



Lesson 3: Red

Nutrition Objectives:

1. Students will be able to name a red fruit or vegetable.
2. Students will learn why eating red fruits and vegetables is important.

Supplies/Materials:

- Fruit and Veggie Matching worksheet (one for each student)
- MyPlate poster
- The Color Chart and sheets (reference sheets for teacher; in beginning of binder)
- A Variety of Fruits and Veggies Each Day (Girl Jumping; reference sheet for teacher)
- Fruit and Veggie Taster's Club poster or 8½" x 11" sheet (see Lesson 2; Activity 2)
- Catch a Rainbow Every Day! (poster or reference sheet for teacher)
- Fruit and Vegetable Lists (**Remember to add this week's fruits and veggies to the list.**)

Lesson:

Ask→ Can anyone name one of the food groups that we learned about last time? (Show the MyPlate poster and have the children name all 5 food groups.)

Say→ Remember that it is important to eat foods from all five food groups, especially fruits and vegetables.

Ask→ Has anyone tried a new fruit or vegetable this week?

Ask→ What fruit or vegetable did you try?

Ask→ Did you like it?

Say→ During the next few lessons you are going to be learning more about different color fruits and vegetables. Fruits and vegetables are many different colors and we'll talk about how the different colors help your body.

- Show the students the Catch a Rainbow Every Day! poster

Say→ Let's look at the rainbow.

Ask→ What fruits and veggies do you see and what colors are they?

Say→ Fruits and vegetables can be red, orange, yellow, green, blue, purple, white, tan or brown. Today we are learning about fruits and vegetables that are **red**.

Say→ A cherry is **red** and it is a **fruit**. A pepper is a **vegetable** that can be **red**.

Ask→ Can anyone name another red fruit or vegetable? If you're having trouble thinking of one, look at the red color on the rainbow. (*apple, beet, red onion, strawberry, watermelon, pepper, tomato, radishes*)

Say→ Now that we know some red fruits and vegetables, it is time to learn **why** they are good to eat.

Ask→ Can you feel your heart beating in your chest? (Have students put their hand over their hearts.) Red fruits and vegetables help keep your heart strong.

(continued)

Say→ Red is the color of your heart, so it is easy to know that red fruits and vegetables help your heart.

Ask→ Red fruits and vegetables are good for your _____?

Say→ We'll be learning a poem over the next few weeks. It will help you learn and remember why colorful fruits and vegetables are important for your body. We'll be adding to the poem every time we talk about another color.

Say→ Let's recite the poem together:

*Red fruits and vegetables are good to eat,
They help you grow and help your heart beat!*

Activity: Fruit and Veggie Matching worksheet