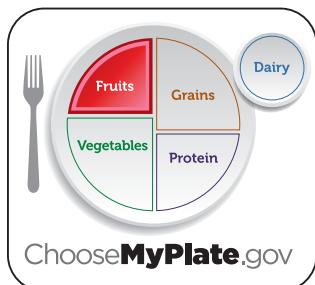


Fruits Lesson

The Little Mouse, The Red Ripe Strawberry, and the Big Hungry Bear by Don Wood and Audrey Wood



NUTRITION

Children will learn about the MyPlate Fruits group. They will learn about different fruits and why they are healthy for them.

PHYSICAL ACTIVITY

Fruit Basket Dice Game

SNACK

Strawberry Mice or Fruit Kabobs

LESSON OBJECTIVES

Children will be able to do the following

1. Identify several foods that are in the Fruit group.
2. State a nutrient that is found in most fruits.
3. State why that nutrient (vitamin C) is healthy for us.

LESSON ORDER

The lesson should be taught in this order

1. Introduce MyPlate Fruits group
2. Read a children's story book
3. Talk about MyPlate Fruits group and nutrition
4. Play a physically active game
5. Make and enjoy a healthy snack

REQUIRED MATERIALS

- The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear book
- MyPlate Chart, Poster or Plate
- Large Inflatable Dice**
** Make sure to blow these up before the lesson.
- Fruit Basket activity cards printed, cut and folded
- Ingredients and Supplies for Strawberry Mice or Fruit Kabobs

IF DOING THE OPTIONAL ACTIVITY AT THE END OF THE LESSON

- Cartoon shield picture printed and laminated
*Image from Clipart.com.
Downloaded with paid subscription 8/28/18.
- Vitamin C shield picture printed and laminated
*Shield image from Pixabay.com—royalty free images. Fruit images from Clipart.com—downloaded with paid subscription 8/28/2018.
- Small bottles of bubbles
2– if picking 2 volunteers or several if all children will be participating

needed for muscle contraction and may promote bone health. Dried apricots, orange juice, and bananas are all excellent sources of potassium.

On average children preschool – 1st grade should be eating 1 - 1 1/2 cups of fruits each day.* According to the 2015-2020 Dietary Guidelines for Americans (DGAs), it is recommended that at least half of the daily fruit requirement be met as whole fruit rather than juice. For children, these guidelines are in accordance with the American Academy of Pediatrics recommendations for fruit juice consumption:

- Children ages 1-3 years should consume no more than 4 oz. of fruit juice per day.
- Children ages 4-6 years should consume no more than 4-6 oz. of fruit juice per day.

USDA MyPlate serving recommendations are based on age, estimated number of calories required, and daily physical activity level. Individual needs and recommendations vary. For specific guidelines go to <https://www.choosemyplate.gov>.

BACKGROUND INFORMATION FOR THE INSTRUCTOR

Not to be taught as part of the lesson—this is for instructor only so he/she has background knowledge

Fruits Group: Focus on Whole Fruits

USDA's MyPlate encourages making half of your plate fruits and vegetables. Fruits and vegetables are low in calories (if not prepared with extra sugar, fat, etc.) and high in nutrients. Filling half of your plate with fruits and vegetables helps you get the recommended servings each day.

Any fruit or 100% fruit juice counts as part of the Fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Whole fruit is recommended over juice. Fiber is found in the pulp of the fruit. When juice is made (either commercially or at home with a juicer), the pulp is usually removed. That means the fiber goes with it. Juice is high in calories compared to whole fruit.

When purchasing fruit juice make sure to read closely to see if it is 100% fruit juice. When purchasing canned fruits, look for fruits lower in sugar such as those that say "canned in 100% juice."

When consumed as part of an overall healthy diet, eating a diet rich in fruits and vegetables may: (1) reduce risk for heart disease, (2) protect against certain types of cancer, and (3) help lower intake of calories.

