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Fruits and Vegetables



Food \$ense Nutrition Education

The image shows two bowls of fresh produce. The bowl on the left is a fruit bowl containing sliced kiwi, peach, banana, and other fruits. The bowl on the right is a vegetable bowl containing sliced radishes, carrots, cucumbers, and lettuce.

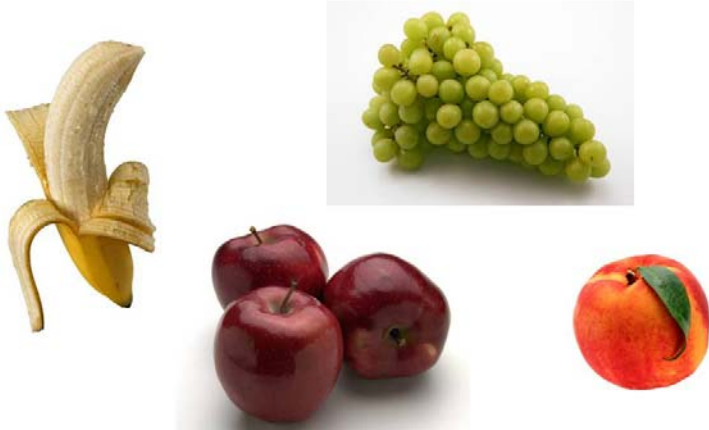
Today we are going to talk about fruits and vegetables.

This is a picture a fruit bowl and a vegetable bowl.

- Can you name some of the fruits and vegetables in the bowls?
 - kiwi, peach, banana, radish, carrot, cucumber, lettuce, cabbage, snap peas

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It is important to eat fruit.



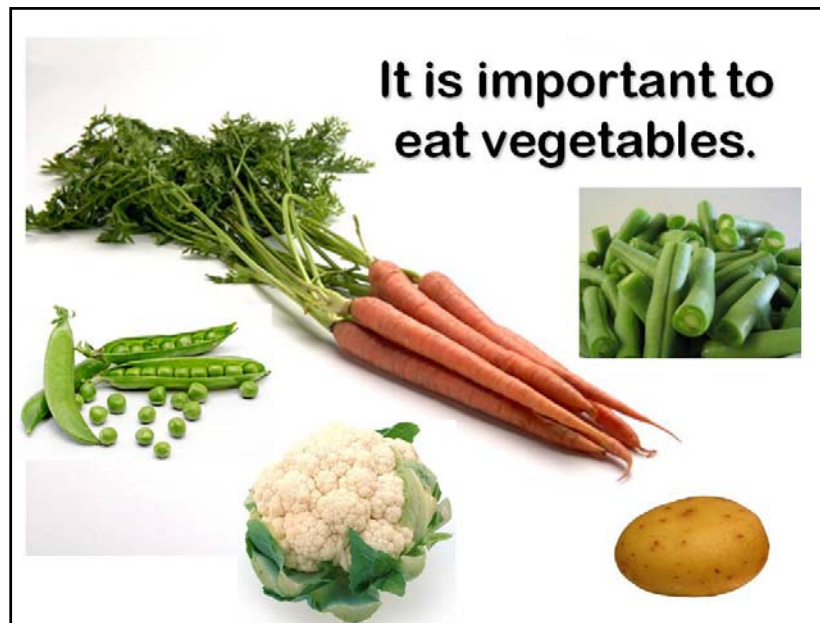
The image shows four different types of fruit: a banana, a bunch of green grapes, three red apples, and a peach.

It is important to eat fruit.

Fruit makes you feel good.

- Can you name these pieces of fruit? (apples, grapes, banana, peach)
- Do you like to eat fruit?

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It is important to eat vegetables.

Vegetables make you feel good, too.

- Can you name these vegetables? (carrots, peas, beans, cauliflower, potato)
- What is your favorite vegetable? (prompt as needed)
 - Carrot, green beans, peas, lettuce, celery

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The bright colors of fruits and vegetables tell us they are good.

The colors of fruits and vegetables are the same colors as a lot of crayons.

- Can you name a color?
 - Red, Orange, Purple, Blue, Green, White, Yellow
- Can you think of a piece of fruit with that same color?
 - Red: Grapes, watermelon, apple
 - Orange: Orange, peach, mandarin, melon
 - Purple: Grapes, berries
 - Blue: Berries
 - Green: Apple, kiwi, grapes, melon
 - White: Pear
 - Yellow: Banana, apple, pineapple

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Fruits and vegetables help you stay healthy.



Fruits and vegetables help you stay healthy.

- How do you feel when you are healthy?
 - Have energy, happy

Fruits and vegetables will help you feel that way.

- What can you do when you are healthy?
 - Play games, run, help others

Fruits and vegetables will help you do that, too.

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Fruits and vegetables have fiber. Fiber helps you go to the bathroom easier.



Fruits and vegetables have fiber. Fiber helps you go to the bathroom easier.

Fiber helps food move through your body so you are not constipated.

Slide 7


How many fruits and vegetables do you need every day?



- How many fruits and vegetables do you need every day?
- Let's play a guessing game: how many do you think you need every day?
 - You actually need five altogether.

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How big do you think a serving of fruit is?



- How big do you think a serving of fruit is?
 - A serving of fruit is the size of a tennis ball.
- Can you show me what the size of a tennis ball is with your hands? (if participant can do so. If not, allow the participant to see, touch, or hold a tennis ball).

