

# Feeding a Healthy Mind and Body with Fruits!

A Lesson on Nutrition Inside the “Fruits Group”

A lesson based on the book, Growing Up Strong, by Dan Yunk.

*This book was financed by the Kansas Farm Bureau Foundation for Agriculture on behalf of Kansas Farm Bureau, The Voice of Agriculture. It was written to educate young people, parents and teachers about where our food comes from.*

*America’s food supply is safe, affordable and abundant but also vastly misunderstood by the consuming public. It is the intention of Kansas Farm Bureau to improve the public’s knowledge about the importance of farming and ranching, and the roles they play in our quality of life.*

## **BACKGROUND INFORMATION:**

After reading Growing Up Strong, we have learned that understanding nutrition is important in order to live a long and healthy life. Today we are going to only focus on one of the food groups, fruits! Let’s learn what the difference is between the four types of fruits as well as what good serving sizes of fruits are.

It is recommended that everybody eats foods from the fruit group every single day. It is important to eat fruits because they offer a good source of vitamins such as Vitamin C (*source: USDA, [www.choosemyplate.gov](http://www.choosemyplate.gov)*).

One draw back about some fruits is they have a high sugar content. The good thing about this however, is that the sugar is natural fructose. While keeping this in mind, it is still recommended that you eat 1-1/2 cups of fruit each day. Eating a variety of fruits is best to ensure the largest variety of vitamins and healthy nutrients in our diet.

## **ACTIVITY 1: TYPES OF FRUITS**

Give each student a copy of Handout 1. This activity will involve going through the four groups of fruits. As you read through the fruit groups, have the students fill in the blanks with the color of each fruit listed. Discuss also how the students should try to eat fruits from every group to get the right amount of vitamins and minerals.

Explain what each of the groups has to offer individually. The darker the fruit’s skin or peel, the richer it is in vitamins. A few fruits that are higher in sugar are bananas and grapes, so limited amounts of these are a good idea. On the contrary, lower sugared fruits include strawberries and cranberries.

### **LEVEL:**

2nd-3rd grades

### **SUBJECTS/STANDARDS:**

K-4th grade Health Promotion  
Standard 1: The students will comprehend concepts about health promotion as it relates to nutrition.

Benchmark 1: The students will identify the relationship between well-being and health related behaviors.

Indicator A: Introduce students to a balanced diet and nutrition as it relates to the MyPlate Food Guide.

### **ACTIVITY DESCRIPTION:**

Students will discover the difference between the four different groups of fruits and the correct serving sizes. A physical activity is also included to encourage physical exercise.

### **STUDENT LEARNING**

#### **OUTCOMES:**

Students will show understanding by drawing their favorite fruit type in each of the fruit groups.

Pass out a copy of handout 2 to each of the students.

Give the students a certain amount of time to complete the handout then go over it together as a class. Maybe allow a few volunteers to share their drawings or draw them on the board.

### ACTIVITY 2: SERVING SIZES

Discuss the proper serving size and daily serving amounts with the students. Show the students what 1-1/2 cups looks like using measuring cups.

### ACTIVITY 3: RECIPE OF THE DAY!

The students should have their personal recipe books from the previous day's lesson.

The students should record the ingredients and the instructions as you walk them through making their snack/recipe of the day. Plastic table knives are not very sharp, but going over some safety instructions with the students may still be helpful. The recipe of the day includes:

#### Fruit Faces

##### Ingredients

- 1/2 Banana
- 1 Strawberry

##### Directions

With your partner get two strawberries and one banana. Wash your strawberries. Peel the banana. Carefully cut the banana in half cutting long ways. Cut your own strawberry into pieces to make eyes and a nose. Use your half of the banana as a smile. Place all the pieces on the plate to reveal your fruit face! Enjoy! Clean your area.

### ACTIVITY 4: PHYSICAL ACTIVITY IS KEY!

It is important to eat a nutritious diet, but also to get exercise everyday! Each lesson included in this unit will include a game or activity to get some physical movement into the student's day!

#### Fruit Frenzy!

Mark off a large rectangle on the floor using masking or duct tape (see diagram at bottom). Within the rectangle make three compartments. All the students in your class should be able to fit into each compartment. Label the three compartments, apple crate, banana crate, and pear crate. Have all your students start in the apple crate. When you call out the different crate names the students must move as quickly as they can to the new crate. Once in a while call fruit frenzy! And all the students must move outside the large rectangle within 3 seconds or they are out for the rest of that game.

