



Fresh Fruit & Vegetable Program Lesson Plans

5th Grade

Lesson 1: My Plate: Fruits and Vegetables

Lesson 2: Focus on Fruit

Lesson 3: Vary your Veggies

Lesson 4: Variety

Lesson 5: Plant Parts We Eat

Lesson 6: Family Foods

Lesson 7: Be Media Smart

Lesson 8: Fuel Up with Fruits and Vegetables