

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California's *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

Table of Contents

Taste Test	Teaching Points for K-2nd Grades	3
Taste Test Teaching Points for 3rd-5th Grades		
K5: A is for	Apple Worksheet	5
K5: Apple V	Vriting Practice Worksheet	6
1st: Apples	Draw & Count Worksheet	7
1st: Fruits &	& Vegetables Worksheet	8
2nd: Apples Compare & Contrast Worksheet		
2nd: Apples	a Taste Test Worksheet	10
	3rd: Apples Description Worksheet	11
	3rd: Making a Plan Worksheet	12
	4th: Apples Description Worksheet	13
	4th: Healthy Goals Worksheet	14
	5th: Apples Worksheet	15
	5th: Making a Plan Worksheet	16
	Glossary of Nutrients	17

Taste Test Teaching Points Apples

Grades: Kindergarten to 2nd Grade

Title of Lesson: Apples

Materials:FFVP Apples Student WorksheetFFVP Taste Test Teaching Points Lesson PlanProduce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Eat Your Colors- Fruits and vegetables come in a rainbow of colors. Apples can be red, yellow or green. Eat colorful fruits and vegetables every day.

What's in a Name? Apples are part of the rose family.

Reasons to Eat Apples- Apples have fiber. Fiber helps food move through our body.

Apples have vitamin C. Vitamin C helps keep us from getting sick.

Just the Facts- Apples are best when you eat them with the peel. That is where most of the fiber is found. Almost half of all apples are enjoyed as applesauce, apple juice and jellies or jams. A Slice of Apple History- Apples have been around since ancient times. New kinds of apples were grown through a process known as grafting. During the 1800s, European settlers brought apples with them to the Americas.

Growing Facts- Washington is #1 in growing apples in America, #2 is New York, #3 is Michigan, #4 Pennsylvania, and California is #5.

California grows many different kinds of apples. Examples of some California grown apples are: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathon and Pink Lady. Have you tried any of these delicious apples? Taste and compare different kinds of apples.

Apples are picked all year long and you can find many different kinds of apples throughout the year.

The Legend of Johnny Appleseed- John Chapman was born on September 26, 1774 in Massachusetts. He became known as "Johnny Appleseed." He spent almost 50 years planting apple trees in Illinois, Kentucky, Pennsylvania and Ohio. Johnny Appleseed was known for being kind and generous. He sold apple trees to the settlers on the plains for a few pennies each or for some clothing. Some people had no money to pay him so they promised to pay him later. John Chapman died in 1845, but even after 200 years, some of his trees still bear apples.

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Apples

	Appies
Grades:	3rd to 5th Grade
Title of Lesson:	Apples
Materials:	FFVP Apples Student Worksheet FFVP Taste Test Teaching Points Lesson Plan Produce samples prepared by school food service staff
Procedure:	10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Eat Your Colors- Fruits and vegetables come in a rainbow of colors. Apples can be red, yellow or green. Red and yellow apples help maintain a healthy heart. Green apples help maintain vision health and strong bones and teeth. Red, yellow and green apples may lower the risk of some cancers. Eat colorful fruits & vegetables every day.

What's in a Name? Apples are part of the rose family. Domestic or table apples are one of the most widely grown tree fruits. Wild apple trees can still be found in the mountains of Central Asia.

Reasons to Eat Apples- Apples have fiber. Fiber helps food move through our body.

Apples have vitamin C. Vitamin C helps keep us from getting sick. Apples contain a source of potassium, which helps maintain a healthy heart. Apples also contain the minerals iron and calcium and vitamin A.

Just the Facts- About 2,500 known varieties of apples are grown in the United States & more than 7,500 varieties are grown worldwide. Apples are best when you eat them with the peel. That is where most of the fiber is found. Almost half of all apples are enjoyed as applesauce, apple juice and jellies or jams. Apples can be used to replace fat and butter in baked goods.

A Slice of Apple History- Apples have been around since ancient times. New kinds of apples were grown through a process known as grafting. During the 1800s, European settlers brought apples with them to the Americas.

