



## Elementary Lesson

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Note: The Fruits & Veggies—More Matters® Coloring Pages, Activity Sheets, and Supermarket Scavenger Hunt Game can be downloaded at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) and then select “Get Kids Involved” and then select topic on left side of screen.

### Grades K-2

#### Goals

1. To teach children about the importance of eating a variety of colorful fruits and vegetables.
2. To encourage children to eat more fruits and vegetables.

#### Objectives

1. Students will be able to identify foods in the fruit group and the vegetable group.
2. Students will develop knowledge about the importance of eating a variety of colorful fruits and vegetables in a healthy diet.

#### Activity 1: Introduction to fruits and vegetables

##### Materials needed

- Fruits & Veggies—More Matters Coloring Pages #1-5 (These are available beginning on page 58 of this Resource Manual.)
- Photographs of various fruits and vegetables.



#### Discussion

1. Display the photos of fruits and vegetables. Ask a variety of questions such as:  
“Who likes fruits and vegetables?”  
“How many did you eat yesterday?”  
“Who knows what this is?”  
“Is it a fruit, or a vegetable?”  
“How many of you have eaten this fruit/vegetable?”  
“Let’s color the fruits and vegetables on the coloring pages.”

Use the coloring pages to color the fruits and vegetables the correct colors.

2. Fruits and vegetables are foods that grow on plants, trees, or in the ground. Fruits and vegetables are good for you because they are good sources of vitamins and minerals. Vitamins and minerals help you to stay healthy. We should try to eat more colorful fruits and vegetables every day.

# Elementary Lesson (continued)

Grades K-2 (continued)

Activity 2: What kind of fruits and vegetables do you eat?

Materials needed

- Fruit & Veggies—More Matters Tracker & Shopping Planner Activity Sheet #1, Fruit & Veggie Eater Meter! (This activity sheet is available on page 63 of this Resource Manual.)

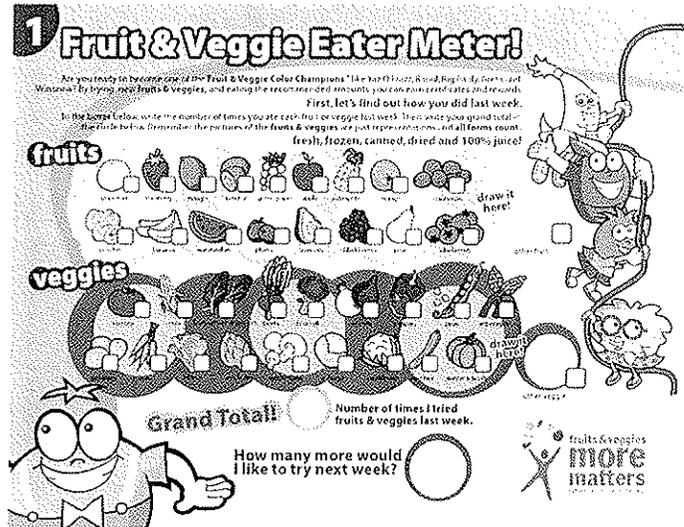
Discussion

1. Use the “Fruit & Veggie Eater Meter!” Activity Sheet #1 to talk about the different fruits and vegetables.
2. It is important to eat a variety of fruits and vegetables because different fruits and vegetables provide different vitamins and minerals.

Citrus fruits, like oranges, provide vitamin C, which helps to heal cuts and keep us from getting colds.

Orange, yellow and dark green leafy vegetables provide vitamin A, which helps with our vision and helps to keep us healthy.

There are many different fruits and vegetables that are an important part of a healthy diet.



Activity 3: How Much is a Cup?

Materials needed

- Fruits & Veggies—More Matters “How Much is a Cup?” Activity Sheets #1-4. (These activity sheets are available beginning on page 54 of this Resource Manual.)

Discussion

1. How many fruits and vegetables do you need to eat each day? Children your age should have at least 1½ cups of fruit and 1½ to 2 cups of vegetables every day! We should choose a variety of fruits and vegetables in many different colors for good health.
2. Ask children to look at each of the “How Much is a Cup?” Activity Sheets. Talk about how much a cup is, the variety of colors of fruits and vegetables, and the different forms of fruits and vegetables.

