



Fresh Fruit & Vegetable Program Lesson Plans

Fourth Grade

Lesson 1: Fruit and Vegetable Challenge

Lesson 2: MyPlate

Lesson 3: The Color Chart

Lesson 4: Cups of Colorful Fruits

Lesson 5: VIVs (Very Important Veggies)

Lesson 6: Eating and Growing Vegetables

Lesson 7: The Right Stuff

Lesson 8: Fuel Up with Fruits and Vegetables