



Fruits

2nd Grade



UTAH CORE STANDARDS:

2.N.1 Identify food and beverage choices that contribute to good health.

PE 2.5.1 Recognize the value of healthy balance between nutrition and physical activity.

MATERIALS NEEDED

- Captain CREATE puppet or Captain CREATE poster
- MyPlate Plate, MyPlate Poster or MyPlate Chart
- Plastic Food Models – you will only need the fruits
- Small plastic basket
- Four MyPlate Bags or four baskets
- Two Color Block dice
- iPad
- Alive with the Five Food Groups available at:
<https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- Taste Experience Ingredients and Supplies
- “At Home” Recipes Handout

OBJECTIVE 1: The students will identify that eating a rainbow of fruits will provide different vitamins and nutrients.

OBJECTIVE 2: The students will understand it is important to eat both healthy foods and exercise.

MYPLATE MESSAGE

Sample text for instructor is in blue font.

Each student will need to have a fruit food card or rubber food replica that is not a combination food. Pass out food cards or rubber food replicas randomly. You may want to ask a student to help with this. Depending on the situation you may be able to place the foods on their desks before you start the lesson.

Hi, my name is _____ with Utah State University Create Better Health and I'd like to introduce you to my friend Captain CREATE. Hold up puppet. How many of you have seen this MyPlate image before? Point to Captain CREATE's tummy or shield on the poster, or show MyPlate plate, chart or poster. MyPlate helps us by giving a guide for the five food groups we should eat every day for good health. Captain CREATE loves talking about all the healthy food groups. Do you see all of the colors on his tummy (or shield)? These are for all of the food groups.

Point to the red color. Does anyone know what food group this color represents? That's right, the fruit group! Hold up Captain CREATE puppet. Captain CREATE is so excited to share with you why he loves this food group so much. The fruit we eat every day helps to fight against sickness and helps heal our bodies. Point to the fruit section on Captain CREATE puppet. Did you know that half of our plate should be filled with fruits and vegetables? By a show of hands how many of you have eaten a fruit today or yesterday? Allow students to raise hands, ask 2 or 3 students what kind of fruit they had?

As a food superhero, Captain CREATE wants to be healthy and I really want you to be healthy too!! This food group gives Captain CREATE, a lot of important nutrients. Do you know what nutrients are? Students answer. Nutrients are found in healthy food and when you eat the food, they go to your body to help make it healthy and strong. Many foods in the fruit group are high in Vitamin A- which helps us to have healthy skin and eyes and Vitamin C- which helps us to fight off infection.

Today, Captain CREATE would like to share with the class some of their favorite fruits that have superpowers of their own. We are going to play a guessing game. I will describe a fruit and you all think in your heads what the fruit is. If you think you know the answer - raise your hand. I will pick someone to answer and come up and choose the food model that matches the description. The food models are in this basket, so you'll have to look through them to pick the right one. Please don't shout out the answers. Then we will talk about the fruit you chose. As each student comes up to pull the fruit out- ask them to show it to the class. Ask students, how many have eaten this fruit before and what they liked it about it. Place fruit in basket.

FRUIT GUESSING GAME

- You can find me in different colors – both green, red and purple. I am little and round. You can eat my skin and don't have to peel me. GRAPES
- I come in different colors on the outside but am the same color inside. Depending on the kind- I can be sweet or sour. You may have heard the saying An _____ a day, keeps the doctor away. APPLES
- I am very sweet and red. I grow with a little green hat on my head. I have tiny seeds all over the outside. STRAWBERRIES

- I am the fruit eaten most around the world. Some people like to cut me up and put me on their breakfast cereal. My outside color can change from yellow to brown over time. BANANA
- If someone gets a cold they often want to drink juice made from me because I am high in Vitamin C and can help fight infection. I'm the only fruit who shares a name with a color. ORANGE
- I'm the big cousin of an orange. I'm a little bit sweet and a little bit sour. People cut me in half and eat me for breakfast sometimes. GRAPEFRUIT.
- People enjoy me in the summer a lot. I am often cut up and added to fruit salad. I am in the same family as watermelon but I'm orange inside instead. CANTALOUPE
- My inside looks a lot different than my outside. I'm soft and juicy inside but not so friendly looking outside. I grow well in Hawaii. PINEAPPLE

We have eight different fruits in this basket. Walk around and show class. What's different about them? Allow students to guess. They are a variety of colors! Have you ever heard "eat a rainbow every day?" Different colors of fruits give us different vitamins and minerals so it is important to eat different colors.

We know that eating a variety of colors of fruits helps keep us healthy, let's talk about another thing we need to do to stay healthy and be strong. Any ideas what that is? That's right, it is exercise! It is important to both eat healthy and be active. What do you do to move around and be active? What kinds of games do you play to get your heart pumping? Have students raise hands and answer. Today, we are going to play an active game that helps us also remember how important eating fruit is for our bodies.

ON THE MOVE

Play Alive with the Five Food Groups song while children play game. We are going to play a fun game now. As you can see we have two MyPlate bags filled with fruits on one side of the room and two MyPlate bags on the other side of the room that are empty. We will divide the class into two groups and form the groups into two lines. The first person at the front of each line will roll a colored dice. Whichever color the dice lands on- you will run to the bag filled with fruit and try to find a fruit that is the same color as the color you rolled. Pick it up and run over to drop the fruit into the empty grocery bag. Run back and tag the next person- who will roll the dice and continue on. If the dice rolls on a color in which no fruit matches- the person needs to run over to the bag- tap the handle- and run back. Continue until all of the fruit is moved to the other bag.

(Optional: students could do different actions like skipping, hopping on one foot, walking backwards, crab walk etc. as they are racing with their fruit to the put in the empty basket). Make sure that every team member has a turn and that all the fruit is moved from one MyPlate bag (the garden or grocery store) to the other MyPlate bag (home).

Once all the fruit is moved over to the other MyPlate bag, your team will bring the bag filled with fruits, to me and we will talk more about the fruits that you “picked” and make a fruit rainbow.

Make sure that there are even amounts of fruit food models in each basket. Students will bring their filled bags up and discuss what fruits that are in their bags. Each team will lay their colored fruits down in a rainbow shape and talk about which are their favorites. There won't be enough food models to make a complete rainbow- so discuss what other fruits there are that could help fill it in.

Great job everyone! Now let's enjoy a snack and try to remember how important eating a variety of fruit or making a colorful fruit rainbow is. Captain CREATE loves a lot of different colors and loves fruit! He is so happy that he could teach you about fruits today.

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. The students will assemble the pre-cut food, into their Fruity Stoplight.

We are going to be making our very own Fruity Stoplight. They are so colorful and fun to make, not to mention how yummy they taste! Give each child a plate with the following ingredients. Encourage them to make their own fruity Stoplight. As students make and eat the snack, hold up each fruit that you will be using and have students identify what the fruits are. Ask students to describe the texture and taste of each fruit. What other fruits could you use to make a fruity stoplight?

Fruity Stoplight

Ingredients

- 1 graham cracker
- Plain low fat Greek yogurt, to spread
- Strawberries, sliced
- Banana slice or pineapple chunks
- Kiwi, sliced

Directions

Spread yogurt on top of graham cracker. Place already sliced fruit into circles. Arrange your circles on the graham cracker like a stop light!
Eat right away.