

Lesson 4: Variety

Nutrition Objectives:

1. Students will be able to define what “variety” means in terms of fruit and vegetable consumption.
2. Students will be able to identify two health benefits of different color fruits and vegetables.

Supplies/Materials:

- A Variety of Fruits and Vegetables worksheet (one for each student)
- Girl Jumping handout (one for each student)
- Catch a Rainbow Every Day (reference sheet for teacher)
- The Color Chart and Sheets (in front of binder; reference sheets for teacher)
- Nutrition Word Scrambler worksheet (one for each student)

Lesson:

Say Last time we talked about the amount of fruits and veggies you should eat every day.

Ask How many cups of fruits and vegetables should you eat every day? (*at least 2 cups of each*)

Ask How many of you kept track of the fruits and veggies you ate in your food diary?

Ask Did anyone eat at least 2 cups of fruit and 2 cups of vegetables?

Say Today we are learning how to choose a *variety* of fruit and vegetables.

Ask Does anyone know what *variety* means?

- Variety means different colors, shapes, and sizes.
- Usually when you vary the color, you get different shapes and sizes, too.
- You should try to eat a variety of colorful fruits and vegetables every day to get all the vitamins and minerals your body needs to grow and to stay strong and healthy. Different color fruits and vegetables will give you a variety of vitamins and minerals.

Ask Now that you know variety is different shapes, colors, and sizes, can you name three fruits and vegetables you think show a good variety? (*sample answer: apple, green beans and corn*)

A Variety of Fruits and Veggies Each Day Keeps You Healthy So You Can Play handout (girl jumping)

- Distribute the handout.
- Refer to the Catch a Rainbow sheet and The Color Chart and sheets for more examples of fruits and vegetables in each color group.
- Refer to the handout and read aloud ways that each different color helps the body function.

(continued)

Brown, Tan and White: Keeps your muscles strong and your body safe from germs.

Red: Keeps your heart strong.



Green: Helps move food through your body for a healthy stomach.

Purple/Blue: Helps your brain learn and remember.

Yellow/Orange: Keeps your eyes healthy and skin glowing.

Ask? What color fruits and vegetables help your heart? (*red*)

Ask? What are some examples of red fruits and veggies? (*tomatoes, radishes, apples, strawberries*)

Ask? What color fruits and vegetables help you learn and do well in school? (*purple and blue*)

Ask? What are some examples of purple and blue fruits and vegetables? (*blueberries, grapes, raisins*)

Ask? What color fruits and vegetables help your stomach? (*green*)

Ask? What are some examples of green fruits and vegetables? (*lettuce, broccoli, pears, grapes, kiwi*)

Ask? What color fruits and vegetables are good for your eyes and skin? (*yellow and orange*)

Ask? What are some examples of yellow and orange fruits and veggies? (*corn, oranges, peppers*)

Ask? What color fruits and vegetables help to keep your muscles strong? (*brown, tan and white*)

Ask? What are some examples of brown, tan and white fruits and veggies? (*potatoes, bananas, pears, mushrooms*)

Note: Examples of white fruits and vegetables are those that are white on the inside like a banana, pear, or potato, or those that are white inside and out like mushrooms.

Say? Remember, you need all of these different color fruits and vegetables to help you grow and to keep your body healthy and strong. Try to eat at least 2 cups of fruit and 2 cups of veggies and as many colors as you can every day.

Activity #1: A Variety of Fruits and Vegetables worksheet Instruct the students to complete the worksheet and share their responses with the class.

Activity #2: Nutrition Word Scrambler worksheet