



## Fruits

### 3<sup>rd</sup> Grade



#### UTAH CORE STANDARDS:

3.N.2 Identify healthy food, including snacks, in appropriate portion sizes.

PE 3.3.9. Understand the importance of hydration during physical activity.

PE 3.3.8 Compare the balance of good nutrition and physical activity.

#### MATERIALS NEEDED

- Captain CREATE Puppet or Captain CREATE Poster (in Captain CREATE kit)
- MyPlate Plate or MyPlate Chart or MyPlate Poster
- MyPlate individual student posters (in Captain CREATE kit) from oriental trading OR MyPlate individual student placemat (on Captain CREATE curriculum staff resources page)- one for each student
- Plastic Food Models – you will need the fruits (In Captain CREATE kit)
- Markers or crayons
- iPad mini and speaker
- Alive with the Five Food Groups available at: <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>).
- Colored cones (In Captain CREATE kit)
- Colored balls (In Captain CREATE kit)
- Two Color Block dice (in Captain CREATE kit)
- Plastic Spoons (In Captain CREATE kit)
- What's a Serving Fruit Game cards – print double sided, cut in half. You will need one for each student. (half sheet papers with ½ cup on one side a one cup on the other.) Review note: these are still being developed.
- Two MyPlate Bags (In Captain CREATE kit) or four baskets
- 1 set of rubber colored poly spots
- Half cup and 1 Cup measuring cups
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- Take Home Recipe - give to each student or teacher to put in backpack to take home.

**OBJECTIVE 1:** The students will identify important nutrients gained from fruits.

**OBJECTIVE 2:** The students will identify the recommended amounts of fruits that should be consumed daily.

## **MYPLATE MESSAGE**

*Sample Instructor Message is in blue.*

As class starts- hand out MyPlate posters or placemats to each student and markers or crayons. Hi, My name is \_\_\_\_\_ with Utah State University Create Better Health. Today we are going to talk about a food group that is full of a lot of colors, helps heal our bodies and prevents illnesses. Foods in this food group also help keep our eyes healthy! Can you guess what the food group is? Students answer. If you look at this plate – you can see something called MyPlate with five different food groups. MyPlate helps guide us to know which healthy foods we should eat each day. Today we are going to talk about the red group. Can anyone guess what food group that is? Take a look at your poster/placemat you each have. Can see some of the fruits in this group? Let's draw or write the name of your favorite fruits on your poster. Who wants to share what their favorite fruits are? Did you eat any fruit today? If so what was it? What did you like the most about it? What kinds of things can you make with that fruit? How do you eat it? Have a few students answer and discuss.

How much of the fruit group do you think you need to eat every day? Students guess. Half of our plates should be filled with fruits and vegetables. If you can remember that rule of thumb, and make sure to fill half your plate at every meal with fruits and vegetables, it will help keep you healthy.

Can anyone tell me how many cups of fruit you think kids your age should eat a day? Show me by raising how ever many fingers you think. Point out high and low numbers and call on students who are close to having the correct answer. That was a bit of a trick question- because it's actually 1 ½ cups for 9-13 year olds. It's kind of hard to hold up half a finger, right?

It's hard to tell how much ½ a cup is when you are eating a banana or apple, right? Let's think about some different fruit and see if we can decide if we think it will count as ½ cup or 1 cup of fruit. Instructor- hand out to each student a What's a Serving fruit game card. I am going to show you some fruits and tell you what size it is. When I ask – What's considered a serving of fruit? You will lift either your ½ cup side of paper or 1 cup side of paper. Optional: Just to help us picture it- here's what a half cup and cup look like. Hold up a half cup and a whole cup. Ready? As you mention the fruits, you might want to hold up the rubber fruit and explain that they aren't the correct size.

One large banana = 1 cup  
½ medium grapefruit = ½ cup  
½ large apple = 1 cup  
Clementine or cutie = ½ cup  
32 grapes (large cluster) = 1 cup

1 medium wedge of cantaloupe (1/3 of a medium melon) = ½ cup

Now that we have a better idea of what is considered a cup of fruit- how many of you think you can get 1 ½ cups of fruit a day? Allow students to raise hands. Does anyone want to volunteer to tell us an example of which fruits could be eaten throughout the day in order to get 1 ½ cups? For example- tomorrow you could plan to eat a clementine with breakfast (1/2 cup), and a banana (1 cup) for lunch. See how easy it is to get the recommended serving of fruits for your age? Allow 1 or 2 students to give examples- help them if needed. Encourage them to include breakfast, lunch, dinner and snacks.

One more important thing that you all need to know. We know that fruits are full of a lot of nutrients but does anyone know what the essential nutrient of life is?? What does fruit have in it that we have to have to live? Allow students to answer, guide them to the answer of water. Water is essential to our body; your body is made up of 60% of water. When playing or working out our bodies sweat, and we need to replenish our body with water to remain active. It's very important to stay hydrated so make sure to drink a lot of water every day. We are going to play an active game now, so make sure you drink water before and after this game. After we play a fun game we will enjoy a drink of water and a yummy fruit kabob.

## **ON THE MOVE**

*Sample text for instructor is in blue font.*

To prepare for the game you will plan to put students into two teams that will form two lines. Place a color poly spot at the beginning of each line- and six colored cones across the room in front of each line. Place a MyPlate bag at the beginning of each line. Fill each bag with 6 balls with the different colors.

We are going to play a fun game that involves a lot of moving. So get ready to be active! For this game, the class will divide into two teams. Each team has a starting point (marked by a poly spot) and six colored cones set up in a half circle across the room. At each team's starting point there will be a MyPlate bag of colored balls, a spoon and a color block die. The first student in each team waits for the signal to go. When I say go, the first student picks up the dice and rolls it. Once it lands on a specific color, the student picks that same color ball out of the bag or basket, places it on the spoon and races as fast as he/she can to get the colored ball to the matching color cone without dropping the ball off of the spoon. Place the ball carefully on top of the cone. If the ball drops, pick it up again and place it on the spoon and continue on. The student then races back and tags the next player. The next player rolls the die and continues to play. Keep going until all of your team's colored balls are on the corresponding color cone. If you roll a color you already have a ball on a cone- then you must run to the back of the line and have the next student roll. Play game. Great job everybody! That was so active and got our bodies moving and our hearts pumping. That was so much fun! Let's hydrate by drinking water and then we will make and eat our yummy snack.

## **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 making their snack. Teachers or NEA wash and/or prep the food beforehand.*

### **Fruit Kabobs**

Give each child a plate with the following ingredients. Encourage them to make their own fresh fruit kabob. As students make and eat the snack hold up each fruit and ask students to identify. Ask students to describe texture and taste of each fruit.

#### *Ingredients*

- Pineapple chunks
- Kiwi chunks
- Orange sections
- Strawberries cut in half
- Grapes
- Wooden skewers

\*Use whichever fruits are in season at the time.

As children enjoy their snack encourage them to continue coloring and filling out the Make A Healthy Plate poster or placemat. Ask some children to share their favorite fruits.