



Fresh Fruit & Vegetable Program Lesson Plans

Second Grade

Lesson 1: Get a “Sense” of Fruits and Vegetables

Lesson 2: MyPlate

Lesson 3: More My Plate: Focus on Fruits and Veggies

Lesson 4: Go Slow Whoa

Lesson 5: Four-a-Day

Lesson 6: Eat Colors, Be Healthy!

Lesson 7: How Do Fruits and Vegetables Grow?

Lesson 8: Fruit and Veggie Favorites