



## **Fresh Fruit & Vegetable Program Lesson Plans**

### **Second Grade**

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

**Lesson 2: MyPlate**

**Lesson 3: More My Plate: Focus on Fruits and Veggies**

**Lesson 4: How Do Fruits and Vegetables Grow?**

**Lesson 5: Fruits & Veggies in Many Forms**

**Lesson 6: Four-a-Day**

**Lesson 7: Eat Colors, Be Healthy!**

**Lesson 8: Fruit and Veggie Favorites**