



BACKGROUND

Fruits and vegetables are rich in vitamins and minerals, are low fat, and contain disease-preventing phytochemicals.

OBJECTIVES

1. Identify a variety of fruits and vegetables.
2. Develop and demonstrate personal fruit and vegetable preferences.
3. Set fruit and vegetable goals.

STRATEGIES

1. Knowledge of fruit and vegetable outcomes
2. Active tasting experiences to increase self-efficacy and preferences for fruits and vegetables
3. Setting fruit and vegetable goals

TIME NEEDED

Total Time: 60 minutes
Introduction (10)
Naming Activity (35)
Tasting Activity (15)

GETTING READY

1. *Alfruitbet* handout
2. 1 basket of cherry tomatoes
3. 1 large bunch of purple grapes
4. 1 bag of baby carrots
5. 2 green peppers
6. 2 bananas
7. Eating the Alphabet: Fruits & Vegetables for A to Z by Lois Ehlert
8. Pencils
9. List of fruits and vegetables
10. Plates & forks

Module 5: Taste a Rainbow

1. Greeting & distributing nametags.
2. Introduction. The instructor will introduce children to information regarding the importance of eating fruits and vegetables. The students will share their own fruit and vegetable experiences, exposing their peers to a variety of fruits and vegetables.
3. Naming Activity. The students will show that they are able to identify fruits and vegetables by naming all the fruits and vegetables they know using the alphabet as a framework. The students' knowledge base will then be expanded upon by exposure to new names, pictures, and definitions of fruits and vegetables.
4. Tasting Activity. The students will develop and demonstrate personal fruit and vegetable preferences through tasting a variety and determining which ones they want to add to their diets.
5. Review. The students will be reminded of the different fruits and vegetables discussed and the importance of eating them throughout the day. Also, the importance of eating a variety of fruits and vegetables will be reinforced.

Fun on Your Own!

During the review the instructor will share with the students that they will be preparing a snack during the next lesson. The instructor will introduce the chef hat instructions, and encourage the students to make a hat for next week.

FREQUENTLY ASKED QUESTIONS

1. Is a _____ a fruit or a vegetable? (tomato most popular)

Module 5: Taste a Rainbow

Activity 1: Naming Activity

Objectives:

- The students will be able to identify a variety of fruits and vegetables.
- The students will set a fruit and vegetable goal.

Materials:

Eating the Alphabet: Fruits & Vegetables for A to Z by Lois Ehlert

Alfruitbet sheet

Pencils

List of fruits and vegetables

Time:

Introduction (2)

Alfruitbet sheet (8)

Read book (7)

List of fruits and vegetables/ hand washing (8)

Total: 25~ minutes

Procedure:

The instructor will explain to the students that they will have five minutes to generate a list of fruits and vegetables that start with all the letters of the alphabet. The students will have five minutes to fill out the Alfruitbet sheet. The instructor will circulate through the room monitoring the students' progress. The students will form a group and the instructor will read Eating the Alphabet: Fruits & Vegetables for A to Z. The instructor will give the students a list of fruits and vegetables. The students will be divided into two groups; one group will go wash their hands, the other group will mark their list. The students will underline foods they have never heard of and circle words that they have heard of but have never tried.

Follow-up/ Assessment:

The instructor will observe the students as they generate their lists. The students will pick a couple fruits and vegetables to encourage their families to buy and share with them.

Modifications:

The students could share their answers before the book is read.

Discussion Points:

Are these fruits and vegetables on the list the only fruits and vegetables? *NO*

Could you find all of these fruits and vegetables at the grocery store? *NO*

- It's okay to want to try something new, but remember we want to set achievable goals; so, when you are trying to pick fruits and vegetables to eat it is important to choose from foods that are available to you.

“Fruits, vegetables, and fruit juices are everyday foods that keep your eyes, skin, and hair healthy. They will help your body grow correctly and strong. These types of food will also give you lots of energy to play longer and feel better throughout the day.”

- They provide a wide variety of vitamins and minerals
- They give you energy
- They are a good source of fiber
- They are low in calories and contain little or no fat
- They contain phytochemicals that may help reduce the risk of several chronic diseases including cancer and heart disease.
- Eating a low-fat diet that includes many fruits and vegetables can reduce a person’s risk of becoming obese, and they taste great!

