



# Finding Fiber in Fruits and Veggies

Fiber is important for a healthy diet. Fiber has no calories. It helps to keep your digestive tract healthy. Fiber is only found in plant-based foods like fruits, veggies and whole-grain breads and cereals. Animal products like milk, meat and cheese do not have fiber. Eating fruits and veggies is a great way to get your fiber every day.

Fruit or Veggie	Serving Size	Dietary Fiber (in grams)
Apple	1 medium apple	3.3
Asparagus	5 medium stalks	1.7
Avocado	1/5 medium avocado	2.4
Banana	1 medium banana	3.1
Bell pepper	1/2 medium pepper	1.0
Blueberry	1 cup blueberries	3.5
Broccoli	1/2 cup raw or steamed broccoli	1.1
Cabbage	1 cup chopped cabbage	2.0
Cantaloupe	1 cup cubed melon	1.4
Carrot	1 medium or 8 baby carrots	1.7
Cherry	15 cherries	2.1
Corn	1/2 cup cooked corn	2.4
Grape	17 grapes	0.4
Green Bean	1/2 cup raw or steamed beans	1.9
Iceberg Lettuce	1 cup chopped lettuce	0.9
Kiwifruit	1 medium kiwifruit	2.6
Mango	1/2 mango	1.5
Orange	1 medium orange	3.1
Peach	1 medium peach	1.5
Pineapple	1/2 cup cubed pineapple	1.1
Potato	1 potato baked with skin	3.6
Raisins	1/4 cup raisins	1.5
Strawberry	8 medium berries	1.9
Sweet potato	1 medium sweet potato	3.8
Tangerine	1 medium tangerine	1.5
Tomatoes	1 medium tomato	1.6
Watermelon	1 cup cubed melon	0.6

Distribute the *Vegetable Orders* handout to students and allow the students to work in pairs. Challenge students to read the clues about ordering veggies in order to solve the puzzle.

**Additional Activity (additional handouts and/or materials needed)**

Distribute the *Fruit and Vegetable Identification* handout. Direct students to see how many of the fruits and veggies they can identify. Instruct students to use the dictionary if they are not sure of the spelling. If you do not have a color copy of the *Fruit and Vegetable Identification* handout, you may need to tell the students the colors of some of the fruits and veggies.

Name \_\_\_\_\_

# Finding Fiber

## Word Problems

1. Which has more fiber?

- |  |    |  |
|--|----|--|
| <input type="checkbox"/> ½ cup of broccoli     | OR | <input type="checkbox"/> 5 spears of asparagus |
| <input type="checkbox"/> 1 banana              | OR | <input type="checkbox"/> 17 grapes             |
| <input type="checkbox"/> ½ medium mango        | OR | <input type="checkbox"/> 1 cup of cantaloupe   |
| <input type="checkbox"/> 1 medium sweet potato | OR | <input type="checkbox"/> ½ cup corn            |
| <input type="checkbox"/> 1 baked potato        | OR | <input type="checkbox"/> 1 cup of blueberries  |

2. Tameka would like to eat more fiber. What five fruits could she eat that would give her the most fiber? How many grams of fiber would she get from the five fruits?

3. What five veggies would give Tameka the most fiber? How many grams of fiber would she get from the five veggies?

4. Cindy is nine years old. In one week, she ate all of the fruits and veggies listed on the chart below. How much fiber did Cindy eat that week? Fill in the chart to find out how much fiber Cindy ate for the week.

Fruit or Veggie	Number of Servings	Grams of Fiber for One Serving	Total Grams of Fiber
apples	5		
blueberries	4 cups		
cabbage	2 cups		
carrots	6		
kiwi	5		
sweet potatoes	3		

Cindy's Total Grams of Fiber for the Week \_\_\_\_\_

5. What was Cindy's average fiber intake for each day of the week?
6. How much fiber does Cindy need each day for her age?
7. Was Cindy's average fiber intake enough to meet her total daily fiber needs for her age?
8. If not, how much more fiber does she need to get each day from foods such as legumes and whole grain breads and cereals?
9. What fruits and veggies have you eaten at school from the Fresh Fruit and Vegetable Program?
10. What is your favorite fruit and veggie?
11. How many grams of fiber does your favorite fruit and veggie have?



# Finding Fiber Word Problems

1. Which has more fiber?

- |   |    |   |
|---|----|---|
| <input type="checkbox"/> ½ cup of broccoli<br><input checked="" type="checkbox"/> 1 banana<br><input checked="" type="checkbox"/> ½ medium mango<br><input checked="" type="checkbox"/> 1 medium sweet potato<br><input checked="" type="checkbox"/> 1 baked potato | OR | <input checked="" type="checkbox"/> 5 spears of asparagus<br><input type="checkbox"/> 17 grapes<br><input type="checkbox"/> 1 cup of cantaloupe<br><input type="checkbox"/> ½ cup corn<br><input type="checkbox"/> 1 cup of blueberries |
|---|----|---|

2. Tameka would like to eat more fiber. What five fruits could she eat that would give her the most fiber? How many grams of fiber would she get from the five fruits?