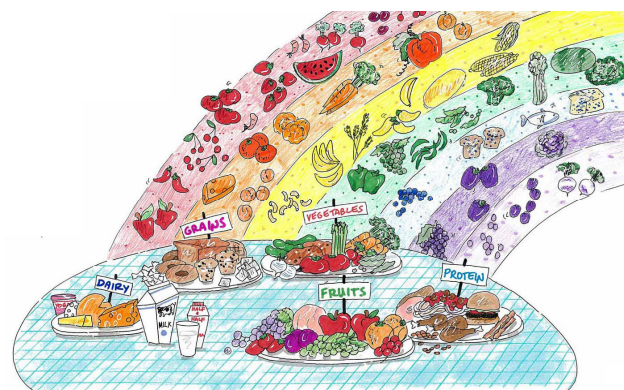
<u>Apple</u> <u>Crate</u>	<u>Banana</u> <u>Crate</u>	<u>Pear</u> <u>Crate</u>
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**ESTIMATED  
TEACHING TIME:**  
50 minutes

**NEW VOCABULARY:**  
Berries  
Melons  
Citrus  
Serving Size

**MATERIALS NEEDED:**  
Growing Up Strong  
Copies of Handout 1  
Copies of Handout 2  
Variety Measuring Cups  
1 Strawberry / Student  
1/2 Banana / Student  
Plastic Table Knives  
Paper Plates  
Duct Tape / Masking Tape

**PREPARE AHEAD:**  
Make copies prior to class  
Wash the strawberries if you would prefer not to have the students do this.



# The Four Types of Fruits: Colors

## Directions:

Fill in the blanks each with one letter to spell out the color of the fruit listed.

## 1. Berries

- Blueberries are \_\_\_\_\_ .
- Strawberries are \_\_\_\_\_ .
- Raspberries are \_\_\_\_\_ .

## 2. Melons

- Watermelon is \_\_\_\_\_ .
- Cantaloupe is \_\_\_\_\_ .
- Honeydew is \_\_\_\_\_ .

## 3. Citrus

- Oranges are \_\_\_\_\_ .
- Grapefruit is \_\_\_\_\_ .
- Lemons are \_\_\_\_\_ .

## 4. Other

- Plums are \_\_\_\_\_ .
- Bananas are \_\_\_\_\_ .
- Apricots are \_\_\_\_\_ .

# Day 3 Fruits are sweet!



Name \_\_\_\_\_ Date \_\_\_\_\_

## **Directions:**

Draw your favorite fruit from each category in the box provided. On the blank line in each box, write the name of the fruit. Remember the daily recommended servings of fruit is 1.5 cups.

Berries

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Melons

---

Citrus

---

Other

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# The Four Types of Fruits: Colors

## Directions:

Fill in the blanks each with one letter to spell out the color of the fruit listed.

## 1. Berries

- Blueberries are B L U E .
- Strawberries are R E D .
- Raspberries are P I N K .

## 2. Melons

- Watermelon is R E D .
- Cantaloupe is O R A N G E .
- Honeydew is G R E E N .

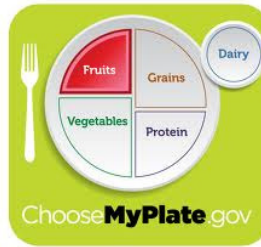
## 3. Citrus

- Oranges are O R A N G E .
- Grapefruit is P I N K .
- Lemons are Y E L L O W .

## 4. Other

- Plums are P U R P L E .
- Bananas are Y E L L O W .
- Apricots are O R A N G E .

# Day 3 Fruits are sweet!



Name \_\_\_\_\_ Date \_\_\_\_\_

## Directions:

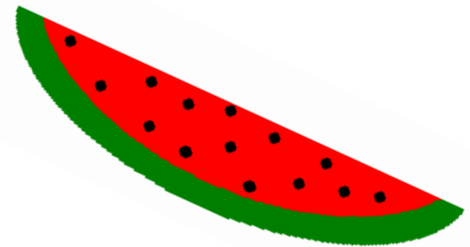
Draw your favorite fruit from each category in the box provided. On the blank line in each box, write the name of the fruit. Remember the daily recommended servings of fruit is 1.5 cups.

Berries



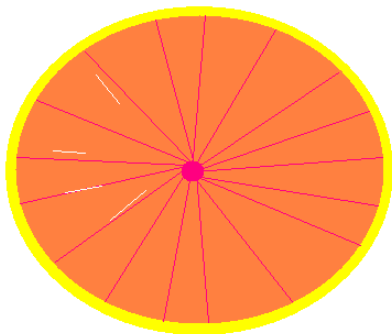
*strawberry*

Melons



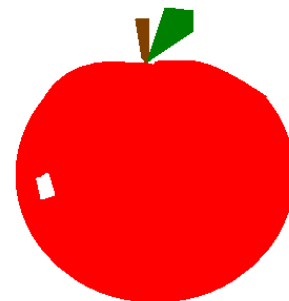
*watermelon*

Citrus



*grapefruit*

Other



*apple*