



## Lesson 7: Brown, Tan and White

### Nutrition Objectives:

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

### Supplies/Materials:

- Fruit and Veggie Chart 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→** Have you tried a blue or purple fruit or vegetable this week?

**Ask→** What did you try?

**Ask→** Do you plan to eat it again?

**Ask→** Have you asked the person who cooks or does the grocery shopping in your house to buy or cook more fruits and vegetables? If you haven't, give it a try!

**Say→** Today we are learning about fruits and vegetables that are brown, tan or white.

**Say→** When we name white fruits and vegetables, we mean that they are white on the *inside*, like a banana.

**Ask→** What color is a banana on the outside? (*yellow*)

**Say→** Even though a banana is yellow on the outside, we call it a **white fruit** because the inside is white and that's the part we eat.

**Ask→** Can you think of any other brown, tan or white fruits? (*coconut, pears*)

**Say→** A **vegetable** that is **brown, tan or white** is a potato.

**Ask→** Can you name some other vegetables that are brown, tan or white? (*mushrooms, onions, and cauliflower; cauliflower looks like broccoli but it is white*)

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

**Ask→** What part of our body do we think of when we say the word "strong"? (*Have students show their muscles.*)

**Say→** Brown, tan and white fruits and vegetables help keep your muscles \_\_\_\_\_ and body safe from germs.

**Say→ Let's finish our poem about fruits and vegetables:**

*Red fruits and vegetables are good to eat,  
They help you grow and help your heart beat!* (Put your hand over your heart.)

(continued)

*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 your tummy. (Rub your stomach.)*

*Purple and blue foods are super cool,  
They help you think and do well in school! (Touch your head.)*

*Brown, tan and white fruits and veggies- you can't go wrong,  
They keep your body safe and strong! (Show your muscles.)*

**Ask→** Brown, tan and white fruits and vegetables help keep your muscles \_\_\_\_\_ and your body safe from \_\_\_\_\_?

**Activity: Fruit and Veggie Chart worksheet**