



THE  
UNIVERSITY  
OF RHODE ISLAND



# THE FRESH **F**RUIT AND **V**EGETABLE PROGRAM

## *Nutrition Curriculum*

### 3<sup>RD</sup> GRADE



## **University of Rhode Island SNAP-Ed Nutrition Education Program**

### **Fresh Fruit and Vegetable Nutrition Curriculum**

#### **Introduction**

University of Rhode Island SNAP-Ed staff offers and supports a variety of nutrition education programs in Rhode Island schools and communities. A primary example of this cooperative arrangement with schools is this nutrition education curriculum developed by SNAP-Ed and offered in conjunction with USDA's Fresh Fruit and Vegetable Program (FFVP). The goals of the Fresh Fruit and Vegetable Program are to:

- Increase children's fruit and vegetable consumption.
- Expand the variety of fruits and vegetables that children are exposed to.
- Make a difference in children's diets to impact their present and future health.
- Create healthier school environments by providing more nutritious food choices.

This program serves as a catalyst for promoting children's health early in life, helping prevent chronic diseases and foster a strong foundation for long-term well-being.

Each grade level (K-5) of the URI SNAP-Ed FFVP curriculum consists of 8 brief, flexible, interdisciplinary and developmentally appropriate nutrition lessons. This curriculum can be taught by classroom teachers, health teachers or school nurses. During staff development sessions led by SNAP-Ed, teachers receive materials which include lesson plans, activities, handouts, worksheets, curriculum connections and bilingual (English-Spanish) family newsletters. For grades K-4, the curriculum includes one lesson pertaining to a nutrition-related children's book. These books (and others) are donated to the school library and housed in the teachers' reference section.

## How to Use This Curriculum

The nutrition lessons are 10-15 minutes for grades K-2 and approximately 20-30 minutes for grades 3-5. An outline of the lessons is provided in the beginning of each binder. Materials are flexible so teachers can combine lessons together or save parts for later. Most lessons contain activities and worksheets that students can complete individually, with a partner, or in a group. Curriculum connections to language arts, math, science and social studies are included. It is recommended that the bilingual parent letters (English/Spanish) that are provided in each lesson are sent home.

When students are receiving their USDA fruit or vegetable snack, teachers can make it a learning opportunity by utilizing these two provided resources:

1. Fun Facts List – This is a nutrition education activity for a comprehensive list of fruits and vegetables. We recommend that teachers locate the fruit or vegetable served that day on the list (pictures are provided) and read the pertinent Fun Fact to the class. The Fun Facts list can be found on our website at: <https://web.uri.edu/wp-content/uploads/sites/1241/FFVP-Fun-Facts.pdf>
2. The Color Chart - The Color Chart teaches how different-color fruits and vegetables help different parts of the body. If the fruit or vegetable is red, for example, teachers can refer to the nutrition message for red, read it aloud, then have the students repeat the phrase. The Color Chart is located in the front of this binder.

Thank you for your interest in the program and for helping your students develop lifelong healthy eating habits. If you have any questions about the curriculum, contact Heidi Hetzler, MS, RD, LDN at (401) 277-5043 or [heidihetzler@uri.edu](mailto:heidihetzler@uri.edu).