



Lesson 8: Four-a-Day

Nutrition Objective:

1. Students will be able to state the number of fruits and vegetables they should eat each day.

Supplies/Materials:

- Catch A Rainbow Every Day! (reference sheet for teacher)
- The Color Charts and sheets (reference sheets for teacher in beginning of binder)
- A Variety of Fruits and Veggies Each Day (Girl Jumping; reference sheet for teacher)
- Eat Colors, Be Healthy poster (large or mini – see direction sheet)
- Four-a-Day The Color Way worksheet (one for each student)
- Fruit and Vegetable coloring sheets (two for each student)
- Fruit and Vegetable lists (**Remember to add this week's fruits and veggies to the list.**)

Lesson:

Ask→ Did anyone eat a brown, white or tan fruit or vegetable this week?

Ask→ Did anyone try a new fruit or vegetable this week?

Ask→ What did you try?

Say→ Today we are learning how many fruits and vegetables you need to eat every day.

Ask→ How often should we eat fruits and vegetables? (*every day*)

Say→ We need **at least** TWO fruits plus TWO veggies every day. That means we should eat **at least** FOUR fruits and veggies every day to be healthy.

- Have students count up to four using their fingers. As they count, have them chant: "1-2-3-4, Fruit-Fruit-Veggie-Veggie". Tell them they can count their fingers as a reminder of how many fruits and veggies they need every day.

Ask→ Which two fruits will you choose? Which two vegetables would you choose?

Ask→ What are the different colors fruits and vegetables can be? (*red, yellow, orange, green, purple, blue, brown, tan or white.*)

Say→ Let's review what we've learned about the colors and how different color fruits and vegetables help you grow and help your body to be healthy and strong.

Activity #1: Eat Colors Be Healthy poster review

Ask→ Yellow and orange fruits and vegetables keep your _____ healthy? (Point to eyes.)

Ask→ Red fruits and vegetables keep your _____ strong? (Point to heart.)

Ask→ Green fruits and veggies are good for your _____? (Point to stomach.)

Ask→ Purple and blue fruits and veggies help your _____? (Point to brain.)

Ask→ Brown, tan and white fruits and veggies help your _____? (Point to leg muscles.)

(continued)

Say→ You need to eat all these different colors and still eat 2 fruits and 2 vegetables each day.

Say→ Let's look at this worksheet to see how you can eat 2 fruits and 2 veggies in one day and eat different colors.

Activity #2: Four-a-Day The Color Way worksheet and Fruit and Vegetable coloring sheets

First, review the directions on the Four-a-Day the Color Way worksheet. Then, instruct the children to color the fruits and veggies on the coloring sheets realistic colors. Next, have them cut out 4 pictures and then paste the fruits or vegetables in the correct boxes. If desired, they can draw and color the fruits and veggies on the Four-a-Day worksheet instead of cutting and pasting. Show them the Catch a Rainbow Every Day! sheet if necessary.