



Lesson 2: Focus on Fruit

Nutrition Objectives:

1. Students will be able to identify five different types of fruit.
2. Students will be able to provide 2 examples of how to eat at least 2 cups of fruit each day.

Supplies/Materials:

- 6 Fruit picture cards
- Measuring cup
- My Fruit Diary worksheet
- What Counts as 1 Cup of Fruit? (reference sheet for teacher)
- Name That Fruit worksheet (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: fruits, vegetables, protein, grains, and dairy.*)

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 talking more about fruit and learning about the **amount** of fruit you need to eat every day to be healthy.

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

Ask→What do the words “at least” mean? (*It’s the minimum amount. The smallest we should eat each day.*)

Ask→ If I were to have more than 2 cups, would that be okay? (*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.*)

How Much is a Cup of Fruit? Refer to “What Counts as 1 Cup of Fruit?” reference sheet.

- Show students the picture cards provided. Each card has an amount listed on it. Hold up the measuring cup to reinforce what the amount looks like. Examples:
 - 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 $\frac{1}{2}$ cup of dried fruit like raisins
- 1 cup of fruit equals 8 fluid ounces of 100% fruit
- 1 cup of fruit equals 2 small pieces of fruit like kiwi
- **$\frac{1}{2}$ cup fruit received as a snack in school** (You need 4 servings this size to equal 2 cups of fruit which 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:

- *2 kiwi and 1 cup 100% juice*
- *1 banana and $\frac{1}{2}$ cup raisins*
- *32 red seedless grapes and 1 cup of chopped fruit (fruit salad)*

Activity #1 a: My Fruit Diary - Have students write down the fruit they eat for the next two days (starting with today), and estimate about how much they ate of each. Remind the students that all forms of fruit count: fresh, frozen, canned, dried and 100% fruit juice. Did they eat at least 2 cups each day?

Activity #1 b: Food Diary Class Results (Curriculum Connection/Math) Have students bring in their Fruit Diaries. Add up the *total* amount of fruit eaten by the class in one day. What is the *average* amount of fruit eaten by each student?

Activity #2: Name That Fruit - Instruct the students to work with a partner or in a group to complete the worksheet. Share the answers with the class.