



Fruits and Vegetables

K – 1st Grade Lesson Plan

Goal: Students will recognize that eating a variety of colors (a rainbow) of fruits and vegetables provides the different nutrients their bodies need.

Objectives:

1. Students will be able to describe eating a healthy rainbow as eating a variety of colors from the fruit and vegetable groups.
2. Students will identify fruits and vegetables of the following colors: red, orange, yellow, green, blue/purple, white/tan.

Materials Needed

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| <input type="checkbox"/> Rainbow picture | <input type="checkbox"/> 1 st grade: I can eat the whole plant! poster |
| <input type="checkbox"/> F&V riddle pictures | <input type="checkbox"/> Food and equipment for taste test |
| <input type="checkbox"/> Colorful fruit and vegetable pictures | <input type="checkbox"/> Materials for additional activities |
| <input type="checkbox"/> "What F&V do for us" photos | |

Lesson	
Talking Points	Materials/Activities/Notes
Review <ul style="list-style-type: none"> • Who remembers what we talked about last time I was here? • Who remembers the challenge I gave you last time I was here? How did you do with the challenge? Excellent! 	
Mind Grabber <ul style="list-style-type: none"> • Today we are going to learn how to eat a rainbow! Has anyone ever eaten a rainbow before? What do you think that means? It is easier than you think, and today I am going to tell you how! 	
Discussion <ul style="list-style-type: none"> • When we talk about eating a rainbow it means we are learning to eat fruits and vegetables of all the different colors. Our bodies need all the different colors because each color helps our body stay healthy in a different way. If you eat lots of colorful fruits and vegetable every day, it is easy to make your plate look like a rainbow. • To get us thinking about fruits and vegetables, let's start with some fruit and vegetable riddles. Raise your hand if you think you know the answer. <ul style="list-style-type: none"> ○ I am a very large fruit. It takes two hands to carry me. I am green on the outside and red on the inside. I have lots of black seeds that are fun to spit! What am I? (WATERMELON) What color is the part we eat? (RED) 	

Quick review of 2 or 3 key point from previous lesson.

Show rainbow picture.

With the riddles, start by giving just the first clue or two. Only give more as they need additional clues.

Show picture of a watermelon after students guess.

- I am long and orange and have a green top. I am a root vegetable which means I grow under the ground. I have vitamins that help you see better at night. Bunnies like to eat me. What am I? (CARROT) What color is the part we eat? (ORANGE)
- My sweet kernels are yellow and sometimes white. You'll find me wrapped in a green husk. When you eat me you are really eating seeds. Even though I am an ear, I cannot hear. What am I? (CORN) What color is the part we eat? (YELLOW)
- I am a green vegetable. I look like a tiny tree. When you eat me you are really eating a flower. I taste great with cheese. What am I? (BROCCOLI) What color is it? (GREEN)
- I am a small round fruit. I come in bunches. I can be purple, red or green. When I am dried in the sun, I become a raisin. What am I? (GRAPE) What color is it? (PURPLE)

Show picture of a carrot after students guess.

Show picture of corn after students guess.

Show picture of broccoli after students guess.

Show picture of purple grapes after students guess.

Hold up pictures of the fruit and vegetables.

Learn about Fruit and Veggies

- Look at all those beautiful colors of fruits and vegetables! Did we make a rainbow?
- Now even though the vegetable group and the fruit group are two different groups, we like to talk about these two groups together because they are a lot alike, like members of a family. They are different from each other, but have a lot of things in common. For example, they both give our bodies vitamins and minerals that help us grow and stay healthy.
- Now let's look at MyPlate. Where do fruits and vegetables fit on MyPlate? That's right; they are the green and red groups on MyPlate.
 - How much of our plate should be filled with fruits and vegetables? Half of our plate! That is a lot! Do you think you can make half your plate fruit and vegetables?
- Let's look at more pictures of our rainbow of fruit and vegetables and then we will practice making meals that put a rainbow on our plates.
- Let's start with some red fruits and vegetables. Who can name some red fruits and vegetables?
 - The red fruits and vegetables help to keep our hearts healthy. Can you make a heart with your hands like this? Now let's say it together, "Red fruits and vegetables keep my heart healthy."
- The next color of the rainbow is orange. Who can name some orange vegetables and fruits?
 - Orange foods provide vitamins that help our eyes see at night. Can you use your hands to make glasses? Now let's all say, "Orange fruits and vegetables keep our eyes healthy."
- Raise your hand if you can name some yellow vegetables and fruits that we eat?
 - Yellow foods keep our hair and skin healthy. Let's pretend to smooth our hair and skin and all say, "Yellow fruits and vegetables keep our hair and skin healthy."

Have students raise hand and name red fruits and vegetables. Come prepared with visuals.

Hold up hands in the appropriate way and have kids repeat how that color helps their body.

- Now there are lots of green vegetables and fruits. So many we can't name them all! Who can tell me the names of some green vegetables and fruit?
 - Green vegetables have a mineral in them, just like milk, that gives us strong bones and teeth. Show me your beautiful smiles and let's say together, "Green vegetables and fruit give me strong bones and teeth."
- Next, we have the blue and purple fruits and vegetables. There are not a lot of options in this color group. Raise your hand if you can think of a purple fruit or vegetable?
 - The blue and purple fruits and vegetables help our memory. Let's all put on our thinking caps and say, "Blue and purple fruits and vegetables help my memory."
- Finally, we have the white or tan fruits and vegetables. What foods are in this group?
 - White and tan fruits and vegetables, along with all the colors, help our immune system. That is something that helps us stay strong and keeps us from getting sick. Let's all make a muscle and say, "White fruits and vegetables keep me healthy!"