Growing Facts- Washington is #1 in growing apples in America, #2 is New York, #3 is Michigan, #4 Pennsylvania, and California is #5. California grows many different kinds of apples. Examples of some California grown apples are: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathon and Pink Lady. Have you tried any of these delicious apples? Taste and compare different kinds of apples. Apples are picked all year long and you can find many different kinds of apples throughout the year.

The Legend of Johnny Appleseed- John Chapman was born on September 26, 1774 in Massachusetts. He became known as "Johnny Appleseed." He spent almost 50 years planting apple trees in Illinois, Kentucky, Pennsylvania and Ohio. Johnny Appleseed was known for being kind and generous. He sold apple trees to the settlers on the plains for a few pennies each or for some clothing. Some people had no money to pay him so they promised to pay him later. John Chapman died in 1845, but even after 200 years, some of his trees still bear apples.

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing





A/A/ / / / / / / / / / /

a/a/ / / / / / / / / / / /



Apples/are/a/fruit.

Practice writing uppercase and lowercase and "Aa."

Practice writing the word "apple."

apple / / / / / /



Apples grow on trees. Can you count how many apples are on this tree?

Color six apples red and six apples green.











Draw and label the inside of an apple

I see

seeds.

The apple is











This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.



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8



Produce of the Month: Apples



Compare and Contrast

- To **<u>compare</u>** means to tell how things, events, or characters are **<u>alike</u>** in some ways.
- To <u>contrast</u> means to tell how things, events, or characters are <u>different</u>.

<u>Directions</u>: Complete the Venn diagram below contrasting and comparing two different types of apples. Make sure to use all your senses: taste, touch, smell, hearing and sight.



Why are apples good for you?

Share with a friend why apples are good for you and have them share with you what he/she wrote.









Produce of the Month: Apple Taste Test

Today I tried

It is a fruit/vegetable.

It has these vitamins:

It looked

It is good for me because:

Dra	aw a picture of an a		
	Outside	Inside	





Directions: Write a few sentences about apples and why they are good for you. <u>Use two or more of the describing</u> <u>adjectives.</u>







Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day. Then, make a plan for how you will include fruits and vegetables in every meal.

	Age 8			
		Βογ	Girl	
Ĩ.	VEGETABLES	2 cups	2 cups	
Â.	FRUITS	1	1	
	Age 9			
		Βογ	Girl	
	VEGETABLES	2	2 cups	
	Fruits	1	1 ¹ / ₂ cups	

*The recommended cups of fruits and vegetables listed on the chart are based on moderately active individuals (30-60 minutes of physical activity per day).

For breakfast, I will eat

For lunch, I will choose_

For dinner, I will eat

By the end of the day, I will eat ____ cups of fruits and ___ cups of vegetables.

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Directions: Write a few sentences about apples and why they are good for you. Use two or more of the describing adjectives.







Setting Healthy Goals



When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non fat milk, and choosing more whole grains).

Steps to Setting a Goal:

- 1. Define your goal.
- 2. Write down the small steps you will need to take to achieve this goal.
- 3. Set a deadline.



1. My healthy goal is to ____

2. To achieve this goal, I need to take the following steps:

Α		
B		
C		
3. The d	eadline for me to achieve my goal is	







		PPLES	
		Draw an apple	
		Draw an apple	
-			
escribe an appl	e:		
hat I leanned	about apples:		
THUI T IEUTHEU			
o make sure th			y body needs to be
o make sure the ealthy, I will: _ <u>Apple</u>	at I eat the a Nutrition Fo	acts	y body needs to be Nutrition Facts Serving Size: 1 medium apple (154g) Calories 80 Calories from Fat
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Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day. Then, make a plan for how you will include fruits and vegetables in every meal.

-Ĵ-	Age 10			
		Βογ	Girl	
5	VEGETABLES	2 cups	2 cups	
Å	FRUITS	1.5 cups	1.5 cups	
		Age 11		
		Βογ	Girl	
	VEGETABLES	2.5 cups	2.5 cups	
	FRUITS	2 cups	1.5 cups	
	*The mean worded come of further and are established on the about one based			

*The recommended cups of fruits and vegetables listed on the chart are based on moderately active individuals (30-60 minutes of physical activity per day).



¿For lunch, I will choose_

For dinner, I will eat

By the end of the day, I will eat ____ cups of fruits and ____ cups of vegetables.

