

Virtual Nutrition Education Lessons Grades 3-5

Week 14

Learning goals for this week:

1. Introduce different fresh fruits available to eat during the winter months
2. Identify the nutritional benefits of eating a variety of winter fruits
3. Recall how much fruit we should eat daily
4. Research and synthesize factual information about the specific winter fruits

Nutrition Lesson #14 (Grades 3-5)

Introduction:

Eating Fruit in the Winter

First revisit the health benefit of fruits:

- Why eat a variety of fruits? They contain Vitamin C which helps our bodies fight the common cold and flu, especially in the winter.
- Fruits are full of fiber which helps keep our digestive systems working well.
- Remember! We should eat 1 to 1.5 cups of a fruit every day!
- There are specific fruits ripest and freshest in the winter. We are going to identify the colors and health benefits associated with those fruits: clementines, grapefruit, kiwi, dates, papayas and star fruit.

Clementines

- A clementine looks like a mini orange because it is!
- It is an orange fruit that contains Vitamin C which helps fight off winter colds and the flu!
- Help keep our hearts healthy!

Grapefruit

- A grapefruit looks like a large orange, but can be more sweet or sour.
- It can either be red or pink and just like oranges, contains Vitamin C!
- Grapefruit also helps you sleep and gives you energy!

Kiwi

- A kiwi is a small, fuzzy fruit that is sweet.
- It is usually green in color and the fuzzy skin should be removed before eating.
- Kiwis contain DOUBLE the amount of Vitamin C as an orange and helps to keep our tummies happy!

Dates

- A date is a chewy fruit that resembles a large raisin.
- Dates contain calcium and iron which help keep our bones strong and our blood pumping!

	- Dates can be made into a paste or jam and mixed with yogurt or spread on butter for a tasty snack! Papaya - A papaya is a pear-shaped fruit that tastes like a cantaloupe melon. - Papayas are great sources of both Vitamins B and C. - Helps to improve digestion and keep our hearts healthy! Star fruit - A star fruit is shaped like a star which makes it so unique! - It tastes both sweet and sour and comes in several varieties. - Star fruit contains Vitamin C and is very nutritious.
Activity:	Writing Activity: Have students identify their favorite winter fruit from the list above. Then have them think about that specific fruit and write a descriptive paragraph explaining how it: 1. Looks? 2. Feels when you touch it? 3. Smells? 4. Sounds when it's cooking or when you bite into it? 5. Tastes! *If one of the fruits above is not available for personal exploration, encourage the students to research one of the fruits and share the information they find with the class.
Wrap Up:	Encourage students to get moving and dance to this fun winter video: Yes! I Want to Build a Snowman

Home Link:

**Immune Boosting Winter Citrus
Smoothie Ingredients:**

- 1 cup frozen mango chunks
- 1 lemon, juiced
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cayenne pepper
- 3/4 cup orange juice
- 2 teaspoons fresh ginger
- 1 small raw red beet, chopped
- 1 cup frozen raspberries
- 1 blood orange
- 1/2 cup grapefruit juice
- honey



Directions:

1. In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, honey and orange juice. Blend until completely smooth and pour into a glass.
2. Rinse the blender. Combine the beets, raspberries, orange and grapefruit juice. Blend until smooth. Pour over the mango mixture.
3. Enjoy!

Check out our family website:

<https://www.dshines.org/families> for additional delicious smoothie recipes!