



Lesson 4: Cups of Colorful Fruits

Nutrition Objectives:

1. Students will be able to provide two examples of how to eat 2 cups of fruit.

Supplies/Materials:

- 6 Fruit picture cards
- Measuring cup
- What Counts as One Cup of Fruits? (reference sheet for teacher)
- A Variety of Fruits and Veggies Each Day/Girl Jumping handout (reference sheet for teacher)
- Easy Add-Ins worksheet (one for each student)
- Name That Fruit worksheet (one for each student)

Lesson:

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

Say→ Let's review what we learned last time.

- Refer to the A Variety of Fruits and Veggies Each Day/Girl Jumping handout and review how all the colors help different parts of the body.

Say→ Today we are learning about the amount of fruit you need to eat every day to be healthy.

Ask→ How many cups of fruits and veggies do you think kids your age need to eat every day? *(at least 2 cups of each)*

Ask→ What do the words "at least" mean? *(It's the minimum amount.)*

Ask→ Can you have more? *(yes)*

Ask→ Why is it important to eat at least 2 cups of fruit every day? *(Fruit contains vitamin C, which helps keep you from getting a cold. Fruit also keeps our teeth, gums, and bones strong and healthy.)*

Show pictures of the following and hold up the measuring cup as you discuss:

- 1 cup of fruit equals one piece of fruit like an apple, orange, or banana
- 1 cup of fruit equals 1 cup of chopped fruit like fruit salad or fruit cocktail (packed in natural juice)
- 1 cup of fruit equals 32 red seedless grapes
- 1 cup of fruit equals ½ cup of dried fruit like raisins
- 1 cup of fruit equals 8 fluid ounces of 100% fruit juice
- 1 cup of fruit equals 2 small pieces of fruit like kiwi
- ½ cup fruit received as a snack in school (You need 4 servings this size to equal the 2 cups of fruit you should eat every day.)

Ask→ Who can use the picture cards to show me how much fruit you need to eat to equal 2 cups of fruit per day? Get a variety of responses. Refer to the What Counts as One Cup of Fruits? reference sheet for answers. Examples:

(continued)

- *2 kiwi and 1 cup 100% fruit juice*
- *1 banana and ½ cup raisins*
- *32 red seedless grapes and 1 cup of chopped fruit (fruit salad)*

Activity#1: Easy Add-Ins worksheet

Explain that students should choose 3 meals and 1 snack from the list by circling their choices. Next, they need to select 2 fruits and 2 vegetables from the answer bank and write them in the box provided. They can also draw their favorite fruit or vegetable in the space provided if it is not pictured and then add it to a meal or snack.

Activity#2: Name That Fruit Worksheet

Working with a partner, give the students some time to complete the worksheet. Correct it together and add the answers to the class fruit and vegetable list.