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Glossary of Nutrients CALCIUM This mineral helps build strong bones and healthy teeth. **CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy. FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart. **FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack. **IRON** This mineral helps red blood cells carry oxygen to all the parts of your body. **PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health. **PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein. **VITAMIN A** This vitamin helps your body maintain healthy eyes and skin. VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums. **VITAMIN E** This vitamin helps maintain healthy cells throughout your body. **WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right. SOURCE: Network for a Healthy California and kidshealth.org 17

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

ABC Unified School District Network for a Healthy California Staff

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The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California's *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

Table of Contents

Taste Test	Teaching Points for K-2nd Grades	3
Taste Test Teaching Points for 3rd-5th Grades		
K5: K is for	Kiwifruit Worksheet	5
K5: Kiwifrui	t Writing Practice Worksheet	6
1st: Kiwifrui	t Taste Test Worksheet	7
1st: Find the	e Kiwifruit Worksheet	8
2nd: Kiwis and Adjectives Worksheet		
2nd: Fruit 8	Vegetable Poetry Worksheet	10
	3rd: Kiwis and Adjectives Worksheet	11
	3rd: Letter to Your Parents Worksheet	12
	4th: Kiwis & Adjectives Worksheet	13
and a	4th: Action Verbs Worksheet	14
	5th: Kiwis Worksheet	15
	5th: Setting Healthy Goals Worksheet	16
	Glossary of Nutrients	17

Taste Test Teaching Points Kiwis

Grades: Kindergarten to 2nd Grade

Title of Lesson: Kiwis

 Materials:
 FFVP Kiwis Student Worksheet

 FFVP Taste Test Teaching Points Lesson Plan

 Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Kiwi are green with fuzzy brown skin. The skin can be eaten although many people choose not to eat it.

Green fruits and vegetables help your eyes stay healthy and help your teeth and bones stay strong. Why would you want strong bones and teeth?

Can you name some other green fruit and vegetables? green apples, green pears, avocados, okra, peas, broccoli, asparagus and spinach

Kiwi grow on a vine. The vine can grow as tall as 30 feet. The vines grow above the ground on strong supports very much like grapes. Have you seen grapes growing in a field? Have you seen kiwi's growing?

Kiwi is a berry. Name another berry.

Kiwi are a very good source of vitamin C. Can you remember how vitamin C helps your body? *Helps keep your bones together, helps heal cuts, helps teeth and gums stay healthy*

California grows most (95%) of the kiwi grown in the United States. Kiwi were not widely available in grocery stores until 1970.

Kiwi were named after the national bird in New Zealand, the kiwi bird.

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Kiwis

Grades: 3rd to 5th Grade

Title of Lesson: Kiwis

 Materials:
 FFVP Kiwis Student Worksheet

 FFVP Taste Test Teaching Points Lesson Plan

 Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Kiwis are green with fuzzy brown skin. The skin can be eaten although many people choose not to eat it.

Green fruits and vegetables help your eyes stay healthy and help your teeth and bones stay strong. Why would you want strong bones and teeth?

Can you name some other green fruit and vegetables? green apples, green pears, avocados, okra, peas, broccoli, asparagus and spinach

Kiwis grow on a vine. The vine can grow as tall as 30 feet. The vines grow above the ground on strong supports very much like grapes. Have you seen grapes growing in a field? Have you seen kiwis growing?

A kiwi is a berry. Who can name another type of berry?

Kiwis are a very good source of vitamin C. Can you remember how vitamin C helps your body? *Helps keep your bones together, helps heal cuts, helps teeth and gums stay healthy*

California grows most (95%) of the kiwi grown in the United States.

In North America, the fruit is commonly known as "kiwi", but it is marketed to the rest of the world as "kiwifruit".

There are 400 varieties of kiwis. Hayward is the most popular variety in the United States.

Kiwis were not widely available in grocery stores until 1970.

Kiwis were named after the national bird in New Zealand, the kiwi bird.

Kiwis are the richest source of lutein among fruits and vegetables. Lutein is a phytochemical proven to be effective in reducing the risk of cancer.