All fruits contain some amount of vitamin C and many fruits, especially citrus fruits such as oranges and grapefruit, are high in vitamin C. Vitamin C is needed for the growth and repair of tissues in all parts of your body. Vitamin C is an antioxidant. Antioxidants are substances that block some of the damage caused by free radicals. Free radicals are unstable molecules that are formed from natural bodily processes or from toxins in our environment. These unstable molecules can damage cells and may promote diseases such as cancer and cardiovascular disease. Vitamin C is water soluble which means the body cannot store it. It should be consumed daily.

Many Americans do not get enough potassium, which can help regulate blood pressure by counteracting the effects of sodium in the diet. It is

What counts as 1 cup in the Fruits food group?

1 cup of fruit is equal to the following: 1 cup sliced, cubed, or canned fruit; 1/2 cup dried fruit; 1 cup 100% fruit juice.

References

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TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, make a healthy snack, and play a fun physically active game.

Sample Instructor Narrative

Instructor text is in blue

Today we are going to learn about the Fruits group. The Fruits group is part of MyPlate. (Show MyPlate chart, poster or plate.) Can you see where the Fruits group is on MyPlate?

We are going to read the book The Little Mouse the Red Ripe Strawberry and the Big Hungry Bear (show the book). While we are reading the book think about how it might relate to the MyPlate Fruits group.

Tips for Reading to a Group of Children:

- Make sure to read the book yourself ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets”.
- Read the book holding it up.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc when it applies.

Tips for Increasing Engagement While Reading the Book

- Ask the students if they like strawberries.
- Ask what MyPlate food group strawberries belong in.
- Ask what the students would do with the strawberry.
- Ask students to crouch down like a little mouse and then stand tall and wave their arms like a big, hungry bear.

AFTER READING THE BOOK

Hold up the MyPlate chart, poster or plate again. This is MyPlate which helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided up into five different food groups: Grains, Vegetables, Fruits, Protein and Dairy.

The book we read had a red ripe strawberry in it. How many of you like strawberries? What other fruits are your favorites? (Allow children to name a few.) Fruits are good for us, aren't they? In fact, MyPlate recommends that we make half of our plate fruits and vegetables. (Show myplate chart, poster or plate again.) That means when you sit down to eat dinner with your family—half of this plate should be filled with fruits and vegetables! This is because these foods are full of nutrients that help us grow and stay healthy. One of the vitamins that is found in fruits is vitamin C. Can you hold your hand so it looks like a C? That will help us remember vitamin C!

Now - raise your hand if you have ever fallen and skinned your knee or cut yourself on something sharp. I think we all have. Did you know the vitamin C that is found in the fruits we eat helps our wounds and cuts heal? Raise your hand if you have ever had a cold or the flu? Unfortunately, we probably all have suffered through it. Did you know that vitamin C can help fight infection and keep us healthy?

PHYSICAL ACTIVITY: FRUIT BASKET DICE GAME

Print and cut up Fruit Basket cards ahead of time. Blow up inflatable dice ahead of time. Fold cards and place them in a basket or bowl. Ask a child to come up and pull a card out and show the group the kind of fruit pictured. Ask children who likes the fruit shown. Then ask the child to turn the card around and show the physical activity. Ask two children to roll the dice. For example: the Fruit Basket card might say "jumping jacks." If the pair of dice was rolled to a six (one dice with a 1 and one dice with a 5) then the group will do 6 jumping jacks. Then – roll the dice again and pull a new activity card out of the fruit basket. NOTE: Some children may not be comfortable or able to do all of the physical activities. Encourage them to do what they can. For example, if a certain child isn't comfortable doing jumping jacks, encourage them to wave their arms and keep their feet on the ground.

