



Lesson 5: Green

Nutrition Objectives:

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

Supplies/Materials:

- 2 + 2 Is Healthy For You worksheet (one for each student)
- 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→ Has anyone eaten a yellow or orange fruit or vegetable this week?

Ask→ What did you eat?

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

Ask→ What did you try?

Say→ Today we are learning about fruits and vegetables that are green. Lettuce is **green** and it is a **vegetable**. Kiwi is **green** and it is a **fruit**.

- *[NOTE: Even though the fuzzy outside of a kiwi is brown, the inside part we eat is green, so it is considered a green fruit.]*

Ask→ What are some other fruits or vegetables that are green? (*peas, grapes, green beans, broccoli, spinach*)

Say→ Now that we have named some green fruit and vegetables, it is time to learn **why** they are good for us.

Say→ Green fruit and vegetables make your tummy feel better. They help move the food you eat through your body so you go to the bathroom which is very important to keep you healthy.

Say→ Green fruits and veggies help your _____ feel better. (Have the children rub their stomachs.)

Say→ Let's continue to learn our Fruit and Vegetable Poem:

Red fruits and vegetables are good to eat,

They help you grow and help your heart beat! (Put your hand over your heart.)

Fruits and vegetables orange and yellow,

Keep your eyes healthy and your skin all a-glow! (Point to your eyes and rub your skin.)

Tasty fruits and vegetables, green and yummy,

They're delicious to eat and good for my tummy. (Rub your stomach.)

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

Activity: 2 + 2 Is Healthy For You worksheet: Tell the students they should try to eat at least 2 fruits and 2 vegetables every day.