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing





Kiwifruit



A kiwifruit is

Draw and color the <u>outside</u> of a kiwi.

Draw and color the inside of a kiwi.

Practice writing uppercase and lowercase "Kk."

K/K/ / / / / / / / / / /

Practice writing the word "kiwifruit."

Kiwifruit







Kiwifruit	Taste	Test
-----------	-------	------

	Today I tried
	It is a fruit / vegetable.
2	It looked
	It has these vitamins:

It is good for me because:

Draw a picture of a kiwifruit

Outside

Inside









		fruit Adjectives	
	I am full of nutrients! I am full of nutrients! I have fiber, wh helps your body food through you intestines! Practice with	y move	I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy!
Write s	six adjectives that describe a kiwi.	Draw a kiwi that has b	peen cut into 1/4.
1)			
2)	· · · · · · · · · · · · · · · · · · ·		
3)	· · · · · · · · · · · · · · · · · · ·	Draw a kiwi that has	been cut into 3/4.
4)			
5)			
6)		Which fraction is bigg	er?

Directions: Using at least 3 of the adjectives listed above, write a paragraph about why kiwis are good for the body.









Fruit and Vegetable Poetry



Directions: Create a poem about your favorite fruit or vegetable using descriptive words.

Example: <u>Apples</u> <u>Apples</u> are <u>red</u> <u>round</u> and <u>sweet</u> So <u>delicious</u> to <u>eat</u> They are <u>firm solid</u> and <u>bright</u> Just an <u>absolute</u> <u>delight</u>!













Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them how it is good for you, and include an example of a nutritious breakfast that you would like to eat.

	Date:
	Dear
	Love,
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Action Verbs



An action verb tells what someone or something is doing. Words that name an action are called action verbs.

<u>Directions</u>: Underline the action verb in each sentence below. *Example: Students <u>picked</u> strawberries for a nutritious snack.*

- 1. My teacher cut kiwis for our class to taste.
- 2. Chopping up vegetables is fun!
- 3. I mixed the salad with a big spoon.
- 4. People should wash fruits and vegetables before they eat them.
- 5. Eating a nutritious breakfast is a great way to start the day.

<u>Directions</u>: Make a list of action verbs in the box below. Then, write a sentence using one of your action verbs to describe <u>one healthy action</u> you will do this week.

		Mu action works		
Examples:	Mix	<u>My action verbs</u> Blended	<u>Cutting</u>	
_				
	<u>Mg h</u>	ealthy action sen	<u>tence</u>	
		7		









What I learned about kiwis: _____

To make sure that I eat the amount of fruit my body needs to be healthy, I will:

	ition Facts	Serving Size: 2 medium kiwifruit (152g) Calories 92 Calories from F
Serving Siz	ze:	% Daily V
calories	grams fat	Total Fat 1g Saturated Fat 0g
		Trans Fat Og
grams carbohydrates	% vitamin C	Cholesterol Omg
grams fiber	% vitamin A	Sodium 4mg
-		Total Carbohydrate 22g
% iron	% calcium	Dietary Fiber 5g
_grams sugar	% sodium	Sugars 14g
_grams sugar		Protein 2g
		Vitamin A 3% Vitamin C 240% Calcium 6% Iron
		Source: www.nutritiondata.com

for CHANGE



Setting Healthy Goals



When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non fat milk, and choosing more whole grains).

Steps to Setting a Goal:

- 1. Define your goal.
- 2. Write down the small steps you will need to take to achieve this goal.
- 3. Set a deadline.

1. My healthy goal is to _

2. To achieve this goal, I need to take the following steps:

C 3. The deadline for me to achieve my goal is	
C	
В	
A	







Glossary of Nutrients CALCIUM This mineral helps build strong bones and healthy teeth. **CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy. FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart. **FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack. **IRON** This mineral helps red blood cells carry oxygen to all the parts of your body. **PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health. **PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein. **VITAMIN A** This vitamin helps your body maintain healthy eyes and skin. VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums. **VITAMIN E** This vitamin helps maintain healthy cells throughout your body. **WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right. SOURCE: Network for a Healthy California and kidshealth.org 17