Quick Review

- Why do we need to eat fruits and vegetables?
 - They help us grow healthy and strong.
 - They help our skin heal when we get hurt.
 - They keep our hair nice.
 - They have fiber that keeps our bellies feeling good.
 - Finally, they are all very important in protecting our bodies from getting sick.

Optional Discussion for Classes Learning About Plants (1st grade)

- Now that we have talked about the colors of fruits and vegetables and how to make sure we are getting enough of them, let's talk about where they come from. Do they come from plants or animals? Believe it or not, we eat 6 parts of a plant. Did you know you could eat an ENTIRE plant?

Use "what fruit and vegetables do for us" photos or hand motions.

Share "I can eat the whole plant" poster.

Wrap-Up

- Eating colorful fruits and vegetables provides the different nutrients our bodies need, which helps us grow healthy and makes our bodies feel good.
- We are going to taste some rainbow fruits and vegetables, so when you go home, you can tell everyone you ate a rainbow today. I want you to try to figure out how many different colors are in our snack today. Try to eat lots of colorful fruits and vegetables to get a rainbow everyday!

Challenge

- My challenge for you this time is to eat at least one fruit and one vegetable of every color before the next time I see you.

OR

- My challenge for you is to teach someone at home how to eat a rainbow. What would you say to them? How would you describe it?

Taste Test Ideas

- Superhero Smoothie (cooking cards and recipe handout are included)
- Fruit Salad
- Fruit Parfait
- Six plant part green salad
- Carrot, celery, cucumber sticks with hummus

Small Group Activities (10-15 minute activities)

Teacher Activities:

1. Choose one of the additional activities below.

Nutritionist Activities:

1. Assemble taste test with group of students.
2. Make a veggie superhero (or clown face)! Using pre-cut vegetables (celery sticks, cucumber slices, shredded carrot, olive slices, etc.), have each student create a “veggie superhero” on a small plate. Have a few students share with the class what their superhero’s power is. Afterwards, students eat the vegetables. Serve with hummus or yogurt dip, if desired.

Choose a simple activity and give the teacher an instruction card to accompany it.

Use step by step cards to help students with the cooking.

Additional Activities

1. **Letter to Parents** – Have students write and decorate a post card based on what was discussed in class.
2. **Read a Story!** – Some K/1 favorites include *The Very Hungry Caterpillar*; *Eating the Alphabet*; *Oliver’s Vegetables (1/2)*; *Growing Vegetable Soup*; *Growing Colors*; *I Will Never Not Ever Eat a Tomato*; *Pick, Pull, Snap (1/2)*; and *Rabbit Food*.
3. **Parts of plant puzzle (1st grade)**
4. **Matching game (1st grade)** – match the inside of the food to the picture of the outside of the food.
5. **Make MyPlate a Rainbow Plate** – using pictures or food models, make a one-color meal and have the students improve it by adding fruit and vegetables to the meal.
6. **Color Call** – Students form a seated circle. Pick one student to start with a bean bag (or F/V plush toy). The student with the bean bag tosses it to someone in the circle and calls out a color. The player who catches the bean bag says the name of a fruit or vegetable of the color called. They then throw it to another player in the circle while calling out another color. Encourage students to name fruits and vegetables that have not already been called. Play enough rounds so every student has a turn. (Adapted from Oklahoma Ag in the Classroom, Fruit and Veggie Games.)
7. **Tossed Salad** –Have the students form a circle with their chairs. Give every player one of the fruit or veggie cards (can also use plush toys). Ask a volunteer to be the grocer, have him/her move to the center of the circle and remove their chair from the circle. The grocer in the circle calls out a color and sits down. Every student who has a picture of a fruit or vegetable of that color has to get up and find another seat. The student left standing is now the grocer. The new grocer can call another color. At any time the grocer can choose to call “tossed salad” at which time everyone gets up and has to find a new seat. Play enough rounds that everyone who wants a turn to be the grocer can be the grocer. (Adapted from Oklahoma Ag in the Classroom, Fruit and Veggie Games.)
8. **Bingo**

Student Handouts

- Find the Hidden Fruits and Vegetables
- Color a Rainbow of Fruits and Vegetables
- Let’s Eat a Rainbow (coloring sheet)
- Plant Parts We Eat (1st grade)
- Letter to Parents
- **Incentive:** Fruit and Veggie Stickers

Parent Handouts

- Today in Nutrition Class: Fruits and Vegetables
- 10 Tips: Smart Shopping For Veggies and Fruits
- 10 Tips: Kid-Friendly Veggies and Fruits
- 10 Tips: Liven Up Your Meals With Vegetables and Fruits
- 10 Tips: Add More Vegetables to Your Day

Lesson Roadmap

- Introduce eating a rainbow
 - Riddles
 - Fruits and vegetables of each color and their health benefit
 - Review “why we eat fruit and vegetables” cards
- 1st grade: I can eat a whole plant
- Wrap-up and challenge
- Taste test and teacher led activity



Public Health

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