



Lesson #10

Fun Fruits

Time Table

Total Time: 30 minutes

- 10 minutes:** Introduction and explanation of the lesson
- 10 minutes:** PowerPoint Presentation
- 10 minutes:** Activity & take-home assignment

Goal: To introduce students to a variety of fruits and teach them the importance of eating a “rainbow” of different fruits each week.

Objectives:

Students will:

- Learn about the importance of eating fruit and how many servings of fruit they should eat each day
- Participate in an activity that shows how a “rainbow” of different fruits can be eaten each week
- Be provided with a fruit tracker to take home and complete with parents

Materials:

- PowerPoint: *Fit4Kidz Fun Fruits* presentation
- Activity:
 - *Fit4Kidz Color Wheel* worksheet
 - Crayons, colored pencils or markers
- Take home: *Fit4Kidz “Lunchbox Bunch” Fruit Tracker*

Instructions:

1. Introduce the lesson with a brief review of last week’s lesson on vegetables. Ask the students to share what new veggies they tried this week and what colors they were. Explain that this week’s lesson focuses on fruits, which are also colorful, delicious and nutritious.
2. Start out by asking the students what kinds of fruits they like to eat. Explain that our bodies need fruits to grow and stay healthy. Fruits have important nutrients that are important to maintaining a healthy diet.
 - a. Fruits provide energy, fiber and vitamins, such as vitamin A and C
3. We need to eat a variety of different fruits (and vegetables) of all different colors to get all of the right nutrients. Eating a variety of colored fruits and vegetables is both delicious and necessary to help us stay healthy.
 - a. This is because the different colors of fruits each provide essential nutrients and chemicals to help keep us healthy



4. Students should aim to eat at least 2-3 servings of fruit per day. Ask the students if they have ideas about how they can eat more fruit. Some examples:
 - a. Have a piece of fruit, such as an apple, a pear, or a banana for a quick snack on the go.
 - b. Add berries or other fruit to cereal and oatmeal.
 - c. Have fruit salad as a dessert.
 - d. Drink 100% fruit juice instead of high-sugar drinks like soda and sports drinks.

Activity:

Pass out the *Fit4Kidz Color Wheel* worksheet. Have the students draw pictures of different types of fruit in each color category. Reemphasize the importance of eating a variety of different fruits.

Take Home:

Send the students home with their finished color wheels along with the *Fit4Kidz "Lunchbox Bunch" Fruit Tracker* to complete in the upcoming week. Have the students identify how the fruits on the tracker match up to each color category and encourage them to try and eat a variety of colored fruits over the next week.

For further reference, students and families can visit www.fit4kidz.us.