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2nd: Oranges & Breakfast Worksheet		
2nd: Healthy Goals Worksheet		
	3rd: Orange Poetry Worksheet	11
	3rd: Fractions and Oranges Worksheet	12
	4th: Fractions and Oranges Worksheet	13
and a	4th: Eat a Rainbow Worksheet	14
	5th: Oranges Worksheet	15
	5th: Difference Between F & V Worksheet	16
	Glossary of Nutrients	17

Taste Test Teaching Points Oranges

Grades: Kindergarten to 2nd Grade

Title of Lesson: Oranges

Materials:FFVP Oranges Student WorksheetFFVP Taste Test Teaching Points Lesson PlanProduce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Oranges are round and grow on a tree. They grow best in warm climates. **Fruits and vegetables come in a rainbow of colors**. Oranges, like sweet potatoes, are in the yellow/orange color group.

Oranges are a type of berry.

Orange trees produce leaves, flowers and fruit at the same time. This makes them smell very good when they are in bloom. Have you ever smelled orange blossoms?

Oranges are a good source of vitamin C and fiber.

Fiber is important in moving food you eat through your body.

Oranges need to be protected from cold frost in the winter. The fruit does not taste good when it freezes. Farmers use fans placed above the orange trees to mix the warmer air above with colder air near the ground. By warming the air the trees stay nice and warm and the fruit does not get ruined.

Orange farmers must harvest their oranges when they are ripe. Oranges are one of the few fruit that can be left on the tree without becoming overripe, but once picked, oranges will not continue to ripen.

The two main varieties of oranges grown in California are Valencia and Navel. Navels got their name because the bottom looks like a bellybutton or navel. The bigger the navel, the sweeter the orange. Navel oranges are the most popular "eating orange" in the world.

Valencia oranges are actually green. As they ripen on the tree, they go from green to yellow-orange. When the weather turns warm, the oranges turn a little green again at the stem. This is called re-greening.

One of the original Naval orange trees brought to California in 1873, is still alive and producing fruit.

Now, do you want to taste an naval orange?

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Oranges

Grades: 3rd to 5th Grade

Title of Lesson: Oranges

 Materials:
 FFVP Oranges Student Worksheet

 FFVP Taste Test Teaching Points Lesson Plan

 Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Fruits and vegetables come in a rainbow of colors. Oranges are in the yellow/orange color group.

Oranges are a very good source of vitamin C and fiber.

Fiber is the part of the plant we cannot digest. Fiber helps move the food you eat through your body.

Scurvy causes someone with a severe deficiency of vitamin C to bleed easily, especially around the gums. Today we see scurvy only in severely malnourished people.

Oranges are a type of berry.

Orange trees produce leaves, flowers and fruit at the same time. This makes them smell very good when they are in bloom. Have you ever smelled orange blossoms?

Oranges need to be protected from cold frost in the winter. The fruit can not be sold when it freezes. The farmers use fans placed above the orange trees to mix the warmer air above with colder air near the ground. By warming the air the trees stay nice and warm and the fruit does not get ruined.

Orange farmers must harvest their oranges when they are ripe. Oranges are one of the few fruit that can be left on the tree without becoming overripe, but once picked, oranges will not continue to ripen.

The two main varieties of oranges grown in California are Valencia and Navel. Navels got their name because the bottom looks like a bellybutton or navel. The bigger the navel, the sweeter the orange. Navel oranges are the most popular "eating orange" in the world.

Valencia oranges are actually green. As they ripen on the tree, they go from green to yellow-orange. When the weather turns warm, the oranges turn a little green again around the stem. This is called re-greening.

Oranges are first mentioned in history around 2201 B.C. In 1493, oranges arrived in the new world with Christopher Columbus. Oranges were introduced to California from Mexico in 1769 with the founding of the first Spanish mission in San Diego. The first three Navel orange trees were brought from Brazil and planted in Riverside California in 1873. The quality was so much better than any other orange grown in California, it quickly became the most popular variety. Today, one of the original trees is still alive and producing fruit.

Now, do you want to taste a navel orange?

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing

















Draw a detailed picture of an orange tree with oranges on it.

