



Lesson 8: Fuel up with Fruits and Vegetables

Nutrition Objectives:

1. Students will be able to identify fruits and vegetables that help them give their body the energy and vitamins they need to stay healthy and strong.

Supplies/Materials:

- 3 vegetable pictures (baked potato, mashed potatoes, French fries)
- 3 fruit picture cards (apple, applesauce, apple pie)
- Fruit and Vegetables: Make Healthy Choices handout (one for each student)
- Chart paper or whiteboard and markers
- Tape
- Fruit and Veggie Icons worksheet (one for each student)
- Energy Code-Breaker worksheet (one for each student)

Lesson:

Ask→Did anyone try a new fruit or vegetable this week?

Ask→What did you try?

Ask→Did anyone see any ads for fruits and vegetables?

Fuel up with Fruits and Veggies

Ask → **Let's start with fruit, do we remember why** fruits are important for your body? (*Fruits contain vitamin C, which helps to protect you from getting a cold. Fruit also keeps our teeth, gums and bones strong and healthy. In addition, fruit contains fiber which keeps food moving through your body so it helps you go to the bathroom.*)

Say → Today we are learning about how fruits and veggies can be changed when we prepare or cook them. Sometimes, when we prepare or cook a fruit or vegetable, we take some of the healthy part away from it. Other times, we add an extra ingredient like sugar, oil, or salt.

Say→ There are other fruits that may have been changed along the way. Sometimes there may be sugar added to them.

Say→For example, let's look at three different ways that people eat apples.

Display the pictures of the whole apple, applesauce, and apple pie.

Ask→ Which of these fruits has not been changed? (*apple*) How can you tell? (*It looks like how it grew on the tree.*)

Ask→ Which of these fruits do you think have been changed? (*applesauce and apple pie*) Why? (*They have sugar added to them. The pie also has flour and butter or shortening added for the crusts. The peel was probably removed from the apples.*)

Say→ That's right. All three foods (apple, applesauce, and apple pie) are made from fruit, but some have been changed, or "processed" to remove healthy parts or add other ingredients.



Say→ Drinks are another item that shows how fruit can be changed along the way. When we look at different fruit juices and drinks, they may be made with different ingredients. For example, when we choose 100% orange juice, the main ingredient is the juice that is squeezed out of oranges. This does not have any extra ingredients added to it.

ASK → Does anyone know an example of a fruit drink or juice that is not 100% juice?

Say→ An example would be a fruit drink that only has a little bit of juice. Sometimes these have water, sugar, and flavorings added to them to make them taste like fruit, even when they don't contain very much fruit at all.

Say→ Now let's talk about vegetables.

Ask→ Why are vegetables important for your body? *(Vegetables contain lots of important vitamins and minerals that keep us healthy and strong. They keep food moving through your body to help you go to the bathroom.)*

Ask→ How many cups of vegetables do you need to eat every day? *(at least 2 cups)*

Say→ Let's look at three different ways that people eat potatoes.

- Display the pictures of the baked potato, mashed potatoes, and french fries

Ask→ Which picture shows the potato that has not been changed very much? *(The whole baked potato)* How do you know that? *(It looks like how you would get it from the farm. It has been washed and cooked, but other than that it looks the same as when it comes out of the ground.)*

Ask→ Which picture(s) shows a potato that has been changed? *(The mashed potatoes and french fries.)* Has anyone ever made mashed potatoes or french fries? How does the potato change during this process?

Say→ When we make mashed potatoes and french fries, we usually peel the potatoes. This takes away some of the healthy part of the potato, called fiber. Can someone remind me what fiber does for our body? *(helps us feel full and helps us go to the bathroom).*

Ask→ After we peel the potatoes, what do you think we add to them to make mashed potatoes? *(milk or cream, salt, butter)* What do we add to them to make french fries? *(we cook them in lots of oil and add salt)*

Ask→ Which of these three pictures shows the potato that has the most vitamins, minerals, and fiber to help us play, learn, grow, and to keep us from getting sick? *(the baked potato)* That's right, the baked potato still has all of its fiber and doesn't have too many other things like oil or salt added to it.

Ask→ Do you think that it is okay to eat fruits and vegetables that have sugar, salt, or oil added to them?

Say→ Yes! If you like foods like apple pie and french fries, it is okay to eat these types of foods. We just want to make sure we are also eating fruits and vegetables that haven't been changed



too much. These will have the most vitamins, minerals, and fiber to help us grow, play, and learn.

Say→There are many different nutrients that your body needs to be healthy and strong. You can get these nutrients by eating a variety of different colored fruits and vegetables every day.

Remember to try to eat at least 2 cups of fruit and 2 cups of veggies every day and fill half your plate with fruits and vegetables.

ACTIVITY*: Have the students brainstorm a food or drink that has many forms. Once they come up with an example, walk them through why it has changed from the original product. (Some examples:

Fruit:

Cranberries → raisins

Cherry → Cherry pie or danish

Grapes → raisins

Vegetable:

Sweet potato → sweet potato fries

Potato → potato chips

Cauliflower → fried cauliflower or cauliflower crust for pizza

Brussel sprouts → fried brussel sprouts

Say→There are many different nutrients that your body needs to be healthy and strong. You can get these nutrients by eating a variety of different color fruits and vegetables every day. Try to eat at least 2 cups of fruit and 2 cups of veggies every day and fill half your plate with fruits and vegetables.

Activity #1: Fruit and Veggie Icons: Have the students complete the worksheet with a partner and review the answers with the class.

Activity #2: Energy Code-Breaker (Curriculum Connection/Math/Problem Solving)