



Fruits 1st Grade



UTAH CORE STANDARDS:

1.N.2 Identify food and beverages that are healthy choices for the body and explain the importance of choosing healthy foods at each meal.

PE 1.3.2 Actively engage in physical activity during class.

MATERIALS NEEDED

- Captain CREATE puppet or Captain CREATE poster (in Captain CREATE kit)
- MyPlate Plate, MyPlate Poster or MyPlate Chart (in Food, Fun and Reading Kit)
- Fruit Matching Cards
- Magnetic White Board (if you do not have a white board that was handed at the 2018 annual conference and would like one please email darlene.christensen@usu.edu to get one.)
- Magnets or tape
- iPad Mini and speaker
- Alive with the Five Food Groups available at: <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>).
- 1 - Color Block Dice (In Captain CREATE kit)
- Fruit Get Moving Cards (one side with fruit images on it and other side with physical activities on it) cut out and slipped into clear plastic sheet on dice
- 2 - Large Dice (In Captain CREATE kit)
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- "At Home" Recipes Handout – give to each student or teacher to put in backpack to take home.

OBJECTIVE 1: The students will learn that it is important to eat healthy foods and exercise.

OBJECTIVE 2: The students will identify how much of a plate should be filled with fruits.

MYPLATE MESSAGE

Sample Instructor message is in blue.

Before starting lesson- place fruit matching game cards up on magnetic board using either magnets or tape. Place the cards, picture side down, on the board like if you were going to play Memory. Make sure that the same colors of fruits aren't right next to each other. Find two fruits that are the same color on the cards and then you have a match. For example a red apple and a red strawberry would be a match. You will have four fruit cards from each color, red, orange, yellow, green purple/blue, so 20 cards total. Place the cards in 4 rows of 5. Make sure the fruit cards have at least two of every color.

Hi- My name is _____. I work for Utah State University, CREATE Better Health – and this is my friend Captain CREATE. Hold up Captain CREATE puppet or Captain CREATE poster. Today Captain CREATE is going to share with us a food group that helps him heal and prevents him from getting sick, plus this food group keeps his eyes healthy! As a food superhero, Captain CREATE wants you to be healthy too!! This food group gives Captain CREATE many important nutrients such as Vitamin C and A! What food group do you think helps Captain CREATE stay healthy? Point to the fruit food group color on Captain CREATE's tummy (or the shield on the Captain CREATE poster), to help the students if needed. Allow students to answer. That is right! This is the fruit group. Fruits are great at giving our bodies Vitamin C and Vitamin A. Fruits also contain fiber which is super healthy for our bodies and help keep clean them out. The natural sugar in fruit also helps give us energy. Fruit is sweet like natural candy but fruit is much better for us than candy. It is sometimes referred to as "Nature's Candy."

Now that Captain CREATE has shared with us the superpower nutrients from fruits, let's talk about how much of the fruit group we should eat a day. Point to the fruit section on Captain CREATE puppet or shield on the Captain CREATE poster. Half of our plate should be fruits and vegetables. By a show of hands how many of you have eaten a fruit today? How about yesterday? ---Allow students to raise hands, ask 2 or 3 students what kind of fruit they had? Captain CREATE loves fruit. My favorite fruit to eat is _____. What is your favorite fruit? Students answer.

Let's play a matching game. You can see I have different cards lined up in rows on the board. We are going to make a match. One at a time, I want you to come up and turn a fruit card over. Make sure to show the class the card you turned over and tell them what the name of the fruit is. Leave the card turned over. The next student comes up and turns another card over to see if the fruits are the same color and if they match. If they are the same color, like a strawberry matches with a red apple, then you have a match. Once you have made a match, move the cards off to the side. At the end of the game, we will make a pretty rainbow with our matches. If there isn't a match, then turn the card back over and let the next student come up. Don't forget to pay close attention when the cards are turned over, so you will know where the matches are, for your turn. Repeat until all of the matches have been found. Now that we have all of our matches, let's use the cards to make our pretty fruit rainbow. Help the students place the cards in a rainbow shape, all reds together, all oranges together, all yellow etc. Use the included

magnets to display the fruit rainbow on the board. That Fruit Memory game was so much fun! You all did really well. Did you know that different colors of fruit give us different vitamins and nutrients? That's why we have made a beautiful rainbow out of our fruits. Remember to "Eat a Rainbow Everyday" with both fruits and vegetables.

ON THE MOVE

Sample text for instructor is in blue font.

That guessing fruit game was so much fun! You all did so great at knowing what the different fruits are. Now Captain CREATE wants to talk about something else that helps our bodies be healthy and strong too. Can you guess what it is? That's right, exercise! Captain CREATE knows how important it is to stay active, some of his favorite activities include flying and superhero crunches (pretend to have Captain CREATE fly and do crunches). What are your favorite activities? --- Allow students to raise hands, ask 2 or 3 students what kind activity or sport they like to play? Captain CREATE wants to make sure that you all know that eating healthy foods helps you stay active. As kids you are already active, just remember as you get older it can become harder to stay active. Make sure you're playing at recess and at home, playing sports, riding bikes, taking a walk and all sorts of other fun physical activities.

Optional: Play Alive with the Five Food Groups music while children play.

I have two dice (hold up dice). One has numbers on it and one has only colors on it. The color die has physical activities that we would all need to do if we land on that color. For example, if the color die lands on red, the whole class would need to reach our arms up really high to pick apples and oranges off a really tall tree then bend down and pick up all of the fallen oranges and apples from the ground. Next, a student will roll the number die to see how many times the whole class would need to do the action. If a student rolls a 5, we all would do this action five times. If you roll a 1, or 2- let's times these numbers by 3 (for example $1 \times 3 = 3$ times to do the activity; $2 \times 3 = 6$ times to do the activity. The rest of the numbers on the dice are okay to do as is). I need two volunteers to start off- one to roll the number dice and one to roll the colored dice.

- Reach up and Bend down Red - pick apples off a really tall tree, bend down really low to pick up apples that have fallen off of the tree.
- Blue – pretend you are picking blueberries by standing on your tippy toes and reaching your arms as far out as you can get them.
- Stomp your feet Purple - Pluck grapes off the vine, throw them on the ground and stomp on them to make grape juice.
- Yellow - Squat and jump like a starfruit, extend arms and legs to make a star.
- Just up and shoot a basketball Orange - Raise your arms above your head and pretend that you are peeling a banana, using full body motions.
- Green – Pretend to eat a watermelon slice from end to end using exaggerated motions while making a slurping noise

Great job everyone! Now let's get a drink of water and enjoy a snack that has all the super nutrients that Captain CREATE has shared with us!

TASTE EXPERIENCE

Before giving a snack, make sure you ALWAYS check for any allergies. If teaching in a school-make sure to get a list of food allergies in the school, you DO NOT need a list of students with allergies. If any child in the school has an allergy to a certain food-do not use it as part of the snack. Instruct students to wash hands before passing out their snack or eating it. Teachers or NEA, wash and/or prep the food beforehand. Today we are going to make our very own banana butterfly. Have fun and enjoy!

Banana Butterfly

Students help pass out the plates with the following ingredients, while the teacher explains how to make the snack. Encourage each student to make their own banana butterfly.

Ingredients

- 1-ounce pretzel sticks or twists
- 4 medium bananas
- 1 medium apple
- ¼ cup raisins, seedless (Did you know that raisins are dried grapes?)

Directions

Carefully cut the pretzels and bananas in half. Cut very small, thin slices of apple for the antenna. Press one pretzel half into each side of the banana, and place 2 raisins on the banana for eyes. Serve immediately with remaining ingredients on the side.