- 1. How many oranges did you draw?
- 2. What color are oranges?
- 3. Are oranges a nutritious snack? Yes or No







Oranges



Draw a picture of yourself eating an orange

What I already know about oranges:

What I learned about oranges:









What will you do this year to stay healthy?

My Healthy Eating Goal:

Draw a picture of yourself eating your favorite healthy food.

My Physical Activity Goal:

Draw a picture of yourself doing your favorite physical activity.









Oranges



Drinking orange juice is a popular way people consume citrus fruit. But, oranges aren't the only members of the citrus fruit family. Lemons, tangerines, grapefruit, and limes also belong to the Citrus family. Citrus fruits are usually orange, yellow, or green in color. They are very high in vitamin C, which make them important for healthy teeth and gums, skin, and fighting off infections.

What type of citrus fruit do you usually eat or drink?

What type of citrus fruit would you like to try?_____

Eating fruit as part of a nutritious breakfast is one way to make sure you get the amount of fruit recommended.

What can you do to make your breakfast more nutritious? Create a nutritious breakfast menu and draw a picture of it!









Setting Healthy Goals





It helps to set goals when we want to make a positive change in our lives. You can set goals to help you be more physically active or eat better (eating more fruits and vegetables, drinking more skim milk, and eating more whole grains).



Steps to Setting a Goal

- 1. Define your goal
- 2. Write down the small steps you need to take to achieve the goal.
- 3. Set a deadline.



1. My healthy goal is to

and the

To achieve this goal, I need to take the following steps:
A
В
C
The deadline for me to achieve my goal is:

www.get**healthy**clarkcounty.o









<u>Directions</u>: Create a poem about oranges to share with your class using descriptive words.

Example: <u>Apples</u> <u>Apples</u> are <u>red</u>, <u>round</u> and <u>sweet</u> So <u>delicious</u> to <u>eat</u> They are <u>firm</u>, <u>solid</u> and <u>bright</u> Just an <u>absolute</u> <u>delight</u>!

Brainstorm

List some descriptive words that can be used in your poem.



Nutritious









This is how my orange looks as a whole.

<u>Directions</u>: With your teacher, cut your orange into the following fractions.

When I cut my orange in 1/2, this is what it looks like:

When I cut my orange into 1/4, this is what it looks like:

When I cut my orange into 3/4, this is what it looks like:

When I cut my orange into 4/8, which is equivalent to 1/2, this is what it looks like:

Write some equivalent fractions, decimals, or percents below.











This is how my orange looks as a whole.

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When I cut my orange in 1/2, this is what it looks like:

When I cut my orange into 1/4, this is what it looks like:

When I cut my orange into 3/4, this is what it looks like:

When I cut my orange into 4/8, which is equivalent to 1/2, this is what it looks like:

Write some equivalent fractions, decimals, or percents below.









Eat a Rainbow!





Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day - red, yellow/orange, white, green, and blue/purple!

Red:

Help you have a strong heart and a good memory.

Yellow/ Orange: Help you have good vision, a strong heart, and keep you from getting sick.

Green:

Help you have strong bones and teeth and good vision.



Today's fruit or vegetable is:



The color of this fruit or vegetable is:

Eating this color can help my body by:

Other fruits and vegetables that are the same color are:

I plan to eat _____ cups of fruits and vegetables every day.









Draw an orange

Describe oranges:

What I learned about oranges:_____

Nutrition Questions

Oranges are an excellent source of Vitamin C. Vitamin C helps our bodies fight off <u>illnesses</u>.

- How much vitamin C is found in 1 medium orange?
 ____%.
- Kiwifruits also are an excellent source of vitamin
 C. As a matter of fact, one serving of two kiwi fruits contains 240% Which fruit has more vitamin C per serving?
- I will try to eat more fruits and vegetables that are high in vitamin C like oranges, kiwis, bell peppers, strawberries, broccoli, and cantaloupe because these fruits will _____.

Nutrition Facts

Serving Size: 1 medium orange (Calories 75	Calories from Fat 2
	% Daily Value
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 2mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 1g	
Vitamin A 8% Vitamin C 152%	Calcium 7% Iron 1%

Source: www.nutritiondata.com









YESI However, determining whether produce is a fruit or vegetable can be a little tricky at times. Let's learn about the difference between fruits and vegetables by reading the information below.