“Remember, when choosing juice, select 100% fruit juice rather than fruit punches or fruit drinks. Fruit punches and drinks have added sugar and may have low vitamin content. Look on the label to see what percent of actual juice the drink contains. Usually apple, orange, and grapefruit juices contain 100% juice; however, even 100% fruit juices do not have the fiber like whole fruit, and may be less filling. It is recommended to only consume half of your fruit servings from juice.”

“Remember, vegetables are one of the best low-fat choices for a snack or meal, but frying them in oil or adding dressing like butter and high-fat salad dressing adds unhealthy fat calories. Vegetables are already delicious, so try using small amounts of toppings when enjoying your favorites.”

Vegetables

Avocado	Green pepper	Potato
Asparagus	Horse Grain	Peas
Artichoke	Hamburg Parsley	Parsley
Broccoli	Iceberg Lettuce	Radish
Brussels sprouts	Ice Plant	Red pepper
Beets	Jalapeno pepper	Rhubarb
Bell peppers	Jicama	Squash
Cucumber	Kale	Spinach
Carrot	Kuka	Tomato
Cabbage	Legume	Turnip
Cauliflower	Land Cress	Urd bean
Dandelion	Luffa	Ulluco
Eggplant	Leek	Velvet bean
Endive	Mushroom	Water Chestnut
Fiddlehead	New Zealand	Yam
Fat hen	Spinach	Yellow pepper
Fluted Pumpkin	Onion	Zucchini
Garlic	Okra	

Fruits

Apple	Grapefruit, Red	Persimmon
Apricot	Grapes	Pineapple
Avocado	Honeydew	Pomegranate
Banana	Ita Palm	Plum
Blueberry	Jujube	Quince
Blackberry	Kiwifruit	Raisin
Cantaloupe	Kumquat	Raspberry
Carambola	Lemon	Star Fruit
Carrot	Lime	Strawberry
Cherry	Lychee	Tangerine
Cranberry	Mango	Uglifruit
Date	Nectarines	Voavanga
Durian	Orange	Watermelon
Elderberry	Papaya	Xigua
Fig	Passion Fruit	Yucca
Guave	Peach	
Gooseberry	Pear	

ALFRUITBET

	Fruit	Vegetable
A		
B		
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O		
P		
Q		
R		
S		
T		
U		
V		
W		
X		
Y		
Z		

Module 5: Taste a Rainbow

Activity 2: Tasting Activity

Objectives:

- The students will develop and demonstrate personal fruit and vegetable preferences.
- The students will set a fruit and vegetable goal.

Materials:

1 basket of cherry tomatoes
1 large bunch of purple grapes
1 bag of baby carrots
2 green peppers
2 bananas
Plates

Time:

Introduction (5)
Food sampling/ Goal setting (17)
Total: ~22 minutes

Procedure:

The instructor will arrange the pre-cleaned/pre-sliced fruits and vegetables on a tray in the shape of a rainbow. The instructor will discuss with students the colors of the fruits and vegetables being sampled, emphasizing the importance of including these in their diets. The instructor will have a student from each group collect a plate for their group. The students will sample the foods. As students finish sampling, the instructor will lead the group in a discussion.

Follow-up/ Assessment:

While the students are sampling fruits and vegetables, the instructor will lead the group in a discussion.

Modifications:

The rainbow could be made up of a variety of red, purple, orange, green, and white fruits and vegetables.

Discussion Points:

Discuss with the class the benefits of eating different colored fruits and vegetables.

“Many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. That’s why it’s essential to sample the complete color spectrum everyday to get the full preventive benefits of fruits and vegetables. A good goal is to have our servings of fruits and vegetables from all of the different color groups.”

Remember the HOP’N goal is to eat a fruit & vegetable at every meal or snack.

What is your favorite?

Did anybody try anything new? What did you think?

What fruits and vegetables did we try? What colors are they?

Why did we eat fruits and vegetables?

What fruits and vegetables would you like to share with your family?

