



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:

- Be able to identify and name commonly known fruits
- Learn about the importance of eating fruit and how many servings of fruit they should eat each day
- Participate in a coloring activity that demonstrates the importance of eating a "rainbow" of different fruits each week
- Receive 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
 - Optional: examples of different types of fruits for the students to identify
- 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 cool new veggies they tried this week and what colors they were. Explain that this week's lesson focuses on fruits, which are also colorful and delicious like vegetables.
2. Start out by asking the students if they know what fruits are and what kinds of fruits they like to eat. Prompt with common examples, such as bananas and apples.
3. Explain that our bodies need fruits to grow and stay healthy. Fruits have important nutrients that give us energy, vitamins and minerals.
4. However, eating just one type of fruit does not give us enough nutrients. We need to eat a variety of different fruits (and vegetables) and different colors to get all of the right nutrients.



- a. If the students are unfamiliar with the term “nutrients,” simply emphasize that eating a variety of colored fruits and vegetables is both delicious and necessary to help us stay healthy.
- b. Students should eat 1½ cups, or 2-3 servings of fruit per day.
5. Explain that in addition to a variety of colors, fruits come in a variety of flavors as well. Name a few fruits and see if the students can match the fruit with the flavor (sweet, tart, sour, etc.)
 - a. Bananas, berries, pears, melons – sweet
 - b. Apples, grapes, oranges – sweet/tart
 - c. Lemons, limes, grapefruit – sour
6. 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. Reemphasize the importance of eating a variety of different fruits. As the students complete the worksheet, have them name examples for other types of fruit in each color category. Finally, have the students write down or draw a picture of their favorite fruit in the space provided.

Take Home:

Send the students home with their finished color wheels along with the *Fit4Kidz "Lunchbox Bunch" Fruit Tracker* to complete with their parents. 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.