



Inspiring health, wellness, and
better learning.

Lesson Title: Fruits and Vegetables

Grade Level: K-1

PDE:

1.1.K.C – Expand oral language through the use of an increasingly robust vocabulary

1.4.K.A – Write, dictate or illustrate to communicate information.

1.6.K.B – Speak clearly enough to be understood by all audiences using appropriate volume. Share stories, familiar experiences and interests, employing gestures where appropriate.

1.6.1.A – Listen actively and respond to others in small and large group situations with appropriate questions and ideas.

Goal: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health

Objective: Eating foods that are high in fiber
Practicing food safety

Total Duration: 45 minutes

Procedure: 35 minutes

Introduction: (5 minutes)

- Ask students if they have heard of fruits and vegetables and if they think they eat fruits and vegetables every day.
- Tell the students that today they are going to learn about different fruits and vegetables that they can eat everyday to keep their bodies healthy.
- Write one of the following questions on the board as an aim question for the lesson (optional):
 - Why are fruits and vegetables important for our bodies? They give us vitamins to keep us healthy)
 - How many fruits and vegetables should be on our plate? (half of our plate should be filled with fruits and veggies)
 - What are some different colored fruits & vegetables? (red – tomatoes, strawberries; orange – oranges, carrots; yellow – lemon, squash; green – broccoli, grapes; blue – blueberries)

Development: (10 minutes)

ACTIVITY OPTIONS:

Who Am I? Game

The Great Philly Food Search

SUPPLIES NEEDED:

MyPlate for Kids Poster

Fruit and Vegetable cards or pictures

Who Am I Game:

- Fruit & vegetable poster cards

Teacher/Student Incentives

Hand Sanitizer
Napkins/Paper towels

- Refer to “My Plate.” Point out the fruit (red part) and the vegetable (green part) of the plate. Mention that fruits and vegetables make up half of the plate.
- Ask students where fruits and vegetables grow (farms, gardens, trees, underground, bushes, vines.) Mention that some fruits and vegetables can’t grow in Philadelphia because the weather can get too cold (examples pineapples, mangoes, oranges, bananas, etc.) Let them know that fruits have seeds and sometimes fruits only have one seed called a pit.
- Discuss with students why eating fruits and vegetables every day is so important. Explain to them that fruits and vegetables give our bodies vitamins to help keep our bodies healthy – especially our hair (healthy and shiny), eyes (helps us to see in the dark), gums (keeps our teeth in place so they don’t fall out when they are not supposed to), skin (protects us from germs getting into our bodies), and our hearts. Also, mention if we eat fruits and vegetables everyday we get sick less and heal our cuts and bruises faster.
- Mention that fruits and vegetables come in different colors and that you can eat a rainbow. Ask students for examples of a fruit or vegetable for each color of the rainbow. (red – tomatoes, strawberries; orange – oranges, carrots; yellow – lemon, squash; green – broccoli, grapes; blue – blueberries). If the students have a hard time coming up with examples, have fruit and vegetable poster cards or pictures to show to them. Ask them if they recognize any of those fruits or vegetables.
- Ask the students if they think fruits and vegetable would make a healthy snack to have? Mention examples of ways to eat fruits and vegetables as a snack (veggies and dip, cut up fruit, fruit salad, celery and low fat cream cheese, frozen fruit, etc.)

Activity Options: (15 minutes)

- Who Am I Game

Lesson Review: (5 minutes)

- Why are fruits and vegetables important for our bodies? They give us vitamins to keep us healthy)
- How many fruits and vegetables should be on our plate? (half of our plate should be filled with fruits and veggies)
- What are some different colored fruits & vegetables? (red – tomatoes, strawberries; orange – oranges, carrots; yellow – lemon, squash; green – broccoli, grapes; blue – blueberries)

BOOK OPTIONS:

Oliver’s Fruit Salad by
Vivian French

Oliver’s Vegetables by
Vivian French

Vegetable Friends by
Tony Lawlor and
Bruce Kociemba

Eat the Alphabet by
Lois Ehlert

ADDITIONAL RESOURCES:

Chew This: Fruits
Chew This: Vegetables

ChooseMyPlate.gov
Fruit and Veggie

More Matters: CDC and
Produce for Better
Health Website

Who Am I Activity

Grade Level: K – 1

Topic: Fruits and Vegetables

Duration: 15 Minutes

Materials Needed:

- ✓ Fruits and Vegetables Poster Pictures

Activity:

1. Discuss with students ways to describe different fruits and vegetables (i.e. colors, shapes, tastes, sizes, vitamin and minerals, etc.)
2. Ask for a student volunteer. Have the volunteer come to the front of the room and state to the class his or her favorite fruit or vegetable
3. Have the student face the blackboard with their back to the other students in the class. Place a picture of a fruit or vegetable over the student's head. Only the class will be able to see the fruit or vegetable.
4. Have the students give the volunteer clues as to what fruit or vegetable he or she is (using describing words discussed in #1)
5. The student volunteer has to guess what fruit or vegetable they are
6. Guide the student's in asking the questions such as:
 - i. What is the color
 - ii. Who can tell me if we have a fruit or vegetable
 - iii. What kind of foods are the fruit or vegetable found in?
7. After clues have been given the volunteer may say what fruit or vegetable they are
8. Repeat with as many students as time permits
9. Conclude with a discussion reminding students of the importance of eating a variety of fruits and vegetables along with the vitamin, mineral and fiber benefits.

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