



## Lesson 1: Get a “Sense” of Fruits and Vegetables

### Nutrition Objective:

1. Students will be able to describe three characteristics of their favorite fruit or vegetable by using their senses.

### Supplies/Material

- Favorite Fruit or Vegetable Guessing Game worksheet (one for each student)
- Today’s fruit or vegetable snack (save one for this lesson)
- Fruit and Vegetable Reference List for Teachers (in front of binder)
- Chart paper: **Start two lists on chart paper; one for fruits and one for vegetables.**  
**When the children receive their fruit or vegetable snack, state what it is and write the name of that fruit or veggie on the corresponding list.**

### Lesson:

**Ask→** What do you think it means to **be** healthy? What do you think it means to **eat** healthy?

**Say→** To **be** healthy means more than just eating healthy foods and being active. This includes getting enough sleep, being kind to yourself and others, and spending time with the people you love. Today we are going to be focusing on eating healthy foods.

**Say→** Fruits and vegetables are healthy foods that many kids and grown-ups don’t eat enough of. They contain many nutrients, which are things like vitamins and minerals, that your body needs for you to grow, play, learn and be healthy. You should eat lots of different colored fruits and vegetables every day to give your body all the nutrients it needs.

**Say→** Today we are learning about using describing words for different fruits and vegetables. Fruits and vegetables come in many different shapes, colors, and sizes. They are also different in the way they taste and feel.

**Ask→** What are the 5 senses? (*see, hear, taste, smell, and feel*)

**Activity #1:** Have students explore today’s fruit or vegetable snack. Answer the following questions as a group. Write responses on chart paper or the board. (See Fruit and Vegetable Reference list in the front of the binder.)

What does the fruit/vegetable **look** like?

- *orange, tiny, like a leaf, like a tree*

What does the fruit or vegetable snack **sound** like when you eat it?

- *crunchy, squishy, loud, quiet*

What does it **taste** like?

- *sweet, sour, sweet, juicy, yummy, bitter*

What does it **smell** like?

- *sweet, fruity, fresh, yummy*

What does the fruit/vegetable **feel** like?

- *cold, firm, fuzzy, hard, mushy, soft, sticky, wet*



**Activity #2: Favorite Fruit or Vegetable Guessing Game** Using the Favorite Fruit or Vegetable Guessing Game worksheet as a graphic organizer, instruct the children to write a brief description of their favorite fruit or vegetable. Let the students share their paragraphs with the class to see if the other students can guess what it is.