



Lesson 5: Fruits & Veggies in Many Forms

Nutrition Objective:

1. Students will be able to state two ways that fruits and vegetables can be changed during cooking/preparation.

Materials:

- 3 fruit picture cards (apple, applesauce & apple pie)
- 3 veggie picture cards (baked potato, mashed potato & French fries)
- MyPlate poster
- Fruit and vegetable lists (**Add this week's fruits and vegetables to the list.**)
- Fruit and Vegetable Math worksheet (one for each student)
- Tasting Passports (one for each student; saved from Lesson 2)

Lesson:

Say→ Today we are learning about how some fruits and vegetables are changed when we prepare or cook them. Remember, fruits and vegetables give us energy and vitamins and minerals to help us play, learn, grow, and to keep us from getting sick. Sometimes, when we prepare or cook a fruit or vegetable, we take some of the healthy part away from it. Other times, we add an extra ingredient like sugar, oil, or salt.

Say→ For example, let's look at three different ways that people eat apples.

- Display the pictures of the whole apple, applesauce, and apple pie.

Ask→ Which picture shows the apple that has not been changed at all? (*The whole apple*) How do you know that? (*It looks like how you would get it right from the tree. Nothing has been added or taken away from it.*)

Ask→ Which picture(s) shows an apple that has been changed? (*The applesauce and apple pie.*) Has anyone ever made applesauce or apple pie? How does the apple change during this process?

Say→ When we make applesauce and apple pie, we usually peel the apples. This takes away some of the healthy part of the apple, called fiber. Does anyone know what fiber does for our body? (*helps us feel full and helps us go to the bathroom.*)

Ask→ After we peel the apples, what do you think we add to them to make applesauce or apple pie? (*Sugar, and for pie, we also add butter and flour.*)

Ask→ Why do you think these ingredients are added? (*Sugar is added to make them taste sweeter. For the pie, butter and flour make the crust.*)

Ask→ Which of these three pictures shows the apple that has the most vitamins, minerals, and fiber to help us play, learn, grow, and to keep us from getting sick? (*the whole apple*)

Say→ Now let's talk about vegetables. Just like fruit, eating vegetables will also help make your body healthy and strong.



Say→ Let's look at three different ways that people eat potatoes.

- Display the pictures of the baked potato, mashed potatoes, and french fries

Ask→ Which picture shows the potato that has not been changed very much? (*The whole baked potato*) How do you know that? (*It looks like how you would get it from the farm. It has been washed and cooked, but other than that it looks the same as when it comes out of the ground.*)

Ask→ Which picture(s) shows a potato that has been changed? (*The mashed potatoes and french fries.*) Has anyone ever made mashed potatoes or french fries? How does the potato change during this process?

Say→ When we make mashed potatoes and french fries, we usually peel the potatoes. This takes away some of the healthy part of the potato, called fiber. Can someone remind me what fiber does for our body? (*helps us feel full and helps us go to the bathroom*).

Ask→ After we peel the potatoes, what do you think we add to them to make mashed potatoes? (*milk or cream, salt, butter*) What do we add to them to make french fries? (*we cook them in lots of oil and add salt*)

Ask→ Which of these three pictures shows the potato that has the most vitamins, minerals, and fiber to help us play, learn, grow, and to keep us from getting sick? (*the baked potato*) That's right, the baked potato still has all of its fiber and doesn't have too many other things like oil or salt added to it.

Ask→ Do you think that it is okay to eat fruits and vegetables that have sugar, salt, or oil added to them?

Say→ Yes! If you like foods like apple pie and french fries, it is okay to eat these types of foods. We just want to make sure we are also eating fruits and vegetables that haven't been changed too much. These will have the most vitamins, minerals, and fiber to help us grow, play, and learn.

Activity #2: Fruit and Vegetable Math worksheet (Curriculum Connection/Math)

Don't forget! Remind students to draw any new fruits and veggies they've tried in their Tasting passports.