



## **Fresh Fruit & Vegetable Program Lesson Plans Third Grade**

**Lesson 1: Fruits and Vegetables: Try It!**

**Lesson 2: MyPlate**

**Lesson 3: Amounts and Serving Size**

**Lesson 4: Variety**

**Lesson 5: Fruit- Go Slow Whoa**

**Lesson 6: Vegetables- Go Slow Whoa**

**Lesson 7: The Plant Parts We Eat**

**Lesson 8: Farm to Fork**