



## Lesson 1: Fruits & Vegetables: Try It!

### Nutrition Objectives:

1. Students will be able to state why fruits and vegetables are important to their health.
2. Students will try a fruit or vegetable that they've never tried before or one they didn't like in the past.

### Supplies/Materials:

- Put More Power on Your Plate worksheet (one for each student)
- Lots O' Dots worksheet (one for each student)
- The Color Chart and Sheets (in front of binder; reference sheets for teacher)

### Lesson:

**Say** Over the next few weeks we will be learning about fruits and vegetables and why they are an important part of healthy eating.

**Ask** Why is it important to eat fruits and vegetables? (*Fruits and vegetables are loaded with vitamins and minerals that help protect your body against germs and keep your heart, brain, eyes, and skin healthy.*)

**Say** Let's talk about fruits first. Fruits contain **vitamin C** which helps to protect you from getting a cold. Fruit also keeps our **teeth, gums, and bones** strong and healthy.

**Ask** What are some examples of fruits? (*apples, oranges, bananas, peaches, pears, etc.*)

**Say** Now let's talk about vegetables. Vegetables contain **vitamins and minerals** that help keep you healthy and strong. They also contain **fiber**, which keeps food moving through your body. This helps you go to the bathroom which is important to stay healthy.

**Ask** What are some examples of vegetables? (*carrots, green beans, potatoes, broccoli, etc.*)

**Say** You need a lot of different kinds and colors of fruits and vegetables to keep you healthy.

**Say** Over the next few weeks, you may receive a fruit or vegetable that you've never tried before or one that you don't like. Please try to have a good attitude about trying a new food for the first time or trying it again.

**Say** Let's think about the fruits and vegetables you don't like as foods that you don't like **yet**.

**Say** Sometimes you have to try a new food at least 10 times before you like it.

**Ask** Does anyone know what taste buds are? (*Taste buds are taste receptor cells located on your tongue and inside your mouth which give you your sense of taste.*)

**Say** As you grow and your body changes, you might be surprised that your taste buds change, too.

**Say** Let's do an activity to get you thinking about your favorite fruits and veggies. I also want you to think about fruits and veggies you've never tried or some that you have tried in the past and didn't like, but you'd be willing to try again.

**Activity #1: Put More Power on Your Plate worksheet** Refer to worksheet for directions.

**Activity #2: Curriculum Connection (Writing/Language Arts)** Write about a time you tried a new fruit or vegetable. What was it? Did you like it? Would you try it again?

**Activity #3: Lots O' Dots worksheet**