Alternate Game: Orange, Orange, Grapefruit

Ask children to sit in a circle. One person will be selected to start the game as "it." "It" will walk around the circle. Touching each person's head, "it" will say, orange, orange, orange until "it" randomly picks someone and says grapefruit. That person must stand up and run after "it". If that person is able to tag "it," then "it" has to go around the circle again. If "it" reaches the

HEALTHY SNACK

NOTE ABOUT FOOD ALLERGIES: Check with parents before any snacks are served to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative such as a low fat ranch dip.

INSTRUCTOR NOTE: Please instruct children to wash hands prior to eating. NEA should wear disposable gloves when preparing food.

STRAWBERRY MICE

Ingredients

- Strawberries (1 for each child)
- Mini Chocolate Chips
- Licorice whips
- Almond slices

Instructions

Put on food prep gloves. Rinse strawberries. Cut off top with leaves. Slice bottom off slightly (so the mouse will sit). Cut licorice whip to a size that is about 2 times the length of the strawberry. Place licorice in the back of strawberry. Add mini chocolate chips for the eyes and nose. Stick two almond slices on top for ears.

Chocolate chips and licorice are "sometimes" foods - but they are ok to eat in moderation. Only small amounts are used in the recipe.

**If there are tree nut allergies (or if the school is nut free), use tiny pieces of string cheese in place of the almond slices (prep prior to class).*



Alternative recipe idea

FRUIT KABOBS

Ingredients

- Different fresh fruit (for example: blueberries, strawberries, pineapple, honeydew, cantaloupe)
- *Cocktail straws or coffee stirrers (thin plastic straws) or wooden skewers
- Small heart cookie cutter (optional)

Instructions

Put on food prep gloves. Wash, hull and cut fruit into large size pieces. If in season, cut cantaloupe and/or honeydew into 1-inch rounds. Use small cookie cutter to make hearts or other shapes.

After children wash their hands, encourage them to string fruit carefully on the skewer or straw to make a fruit kabob. Ask parents to help children.

**Coffee stirrers are more appropriate for young children.*

WHILE ENJOYING THE SNACK REVIEW THE LESSON

Ask children:

- 1 Show MyPlate chart, poster or plate. **Do you remember how much your plate should be fruits and vegetables?** (Allow children to guess answers.) **Yes– half of your plate should be fruits and vegetables.**
- 2 **Why do you think we should make half our plate full of fruits and vegetables?** (Allow children to guess answers.) **They are especially healthy for us—so it is important to eat a lot of them each day.**
- 3 **Hold your hand so it makes the letter C. Do you remember what vitamin is found in fruits? That's right! Vitamin C. Vitamin C helps our wounds and cuts heal and also helps us stay healthy and fight infection.**

OTHER BOOKS CHILDREN MIGHT ENJOY

- **The Fruit Bowl** by Dianne Warren
- **Blueberries for Sal** by Robert McCloskey
- **Apples, Cherries, Red Raspberries** by Brian Cleary
- **A Fruit Is a Suitcase for Seeds** by Jean Richards
- **Orange Pear Apple Bear** by Emily Gravett
- **Apples For Everyone** by Jill Esbaum

OPTIONAL ACTIVITY (IF TIME ALLOWS)

(Show the picture of the cartoon with knight holding a shield and point to the shield). **Speaking of keeping us healthy, does anyone one know what this is called?** (Point to the shield– you may need to tell children - not the whole picture, but what he is holding.) **It's something knights used in medieval times, hundreds of years ago. You might have seen one in a cartoon or movie.** (Let the kids respond—a shield.) **Does anyone know what a shield does?** (Let the kids respond or answer if no one volunteers.) **It protects knights (or people) from their enemies and keeps their body safe.** Show the vitamin C shield. **I have another picture of a shield here. This shield is a little different. We are going to pretend that it is made of fruits that have vitamin C. Who can name these fruits?** (Let the kids respond—kiwi, strawberries, and oranges.) **That's right! And as we just learned these fruits contain vitamin C. Hold up your hand and show me your letter C. And just like a shield, vitamin C works to keep us healthy and protect us from getting sick. I need two volunteers to come forward.** * (Hold up the vitamin C shield.) **Volunteers please take the bubbles and blow them toward me and my shield. We are going to pretend that these bubbles are germs and I am going to keep my body healthy with my vitamin C shield!**

*If you have more time and are in a space that works for it - you may want to give each child bubbles to blow at the shield while you hold it up.

