Lesson 1: Fruit and Vegetable Challenge

Nutrition Objectives:
1. Students will be able to identify why fruits and vegetables are important to their health.
2. Students will name one new fruit and vegetable that they would like to try.

Supplies/Materials:
- Stopwatch or clock with a second hand
- Paper and pencil for each student
- Put a Little Fruit and Veggie In It worksheet (one for each student)
- Chart paper and markers

Lesson:

Say→ Over the next few weeks we will be learning about fruits and vegetables and why they are an important part of a healthy diet.

Ask→ Why is it important to eat fruits and vegetables? *(Fruits and vegetables are full of vitamins and minerals that help protect your body against germs and keep your heart, brain, eyes, and skin healthy. Fruits and vegetables also contain fiber, which keeps food moving through your body to help you go to the bathroom.)*

Say→ Let's talk a little more about fruits. Fruits contain **vitamin C** which helps to protect you from getting a cold. Fruit also keeps our **teeth, gums, and bones** strong and healthy.

Ask→ What are some examples of fruits? (*apples, oranges, bananas, peaches, pears, etc.*)

Say→ Now let's talk about vegetables. Vegetables contain **vitamins and minerals** that help keep you healthy and strong.

Ask→ What are some examples of vegetables? (*carrots, green beans, potatoes, broccoli, etc.*)

Say→ You need a lot of different kinds and colors of fruits and vegetables to keep you healthy.

Say→ Over the next few weeks, you may receive a fruit or vegetable that you've never tried before or one that you don't like. Try to have a good attitude about trying a new food for the first time or trying it again.

Say→ Let's think about the fruits and vegetables you don't like as foods that you don't like *yet.*

Say→ Sometimes you have to try a new food at least 10 times before you like it.

Ask→ Does anyone know what taste buds are? *(Taste buds are taste receptor cells located on your tongue and inside your mouth which give you your sense of taste.)*

Say→ As you grow and your body changes, you might be surprised that your taste buds change, too. That's why it's important to keep trying new foods.

Say→ Let's do an activity to get you thinking about your favorite fruits and veggies. I also want you to think about fruits and veggies you've never tried or some that you have tried in the past and didn't like, but you'd be willing to try again.

Activity#1 a: Make a List
- Instruct students to write down as many fruits and vegetables as they can in three minutes.
- Use a stopwatch or a clock to let the students know when to stop writing.

(continued)

Ask→ Are there any fruits or vegetables on your list that you've never tried?

Say→ Put a **circle** around the fruits and vegetables you've **never tried**.

Say→ Put a **rectangle** around the fruits and/or vegetables that you **don't like**.

Say→ Put a **star** next to the fruits and vegetables **you're willing to try** for the first time or try again.

Ask→ Who would like to share the names of fruits and vegetables you've written on your list?

- Make a class list on chart paper and save it for future lessons. Students should save their individual lists to refer to in future lessons.

Activity #1 b: Make a Class Graph (Curriculum Connection/Math) From the class list, ask students to raise their hand to vote for their favorite fruit. Place a tally mark indicating the number of students who chose that particular fruit. Discuss these terms: maximum, minimum, range, mode and median and list the answers on the board. Create a bar graph to organize the data. Repeat the lesson using the data for vegetables.

Activity #2: Put a Little Fruit and Veggie In It worksheet: Read the directions and have the children work in pairs or groups to complete the worksheet. Allow them to refer to the class list if necessary.

Activity #3: Write a Poem (Curriculum Connection/Language Arts) Have the students write a poem about their favorite fruit or vegetable. Refer to the adjective list (Let's Get Descriptive) in the front of the binder.