



### Lesson 3: Variety

#### Nutrition Objectives:

1. Students will be able to define what “variety” means in terms of fruit and vegetable consumption.
2. Students will be able to state how three different color fruits and vegetables help their bodies.

#### Supplies/Materials:

- My Plate Poster
- A Variety of Fruits and Veggies Each Day/Girl Jumping handout (one for each student)
- Catch a Rainbow Every Day! (reference sheet for teacher)
- The Color Chart and Sheets (in front of binder; reference sheets for teacher)
- Half My Plate Pledge Form (one for the entire class)
- Let’s Think About Healthy Food worksheet (one for each student)
- Where Does My Lunch Go? (one for each student)

#### Lesson:

**Ask**→ Can anyone name one of the food groups that we learned about last time? (Show the MyPlate poster and have the children name all 5 food groups.)

**Say**→ Remember that it is important to eat foods from all five food groups every day, especially fruits and vegetables.

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

**Ask**→ What fruit or vegetable did you try?

**Ask**→ Did you like it?

**Say**→ Today we are learning how to choose a *variety* of fruit and vegetables.

**Ask**→ Does anyone know what *variety* means? (*Variety means different colors, shapes, and sizes. Usually when you vary the color, you get different shapes and sizes, too.*)

**Ask**→ Why is it important to eat a variety of fruits and vegetables every day?

*(You need to eat a variety of colorful fruits and vegetables every day to get all the vitamins and minerals your body needs to grow and to stay strong and healthy. Different color fruits and vegetables are important for healthy skin and eyes, a strong heart, strong muscles, a healthy stomach and to help your brain.)*

**Ask**→ Now that you know variety is different shapes, colors, and sizes, can you name three fruits and vegetables you think show a good variety? (*sample answer: apple, green beans and corn*)

#### A Variety of Fruits and Veggies Each Day Keeps You Healthy So You Can Play /Girl Jumping

- Distribute the handout.
- Refer to the Catch a Rainbow Every Day! sheet and The Color Chart and sheets for more examples of fruits and vegetables in each color group.
- Refer to the handout and read aloud ways that each different color helps the body function.

(continued)

**Brown, Tan and White**: Keeps your muscles strong and your body safe from germs.

**Red**: Keeps your heart strong.

**Green**: Helps move food through your body for a healthy stomach.

**Purple/Blue**: Helps your brain learn and remember.

**Yellow/Orange**: Keeps your eyes healthy and skin glowing.

**Ask**→ What color fruits and vegetables keep your eyes healthy, your skin glowing, and helps to keep you from getting a cold? (**yellow and orange**)

**Ask**→ What are some examples of yellow and orange fruits and vegetables? (*carrots, pineapple, cantaloupe, oranges, corn, sweet potatoes, tangerines, peppers*)

**Ask**→ What color fruits and veggies helps move food through your body for a healthy stomach? (**green**)

**Ask**→ What are some green fruits and vegetables? (*kiwi, broccoli, asparagus, celery, grapes, lettuce*)

**Ask**→ What part of the body allows you to learn and remember? (*brain*)

**Ask**→ What color fruits and vegetables help your brain? (**purple and blue**)

**Ask**→ What are some examples of purple and blue foods? (*blueberries, eggplant, grapes, and raisins*)

**Ask**→ What color fruits and vegetables keep your heart strong? (**red**)

**Ask**→ What are some red fruits and vegetables? (*apples, peppers, cherries, strawberries, tomatoes*)

**Ask**→ What color fruits and vegetables help to keep your muscles strong? (**brown, tan and white**)

**Ask**→ What are examples of brown, tan and white fruits or vegetables? (*potatoes, bananas, pears, mushrooms, onions*)

- Note: Examples of white fruits and vegetables are those that are white on the inside like a banana, pear, or a potato, or those that are white inside and out like mushrooms.

### **Activity#1: Class Pledge**

- Ask students to take the "half my plate pledge" by signing the certificate. Display it in a prominent place in the classroom. Refer to it periodically and ask questions like:

**Ask**→ How many of you filled  $\frac{1}{2}$  your plate with fruits and vegetables yesterday?

### **Activity #2: Let's Think About Healthy Food (Curriculum Connection/Language Arts)**

Have the students answer the questions on this worksheet and then discuss their answers with the class.

### **Activity #3: Where Does My Lunch Go? Handout (Curriculum Connections/Health & Science)**

Discuss the systems of the human body with an emphasis on digestion and where food goes after it is consumed.