



Fresh Fruit & Vegetable Program Lesson Plans

First Grade

Lesson 1: I Will Never Not Ever Eat a Tomato

Lesson 2: Where do Fruits and Vegetables Grow?

Lesson 3: MyPlate

Lesson 4: Red and Yellow/Orange

Lesson 5: Using Your Senses

Lesson 6: Green and Purple/Blue

Lesson 7: Brown, Tan, and White

Lesson 8: Four-a-Day the Color Way