# Elementary Lesson (continued)

Grades K-2 (continued)

## Activity 4: Weekly Shopping Planner Activity

### Materials needed

- Fruits & Veggies—More Matters Tracker & Shopping Planner Activity Sheet #3, Weekly Shopping Planner! (This Activity Sheet is available on page 65 of this Resource Manual.)

### Discussion

Use the “Weekly Shopping Planner!” Activity Sheet #3 during the discussion. Ask students the following questions:

1. Which fruits and veggies are your favorites?
2. Did you know you can have them frozen, canned, dried, and as 100% juice as well as fresh?
3. Help your parents check off the fruits and veggies you'd like to eat this week. Try some new fruits and vegetables this week!



### Additional Activities for Grades K-2

1. Produce for Better Health Foundation at: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
2. For additional resources, such as books, videotapes and CDs, games, and educational kits, contact the Florida Department of Education, Food and Nutrition Resource Center at 1-800-504-6609. Resources are available free of charge and include postage.

### References

U.S. Department of Agriculture, MyPyramid Food Guidance System, at [www.MyPyramid.gov](http://www.MyPyramid.gov)

Florida Interagency Food and Nutrition Committee at [www.fifnc.com](http://www.fifnc.com)

Produce for Better Health Foundation at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

# Elementary Lesson (continued)

## Grades 3-5

### Goals

1. To teach children about the importance of eating a colorful variety of fruits and vegetables.
2. To encourage children to eat more fruits and vegetables.

### Objectives

1. Students will be able to name and identify foods in the fruit group and in the vegetable group.
2. Students will develop an awareness and knowledge of the importance of eating a colorful variety of fruits and vegetables everyday.
3. Students will write a 24-hour food recall of foods they have eaten from the fruit group and from the vegetable group.
4. Students will be able to list at least two vegetables in each of the vegetable sub-groups:
  - dark green vegetables
  - orange vegetables
  - dry beans and peas
  - starchy vegetables
  - other vegetables
5. Students will be able to name at least 8 to 10 different fruits including berries, citrus fruit, melons, pomes, and some fruits that have one big seed in the middle (stones).



### Activity 1: Introduction to fruits and vegetables

#### Materials needed

- Photographs and/or food models of various fruits and vegetables. The color photos of the fruit and veggie food galleries of [www.MyPyramid.gov](http://www.MyPyramid.gov) could be used for this and/or a colorful assortment of fresh fruits and veggies could be used.
- Crayons or coloring pencils.
- Fruits & Veggies—More Matters Coloring Pages #1-5 (These are available beginning on page 58 of this Resource Manual.)

#### Discussion

1. Display the photos, food models or actual fruits and vegetables. Ask a variety of questions such as:
  - “Who likes fruits and vegetables?”
  - “How many did you eat yesterday?”
  - “What fruits do you enjoy as snacks?”
  - “What veggies do you enjoy as snacks?”
  - “Who knows what this is?”
  - “Is it a fruit or a vegetable?”
  - “How many of you have eaten this fruit or vegetable?”
  - “What fruits do you enjoy in salads?”
  - “What vegetables do you enjoy in salads?”