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Fruit Serving Size

1 large banana

1/2 cup
100% fruit juice

1/2 medium grapefruit

1/2 large peach

2 large plums

1/2 cup strawberries

1/4 cup raisins

1/2 cup fruit cocktail

1 small apple or orange

1 medium bunch
(≈50) grapes

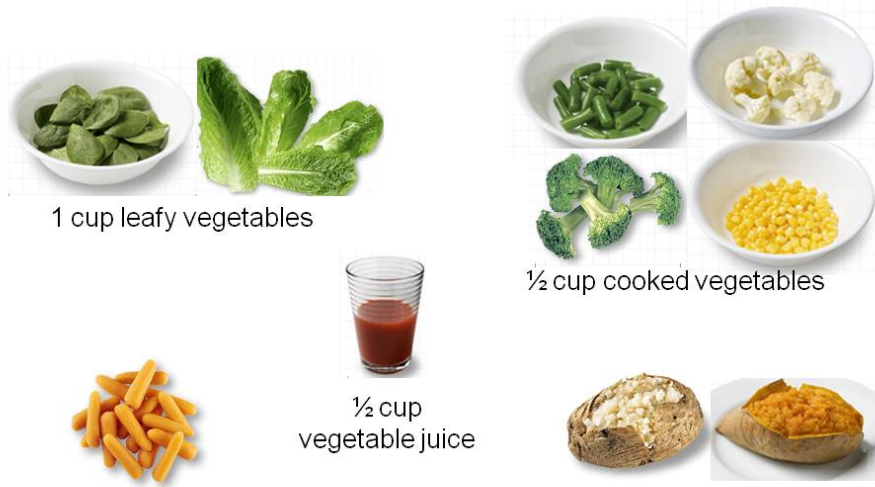
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One serving of vegetables is the size of a tennis ball, too.

A single yellow tennis ball is shown in the center of the slide, illustrating the size of one serving of vegetables.

One serving of vegetables is the size of a tennis ball, too.

Serving Size of Vegetables



1 cup leafy vegetables

½ cup cooked vegetables

½ cup vegetable juice

1 cup raw vegetables

1 medium starchy vegetable

We should Focus on Fruit. Fruit is nature's candy.

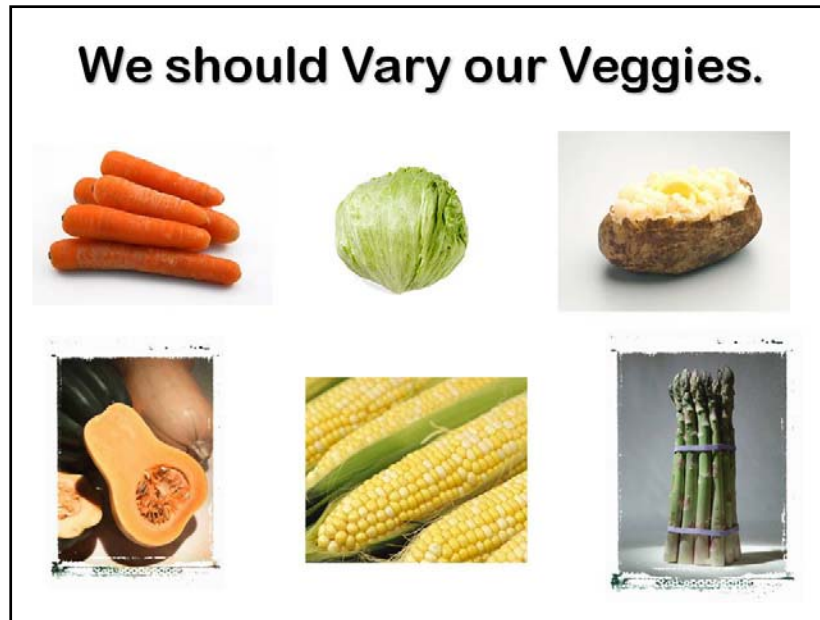


We should Focus on Fruit. Fruit is nature's candy.

Repeat after me: Fruit is nature's candy.

- Can you name the fruits pictured?
 - Pineapple
 - Apple
 - Cantaloupe
 - Strawberry

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We should vary our veggies. That means we should eat many different kinds.

Repeat after me: "Eat many different veggies."

- Can you name the vegetables in the picture?
 - Carrots, Lettuce, Potato, Butternut squash, Corn, Asparagus

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Wash your fruits and vegetables with water to make them clean.

We should not wash fruits and vegetables with soap.

We should only use soap to wash our hands and dishes.

Cut fruits and vegetables on a different plate than meat.

Raw meat



Fruits, vegetables
and cooked food

Cut fruits and vegetables on a different plate than meat.
Meat might get germs on your fruits and vegetables and make you sick.



Put most of your fruits and vegetables in the fridge.

Leave bananas on the counter



Put most of your fruits and vegetables in the fridge.
Leave bananas on the counter.
This will help them stay good longer.

- What are some fruits and vegetables you can put in the fridge?

Eat fruits or vegetables as a meal.



Eat fruit or vegetables as a meal.

- Can you name the vegetable in the picture that can be eaten as a meal?
 - Salad

Put fruit or vegetables on top of other things you like to eat.



Put fruit or vegetables on top of other things you like to eat.

- Do you like frozen yogurt? What fruit could you put on frozen yogurt?
- What is your favorite meal?
- What fruit/vegetable could you put with it?
 - Examples: vegetables on rice, tomatoes in burritos or tacos, green peppers on pizza

What Can I Do?



Ask to eat a fruit or vegetable for your snack.

- What change can you make because of what you learned today?

Ask to eat a fruit or vegetable for your snack.

- What fruits or vegetables do you like for snacks?

Color Your Favorite Fruits and Vegetables

