, sweet potatoes)

Fruits and vegetables taste good and they are good for us. Not only do you see them in the grocery store, you can also sometimes see them growing in people's yards. Fruits and veggies are plants that grow on trees or vines or in the ground. Do any of you have a fruit tree in your yard or did you grow fruits or vegetables last summer?

Raise your hand if you can tell me why eating fruits and vegetables is important?

(Fruits and vegetables contain essential vitamins and minerals that your body needs to grow strong and stay healthy!)

(Show slide 1.) Do you remember MyPlate from last month? It reminds us to fill half of our plates with fruits and veggies! Every day we want to eat at least 5 fruits and vegetables, 3 or more veggies and 2 or more fruits. For some people, this can be a big challenge. Let's talk about ways to make sure we get the fruits and vegetables our bodies need.

I am going to show you a picture of a plate that could use some more fruits and veggies. Please raise your hand if you have an idea of how to add more fruit and veggies to make a healthier and more nutritious meal.

(Show slide 2.) Mac and cheese for dinner! Raise your hand if you can think of a vegetable that we could add to this plate that would be tasty.

(Broccoli, spinach, cauliflower or peas) **(Show slide 3.)**

What about a fruit? Can you think of a tasty fruit to go with this meal?

(Any fruit would do)

Sometimes, people may think they don't like a vegetable, but when they pair it with a food that they do like, they don't mind it at all. For example, broccoli and cheese can go really well together. If you don't want to add vegetables to your macaroni and cheese, you could always have vegetables as a side dish or as a salad with your mac and cheese. **(Show slide 4.)**

Now it is time for you to try. **(Organize the students into groups; give each group a Meal Card and several Fruit and Vegetable Cards.)** Each group now has a meal that needs

fruits and vegetables. In the grocery store there is a big section filled with different types of fruits and vegetables called the Produce section. Your team has pictures of Fruit and Vegetables that would be found at the grocery store. Choose three fruits and vegetables that you think would taste good with the meals that you have. You don't need to eat all five fruits and vegetables in one meal, but you do want to eat them in one day. Filling half your plate at each meal with fruits and vegetables will help. You have seven minutes to work.

Ok, now that each team has chosen fruits and vegetables to add to their meal, let's have each group present their choices.

The first group has cheese pizza. **(Show slide 5.)** What did you think of to add to cheese pizza to make it more nutritious?

(Add veggie toppings: onions, mushrooms, peppers, tomatoes, spinach or add a small side salad.)

Is there a fruit that would go well with pizza? Have you ever ordered pineapple on your pizza? It is really yummy! **(Show slide 6.)**

The next group had tacos. **(Show slide 7.)** What fruits or vegetables did you add to the tacos to make them more nutritious? **(Show slide 8.)** You can make your dinner foods healthier if you add vegetables inside or on top of it. Another good way to fit in extra fruit and veggies is to have them as a side dish, or even a lettuce or fruit salad.

The next group had pancakes. **(Show slide 9.)** What did you add to your pancakes to make them healthier? You can add different fruits to pancakes. Fruit is also a good way to add nutrition to waffles, oatmeal, yogurt and cereal. **(Show slide 10.)**

The final group had eggs. **(Show slide 11.)** What fruits and vegetables did you add to your eggs to make them more nutritious? Add veggies such as onions, mushrooms, peppers, tomatoes, and spinach. **(Show slide 12.)**

You have lots of great ideas! Eating fruits and vegetables is a great way to give your body the nutrients you need to grow a strong and healthy body.

How many fruits **(Make okay sign.)** and vegetables **(Smile.)** should we eat every day?

(Five and then Hold up your hand and make a high five.)

When you are fixing your plate, how much of the plate should be filled with fruits and vegetables?

(Half)

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.