# Elementary Lesson (continued)

## Grades 3-5 (continued)

2. Distribute the coloring pages and tell students to color the Fruit & Veggie Color Champions™: Big Pauly™, Raoul™, Yaz O'Frazz™, Greta™, and Winonna™. Explain to students that these coloring pages feature the five fruit and veggie color champions in these colors:
  - Yaz O'Frazz™—mostly orange clothing and shoes and yellow suspenders and yellow shoe laces.
  - Winonna™—mostly yellow and white with pink shoes.
  - Raoul™—mostly red with a red T-shirt, red shoes, and green leaves at the top of his head.
  - Greta™—mostly green with pink socks and pink shoe soles.
  - Big Pauly™—mostly blue and purple with a purple T-shirt.
3. Fruits and vegetables are foods that grow on plants, trees, or in the ground. Fruits and vegetables are good for you because they are good sources of vitamins and minerals and also fiber. Vitamins, minerals, and fiber help you to stay healthy. Most fruits and vegetables are naturally low in calories. Some of the sauces, seasonings, or salad dressing that we use may add fat, calories and cholesterol. Always use moderation when such sauces, seasonings and dressings are used. Fruits and veggies are important sources of many nutrients. The many nutrients that fruits provide include potassium, dietary fiber, vitamin C and folate. The many nutrients that vegetables provide include potassium, dietary fiber, folate (folic acid), vitamins A, vitamin E, and vitamin C. It is best to eat a variety of fruits and veggies because different fruits and veggies are important sources of different nutrients! We should try to eat a colorful variety of fruits and vegetables every day.

## Activity 2: What fruits and vegetables do you eat?

### Materials needed

- Fruits & Veggies—More Matters Tracker & Shopping Planner Activity Sheets #1 and #2. (These activity sheets are available beginning on page 63 of this Resource Manual.)

### Discussion

1. Use the “Fruit & Veggie Eater Meter!” Tracker & Shopping Planner Activity Sheet #1 to talk about the different fruits and vegetables.
2. It is important to eat a variety of fruits and vegetables because different fruits and vegetables provide different vitamins and minerals. Citrus fruits, like oranges, provide vitamin C, which helps to heal cuts and keep us from getting colds. Orange, yellow and dark green leafy vegetables provide vitamin A, which helps with our vision and helps to keep us healthy. There are many different fruits and vegetables that are an important part of a healthy diet. Do you eat a colorful variety of fruits and veggies every day or at least on most days of the week? Name some fruits for each of these types:

#### Examples

- Berries—blackberries
- Citrus—grapefruit
- Melons—honeydew melon
- Pomes—pears
- Stone fruit—nectarines (one big seed in the middle)

If you help your mother or father plan for vegetables, which ones could you suggest for each of these sub-groups?

#### Examples

- Dark green vegetables—collard greens
- Orange vegetables—sweet potatoes
- Dry beans and peas—kidney beans
- Starchy vegetables—white potatoes
- Other vegetables—asparagus

# Elementary Lesson (continued)

## Grades 3-5 (continued)

3. Give children the “Fruit & Veggie Tracker!” Tracker & Shopping Planner Activity Sheet #2 to take home to their parents. Tell the children that they can have their parents help them count the number of cups of fruits and vegetables that they eat each day. These fruits and vegetables can be in any form—fresh, frozen, canned, dried or 100% juice. At the end of each week total them up. Each time you increase your weekly eating total of fruits and vegetables by one or more, you can color a star at the bottom of the sheet. Three out of four stars will earn the child a Fruit & Veggie Color Champions™ Certificate. The teacher or the parent can download the certificate from [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

### Activity 3: How Much is a Cup?

#### Materials needed

- Fruits & Veggies—More Matters “How Much is a Cup?” Activity Sheets #1-4:
  1. Fruit cup equivalents.
  2. Vegetables cup equivalents.
  3. Dried cup equivalents.
  4. Chopped, Mashed or Sliced cup equivalents.(These activity sheets are available beginning on page 54 of this Resource Manual.)

#### Discussion

1. How many fruits and vegetables do you need to eat each day? Children your age should have at least 1½ cups of fruit and 1½ to 2 cups of vegetables every day! We should choose a variety of fruits and vegetables in many different colors for good health.
2. Distribute the “How Much is a Cup?” Activity Sheets and tell students to color the fruits and vegetables the correct colors.
3. Ask children to look at the “How Much is a Cup?” Activity Sheets. Talk about how much a cup is, the variety of colors of fruits and vegetables, and the different forms of fruits and vegetables.

### Activity 4: Supermarket Scavenger Hunt Activity

#### Materials needed

- Tracker & Shopping Planner Activity Sheet #3—Weekly Shopping Planner.
- Supermarket Scavenger Hunt Game Sheets.
- Actual food items or photos of fruits and vegetables.

(The activity sheet is available on page 65, and the game sheets are available beginning on page 66 of this Resource Manual.)