Module 5: Taste a Rainbow

Introduction

1. Welcome students back to HOP’N Club. Say,

This is the fifth week of HOP’N Club. What is HOP’N Club? HOP’N Club is a once a week club where we focus on four healthy goals. What are the four HOP’N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP’N stand for? Healthy Opportunities for Physical Activity and Nutrition.

Naming Activity

1. Hand out the Alfruitbet worksheet. Say,

You will have five minutes to generate a list of fruits and vegetables that start with all the letters of the alphabet.

2. Circulate through the room monitoring the students’ progress.

3. Ask the students to form a circle in a round robin style ask each student to say a fruit or vegetable that starts with the next letter of the alphabet. See how far the group can get, have students say “pass” if they do not have an answer. When everyone in the group

has said pass on the same letter, praise them and move on to the next activity. Example: Apple, banana, carrot, date, endive, fig, grape...

4. Read Eating the Alphabet: Fruits & Vegetables for A to Z. Say,

As I read the names of fruits and vegetables, touch your mouth if you have tasted the fruit or vegetable and touch your ear if you have heard of it. Read the book. If time permits, ask the students questions about the fruits and vegetables or elaborate on unusual fruits and vegetables they may not be as familiar with.

5. Handout the list of fruits and vegetables. Divide the group into two groups; one group will go wash their hands, the other group will mark their list. Say,

Underline foods they have never heard of and circle words that they have heard of but have never tried., star two fruits or vegetables you would like to try. Are these fruits and vegetables on the list the only fruits and vegetables? NO Could you find all of these fruits and vegetables at the grocery store? NO It’s okay to want to try something new, but remember we want to set achievable goals; so, when you are trying to pick fruits and vegetables to eat it is important to chose from foods that are available to you. Fruits, vegetables, and fruit juices are everyday foods that keep your eyes, skin, and hair healthy. They will help your body grow correctly and strong. These types of food will also give you lots of energy to play longer and feel better throughout the day.

- *They provide a wide variety of vitamins and minerals*

- They give you energy
- They are a good source of fiber
- They are low in calories and contain little or no fat
- They contain phytochemicals that may help reduce the risk of several chronic diseases including cancer and heart disease.
- Eating a low-fat diet that includes many fruits and vegetables can reduce a person's risk of becoming obese, and they taste great!

Remember, when choosing juice, select 100% fruit juice rather than fruit punches or fruit drinks. Fruit punches and drinks have added sugar and may have low vitamin content. Look on the label to see what percent of actual juice the drink contains. Usually apple, orange, and grapefruit juices contain 100% juice; however, even 100% fruit juices do not have the fiber like whole fruit, and may be less filling. It is recommended to only consume half of your fruit servings from juice.

Remember, vegetables are one of the best low-fat choices for a snack or meal, but frying them in oil or adding dressing like butter and high-fat salad dressing adds unhealthy fat calories. Vegetables are already delicious, so try using small amounts of toppings when enjoying your favorites.

Have groups trade roles.

Tasting Activity

Discuss with students the colors of the fruits and vegetables being sampled, emphasizing the importance of including these in their diets. Allow students to sample fruits and vegetables. Say,

What fruits and vegetables did we try? Answers will vary. What colors are they? Answers will vary. Why did we eat fruits and vegetables?

Answers will vary. Why is it important to eat a variety of fruits and vegetables? It's essential to sample the complete color spectrum everyday to get the full preventive benefits of fruits and vegetables.

A good goal is to have our servings of fruits and vegetables from all of the different color groups.

What is the HOP'N goal about fruits and vegetables? Eat a fruit & vegetable at every meal or snack.

What is your favorite? Answers will vary.

Did anybody try anything new? Answers will vary. What did you think? Answers will vary.

Why did we eat fruits and vegetables?

What fruits and vegetables would you like to share with your family?

Modifications:

The rainbow could be made up of a variety of red, purple, orange, green, and white fruits and vegetables.

Review

1. Hand out How to Make a Chef's Hat. Show students an example. Say,

Next time we will be preparing a snack. Here is instructions on how to make your very own chef's hat.

1. Remind the students. Say,

Today we talked fruits and vegetables hopefully you learned about some new foods you can talk to your families and friends about.

2. Collect nametags.