



Fresh Fruit & Vegetable Program Lesson Plans Third Grade

Lesson 1: Fruits and Vegetables: Try It!

Lesson 2: MyPlate

Lesson 3: Amounts and Serving Size

Lesson 4: Variety

Lesson 5: The Plant Parts We Eat

Lesson 6: Farm to Fork

Lesson 7: Fruits in Many Forms

Lesson 8: Vegetables in Many Forms