



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

### **Fourth Grade**

**Lesson 1: Fruit and Vegetable Challenge**

**Lesson 2: MyPlate**

**Lesson 3: The Color Chart**

**Lesson 4: Cups of Colorful Fruits**

**Lesson 5: VIVs (Very Important Veggies)**

**Lesson 6: Eating and Growing Vegetables**

**Lesson 7: The Right Stuff**

**Lesson 8: Go Slow Whoa**