Activity adapted from the following source:

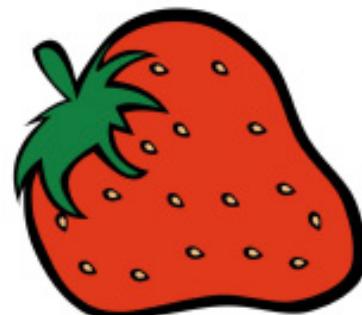
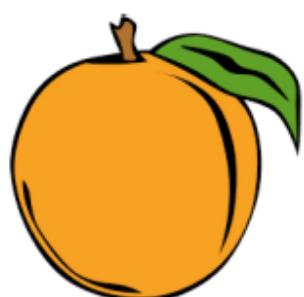
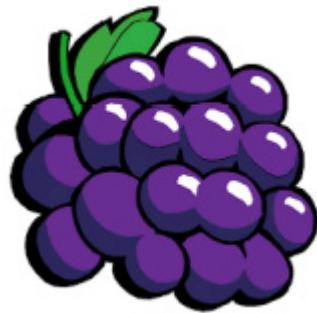
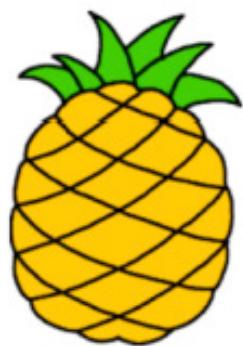
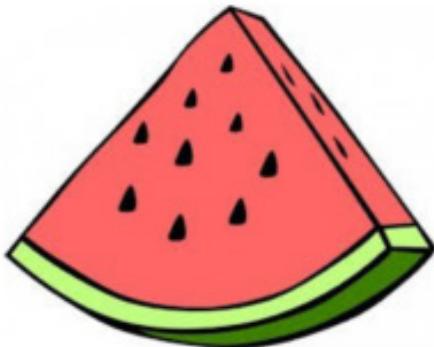
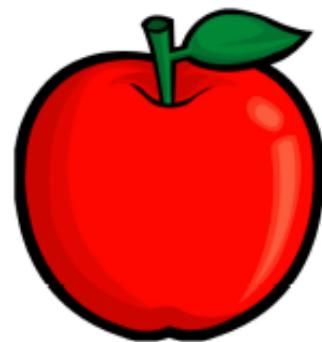
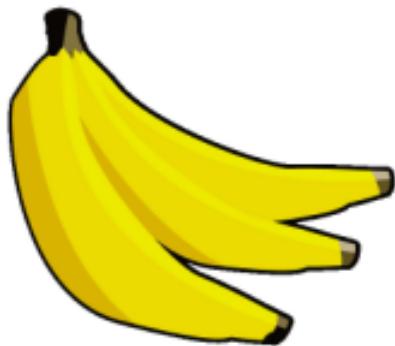
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FRUIT BASKET ACTIVITY CARDS

Cut out ahead of time



FRUIT BASKET ACTIVITY CARDS

Cut out ahead of time

JUMPING JACKS

If needed, kids can just wave arms and keep their feet on the ground

MOUNTAIN CLIMB IN PLACE

Stand tall, move arms upward like you are climbing a mountain

WIGGLE YOUR BODY

MARCH IN PLACE

SPIN IN CIRCLES

JUMP TO SKY

JUMP BACK

ARM CIRCLES



VITAMIN C

Vitamin C helps protect my body!
It helps my cuts heal and
keeps me healthy!

