FRUIT AND VEGETABLES MATCHING POSTERS
LESSON PLAN
(Grades K-2)

Nutrition Objectives:
1. Students will be able to identify 5 different fruits and 5 different vegetables.
2. Students will learn why it is important to eat different colored fruits and vegetables every day.

Supplies/Materials:
- Fruit and Vegetable matching posters
- Eat Colors Be Healthy poster
- Eat Smart...Eat More Fruits and Veggies handout

Lesson:
- Today you will be learning about different fruits and vegetables and how your body needs many different colored fruits and vegetables to help you grow and to keep you healthy.

Activity 1: Sorting Fruits and Vegetables
Have the children seated so that they can see all the fruit and vegetable food pictures spread out and the posters on display. You may also have the children sit in a circle on the floor and spread out the posters and food pictures in the center of the circle. If sorting fruits and vegetables at the same time is too difficult, use the poster and pictures for only fruit first, then sort vegetables later. Call students to come up one at a time.

- As you can see, I have 2 posters here: one poster of fruits and another of vegetables. We’re going to sort these pictures of fruits and vegetables and talk about them. When it’s your turn, you can come up and attach the picture to its “match” on the poster.

Ask ➔ Did anyone have fruit with their breakfast this morning?

Ask ➔ What fruit did you have?
- Find the picture of it and come up and put it on the fruit that matches it on the poster.

Ask ➔ What fruit did you have for a snack yesterday?
- Find the picture of it and come up and put it on the fruit that matches it on the poster.

Continue this process as you ask questions such as the following:
Ask: What vegetable did you have with your dinner last night?

Ask: What vegetable grows under the ground? (carrots, turnips, radishes, potato, beets)

Ask: What is another vegetable that grows under the ground?

Ask: What vegetable do rabbits like? (carrots)

Ask: What vegetable looks like a little tree? (broccoli)

Ask: What fruit would cause you to make this face? (pucker-lemon)

Ask: What fruit would you add to a smoothie? (bananas, strawberries, raspberries, blueberries)

Ask: What vegetable is broccoli’s cousin and/or has the word “flower” in its name? (cauliflower)

Ask: What fruit/vegetable have you never eaten before?

Ask: What fruit is white on the inside after you peel it? (banana)

Ask: What’s another fruit that you have to peel before you can eat it? (orange, cantaloupe)

Ask: What do you think is the most popular fruit in the world? (mango)

Ask: What do you think is the most popular vegetable in the United States? (potato)

Ask: What fruit can you find that’s red? (Continue asking questions about the other 4 colors.)

Ask: What veggie can you find that’s red? (Continue asking questions about the other 4 colors.)

- So as you can see, there are many fruits and vegetables you can choose from to eat every day. Fruits and vegetables can be lots of different colors, too.

**Activity 2: Eat Colors Be Healthy poster**

- Now let’s talk about all the different colors fruits and vegetables can be and how they help your body.

Ask: What colors are the fruits and vegetables you see on these posters?

- Fruits and vegetables can be red, orange, yellow, green, blue, purple, white and tan.
- Here’s a picture of a girl who’s happy and so full of energy that she’s jumping.
Ask ➔ Why is she happy and full of energy? (She eats lots of healthy foods like fruits and vegetables.)
She has these black spots on different parts of her body. I have 5 different colored pictures of fruits and vegetables that go on those spots. Let’s do this together:

Ask ➔ Guess which color keeps your heart strong? (Red! Eating red fruits and vegetables like apples and tomatoes are good for your heart.)

Ask ➔ Which color is good for your eyes? (Orange and Yellow! Eating orange and yellow foods like oranges and carrots keep your eyes healthy.)

Ask ➔ Which color makes your tummy feel better? (Green! Eating green fruit and vegetables like grapes and celery helps you go to the bathroom and helps your tummy feel good.)

Ask ➔ Which color helps you do well in school? (Blue and Purple! Eating blue and purple foods like blueberries and beets are good for your brain and helps you think and remember.)

Ask ➔ Which color keeps your body strong and safe against germs? (White and Tan! Eating white fruits and vegetables like bananas and potatoes keeps your body strong and safe against germs.)

Closing:
• You need all of these different colored fruits and vegetables to help you grow and to keep your body healthy and strong. Try to eat as many colors as you can every day!

Let’s end our lesson about fruits and vegetables by reciting a poem:

Eat Your Colors
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 your tummy. (Rub your stomach.)

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

White fruits and vegetables- you can’t go wrong,
They keep your body safe and strong! (Show your muscles.)