#### Discussion

1. Ask the students to look at the “Weekly Shopping Planner” Activity Sheet. Then ask the students: Which fruits and vegetables are your favorites? Did you know you can have them fresh, frozen, canned, dried, and as 100% juice? When you and your parents go food shopping, help them check off the fruits and vegetables you’d like to eat this week. Also, try some new fruits and vegetables this week!



# Elementary Lesson (continued)

## Grades 3-5 (continued)

2. Distribute the Supermarket Scavenger Hunt cards to the class. Read off the list of fruits and vegetables shown below that are featured on the Supermarket Scavenger Hunt cards. Ask the students: Which they have tried? Which do they eat regularly?

### Fresh

Fresh onions      Fresh tomatoes      Fresh carrots      Fresh broccoli      Fresh lettuce      Fresh potatoes

### Frozen

Frozen broccoli      Frozen cauliflower      Frozen spinach      Frozen peas      Frozen carrots  
Frozen corn

### Canned

Canned tomatoes      Canned corn      Canned pears      Canned mushrooms      Canned green beans  
Canned peaches

### Dried

Dried pineapple      Dried bananas      Dried raisins      Dried apples      Dried cranberries      Dried plums

### 100% Juices

100% orange juice      100% grape juice      100% cranberry juice      100% pineapple juice      100% apple juice  
100% tomato juice

3. Have the students make some additional Supermarket Scavenger Hunt cards using the blank sheets on page 70 of this Resource Manual. The student can draw some of the fruits and vegetables listed below. You may need to show the students a photo of the fruit or vegetable or the actual food item. Ask the students: How many of these foods have you seen? How many of these foods have you eaten?

### Fresh

Fresh mangoes      Fresh green pepper      Fresh turnip greens      Fresh yellow summer squash      Fresh kiwi  
Fresh oranges      Fresh artichoke

### Frozen

Frozen green peppers      Frozen collard greens      Frozen green beans      Frozen strawberries      Frozen okra  
Frozen cherries

### Canned

Canned kidney beans      Canned asparagus      Canned mixed vegetables      Canned lima beans  
Canned garbanzo beans      Canned beets

### Dried

Dried black-eyed peas      Dried peaches      Dried apricots      Dried pears      Dried mangoes

### 100% Juices

Apricot nectar      Prune juice      Mixed berry juice      Pear nectar      Vegetable juice      Peach nectar

4. Go over some of the Supermarket Scavenger Hunt questions that are listed on page 68 of this Resource Manual. Tell the students that they can play this game with their parents and/or siblings when they go food shopping.

# Elementary Lesson (continued)

## Grades 3-5 (continued)

### Activity 5: 24-Hour Recall of Fruits and Veggies

#### Materials needed

- What Fruits and Veggies Did You Have in the Last 24 Hours? handout. (This handout is available on page 71 of this Resource Manual.)

#### Discussion

1. How much is the recommended daily amount in MyPyramid for you?
2. How many fruits and veggies did you eat in the past 24 hours?
  - Morning
  - Midmorning
  - Noon
  - Mid-afternoon
  - Evening
  - Mid-evening

#### Additional Activities and Resources for Grades 3 to 5

1. Visit Produce for Better Health Foundation at: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
2. Visit USDA Team Nutrition at: [www.teamnutrition.USDA.gov](http://www.teamnutrition.USDA.gov)
3. For additional resources, such as books, videotapes and CDs, games, and educational kits, contact the Florida Department of Education, Food and Nutrition Resource Center at 1-800-504-6609. Resources are available free of charge and include postage.

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#### Sunshine State Standards

	Grades K-2	Grades 3-6
Health Education	HE.A.1.1	HE.A.1.2
Language Arts	LA.C.1.1	LA.C.1.2
Language Arts	LA.C.2.1	LA.C.2.2
Language Arts	LA.C.3.1	LA.C.3.2
Mathematics	MA.A.1.1	MA.A.1.2
Mathematics	MA.A.2.1	MA.A.2.2
Science	SC.A.1.1	SC.A.1.2