1 cup blueberries	3.5 grams
1 apple	3.3 grams
1 banana	3.1 grams
1 orange	3.1 grams
1 kiwifruit	2.6 grams
Total	15.6 grams

3. What five veggies would give Tameka the most fiber? How many grams of fiber would she get from the five veggies?

1 medium sweet potato	3.8 grams
1 baked potato with skin	3.6 grams
½ cup corn	2.4 grams
1 cup chopped cabbage	2.0 grams
½ cup green beans	1.9 grams
Total	13.7 grams

4. Cindy is nine years old. In one week, she ate all of the fruits and veggies listed on the chart below. How much fiber did Cindy eat that week? Fill in the chart to find out how much fiber Cindy ate for the week.

Fruit or Veggie	Number of Servings	Grams of Fiber for One Serving	Total Grams of Fiber
apples	5	3.3	16.5
blueberries	4 cups	3.5	14
cabbage	2 cups	2.0	4
carrots	6	1.6	9.6
kiwi	5	2.6	13
sweet potatoes	3	3.8	11.4

Cindy's Total Grams of Fiber for the Week 68.5

5. What was Cindy's average fiber intake for each day of the week?  
**68.5 grams/7 = 9.78 grams**
6. How much fiber does Cindy need each day for her age?  
**9 years old + 5 = 14 grams**
7. Was Cindy's average fiber intake enough to meet her total daily fiber needs for her age?  
**No**
8. If not, how much more fiber does she need to get each day from foods such as legumes and whole grain breads and cereals?  
**4.22 grams**
9. What fruits and veggies have you eaten at school from the Fresh Fruit and Vegetable Program?  
**Answers will vary**
10. What is your favorite fruit and veggie?  
**Answers will vary**
11. How many grams of fiber does your favorite fruit and veggie have?  
**Answers will vary**



Name \_\_\_\_\_

# Vegetable Orders

**Directions:** Jane, Beverly, Michael and Joseph went to a restaurant. Each person had two vegetables as a part of their meal. Read the clue to match the person with their vegetable choices. Each vegetable can only be chosen by **one** person. If a choice can be eliminated by reading the clues, write NO in the space on the chart. Write YES in the correct place on the chart to identify the two vegetables chosen by each person.

	Peas \$.49	Cabbage \$.49	Potato \$.99	Broccoli \$.85	Greens \$.75	Carrots \$.59	Corn \$.75	Celery \$.30
Jane								
Beverly								
Michael								
Joseph								

## CLUES

- Michael chose one vegetable that cost \$.75.
- Each of Jane's vegetables cost less than \$.75.
- Beverly did not choose a vegetable that cost \$.49.
- Jane did not choose cabbage.
- Michael's friend chose celery.
- Jane did not order a vegetable that cost \$.75.
- One of Michael's vegetables was a green vegetable.
- Joseph sat next to his friend who chose peas.
- Beverly did not order the most expensive vegetable on the menu.
- One of Beverly's vegetables cost more than corn.
- Michael sat next to his friend who ordered cabbage.
- Joseph did not choose a vegetable that cost more than \$.50.
- Michael sat next to his friend who chose peas.
- Beverly's total cost for her two vegetables was \$1.60.
- Beverly's friend chose celery.
- Jane did not choose a vegetable that cost more than \$.85.
- Joseph chose two green vegetables.
- One of Beverly's choices was not greens.
- Beverly chose one green vegetable and one yellow vegetable.
- Beverly did not choose a vegetable that cost \$.59.
- Joseph's total cost for his two vegetables was less than \$1.00.
- Michael sat next to his friend who ordered corn.
- One of Jane's vegetable choices was not the least expensive on the menu.
- One of Jane's vegetable choices cost less than corn but more than cabbage.
- Michael bought one vegetable that cost more than broccoli.



Name: Answer Key

# Vegetable Orders

**Directions:** Jane, Beverly, Michael and Joseph went to a restaurant. Each person had **two** vegetables as a part of their meal. Read the clue to match the person with their vegetable choices. Each vegetable can only be chosen by **one** person. If a choice can be eliminated by reading the clues, write NO in the space on the chart. Write YES in the correct place on the chart to identify the two vegetables chosen by each person.

	Peas \$.49	Cabbage \$.49	Potato \$.99	Broccoli \$.85	Greens \$.75	Carrots \$.59	Corn \$.75	Celery \$.30
Jane	YES	NO	NO	NO	NO	YES	NO	NO
Beverly	NO	NO	NO	YES	NO	NO	YES	NO
Michael	NO	NO	YES	NO	YES	NO	NO	NO
Joseph	NO	YES	NO	NO	NO	NO	NO	YES

## CLUES

- Michael chose one vegetable that cost \$.75.
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