



Lesson 5: Four-a-Day

Nutrition Objective:

1. Students will learn how to choose a variety of different colored fruit and vegetables.
2. Students will be able to correctly state the number of fruits and vegetables they should eat each day.

Supplies/Materials:

- Four-a-Day The Color Way worksheet (one for each student)
- Five Fruit and Vegetable picture cards (carrots, broccoli, potato, apple, blueberries)
- Color Chart and Sheets (in front of binder; reference sheets for teacher)
- Catch a Rainbow Every Day! (reference sheet for teacher)
- Fruit and Vegetable lists (**Add this week's fruits and vegetables to the list.**)
- Tasting passports (one for each student; saved from Lesson 2; remind students about it)

Lesson:

Say→ Today we are learning how many fruits and vegetables you should eat each day and talking about all the different colors that fruits and vegetables can be.

Ask→ How often should we eat fruit and vegetables? (*every day*)

Ask→ Let's review the MyPlate poster.

- Point to the different food groups and read them together.

Ask→ How much of your plate should be filled with fruits and vegetables? (*half of it*)

Say→ Now let's talk about how many fruits and vegetables you should eat each day.

Ask→ How many fruits do you think kids your age need to eat every day to have a healthy body? (*at least 2*)

Ask→ How many vegetables do you think kids your age need to eat every day? (*at least 2*)

Say→ You need **at least TWO** fruits plus **TWO** veggies every day. That means you should eat **at least FOUR** fruits and vegetables every day to be healthy.

- Show them what four fruits and veggies look like using the **picture cards** provided.

Ask→ What does "at least" mean? Can you have more than 4 fruits and veggies? (*yes*)

Ask→ Why is it important to eat at least 4 fruits and vegetables every day? (*Our bodies get important things called nutrients, like vitamins and minerals, from lots of different fruits and vegetables. Even though you can't see them, they are helping you to grow, think and play.*)

- Display the five picture cards.

Say→ Let's take another look at these five picture cards.

Ask→ What do you notice about the fruits and vegetables on these cards? (*The fruits and vegetables are all different colors.*)

(continued)



Say→ These are some of the different colors fruits and vegetables can be. Fruits and vegetables can be **red, orange, yellow, green, blue, purple, brown, white and tan.**

Ask→ Who can think of a (red) fruit or vegetable? (Refer to the Catch a Rainbow sheet or the Color Sheets.) Continue to ask this question naming all the other colors.

- **Red:** *Tomato, watermelon, strawberries, red apple, red pepper, red grapes*
- **Yellow/Orange:** *Corn, peach, pineapple, carrot, mango, orange, sweet potato*
- **Green:** *Spinach, broccoli, green beans, cucumber, kiwi, asparagus, green grapes*
- **Blue/purple:** *Blueberries, eggplant, purple grapes, raisins, plums*
- **Brown/White/Tan:** *Potatoes, banana, onion, cauliflower, mushroom, pears*

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

Say→ You need to eat 2 fruits and 2 vegetables each day and they should be different colors.

Ask→ Which two fruits and two vegetables would you choose to get four different colors?

Say→ We need different colored fruits and vegetables every day to keep our bodies growing strong and healthy. So it's important to eat as many colors as you can every day. We'll be talking some more about the colors and how they help different parts of your body next time.

Activity#1: Four -a-Day the Color Way worksheet

Hand out the Four-a-Day the Color Way coloring sheet and have the students color a fruit or vegetable in each box. Remind students to color the fruits and vegetables realistic colors and that they need **at least 2** fruits and 2 veggies every day.

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