

Lesson 7: Fruits in Many Forms

Nutrition Objective:

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

Supplies/Materials:

- My Plate poster
- 3 fruit pictures (apple, applesauce, apple pie)
- Chart paper or whiteboard and markers
- A Variety of Fruits and Veggies Each Day....girl jumping handout (reference for teacher)
- Fruit Fun Talk worksheet (one for each student)

Lesson:

Ask? Has anyone tried a new fruit or vegetable this week?

Say? Today we are learning more about the fruit group and how fruits can change when they are cooked or processed.

- Display the MyPlate poster and point to the fruit group

Say? Let's talk more about fruit.

Ask? Why is fruit important for your body? *(Fruits contain vitamin C, which helps to protect you from getting a cold. Fruit also keeps our teeth, gums and bones strong and healthy. In addition, fruit contains fiber which keeps food moving through your body so it helps you go to the bathroom.)*

Ask? How many cups of fruit do you need every day? *(at least 2 cups)*

Say? 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*)

Activity#1:

Today we are learning about how fruits can be changed when we prepare or cook them. 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.

Activity #2: Fruit Fun Talk worksheet (Curriculum Connection/Language Arts) Have the students work with a partner to complete the worksheet. Review the answers with the class.