What is a FRUIT?

Basically, almost everything that contains seed(s) inside is botanically a fruit! Fruit is the sweet, ripened ovary or ovaries of a seed-bearing/flowering plant. The function of the fruit is to protect the seeds and play a part in their distribution. Animals eat the fruit and then later "distribute" the seeds with accompanying "fertilizer."

What is a VEGENABLE?

Vegetables are the edible product of herbaceous plants and are grouped according to the edible part of each plant: leaves (lettuce), stem (celery), roots (carrot), tubers (potato), bulbs (onion), and flowers (broccoli).

Remember plant germination and reproduction are related to the structure and function of seeds, flowers, and fruits. Some items we call vegetables are actually a fruit such as a tomato.

<u>Directions</u>: Determine which produce below is a **fruit** or **vegetable** and write your answer on the lines below.

Avocado	<u>fruit</u>	Jicama
Kiwi		Carrot
Artichoke		Cucumber
Broccoli		Papaya
Banana		Orange
Tomato		Asparagus
Honeydew		Squash
Grapes		Beans
Brussels Sprouts		Pineapple
Cabbage		Zucchini
Celery		Pumpkin







Glossary of Nutrients CALCIUM This mineral helps build strong bones and healthy teeth. **CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy. FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart. **FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack. **IRON** This mineral helps red blood cells carry oxygen to all the parts of your body. **PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health. **PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein. **VITAMIN A** This vitamin helps your body maintain healthy eyes and skin. VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums. **VITAMIN E** This vitamin helps maintain healthy cells throughout your body. **WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right. SOURCE: Network for a Healthy California and kidshealth.org 17

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Product characters taken from dole5aday.com









Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California's *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

Table of Contents

Taste Test Teaching Points for K-2nd Grades			
Taste Test Teaching Points for 3rd-5th Grades			
K5: P is for	K5: P is for Pear Worksheet		
K5: Pear W	riting Practice Worksheet	6	
1st: Pears Tally Worksheet			
1st: Pears Are Nutritious Worksheet			
2nd: Pear C	Grammar Worksheet	9	
2nd: Healthy & Fun Parties Worksheet			
	3rd: Pears Worksheet	11	
	3rd: Eat A Rainbow Worksheet	12	
	4th: Pears Worksheet	13	
Contraction of the second	4th: Making A Plan Worksheet	14	
	5th: Pears Worksheet	15	
	5th: Healthy & Fun Parties ABC Worksheet	16	
	Glossary of Nutrients	17	

Taste Test Teaching Points Pears

Grades: Kindergarten to 2nd Grade

Title of Lesson: Pears

 Materials:
 FFVP Pears Student Worksheet

 FFVP Taste Test Teaching Points Lesson Plan

 Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

People have been growing pear trees for a very, very long time. They date back to ancient times.

Pears can be red, yellow, brown or green. You can figure out what color group a fruit belongs to by looking at the peel *if you plan to eat the peel*. If you don't eat it then it will belong to the same color group as the part you eat.

Pears have seeds: they are fruits.

Pears grow on beautiful trees with green leaves.

Most tree fruit tastes best when it ripens on the tree but pears taste best when they ripen off the tree.

Red fruits and vegetables help your heart stay healthy. They also help you remember things like where you put your shoes or the answer to the math question. **Pears are a good source of vitamin C.** They are not a good source of protein.

Vitamin C helps your body fight off germs that make you sick. Vitamin C also helps keep your bones together.

The Bartlett pear is the favorite pear in America.

California is #1 for growing Bartlett pears.

Pears are best for you when eaten with the peel.

There are 3000 different varieties of pears in the world.

Pears like the warm days and cool nights found in Oregon, California and Washington.

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Pears

Grades: 3rd to 5th Grade

Title of Lesson: Pears

 Materials:
 FFVP Pears Student Worksheet

 FFVP Taste Test Teaching Points Lesson Plan

 Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

People have been growing pear trees since ancient times. The Romans developed more than 50 varieties of pears.

Early Americans brought pear seedlings across the Atlantic to the Massachusetts Bay Colony.

The Bartlett Pear is the favorite pear in America. The Bartlett pear was developed in England by a man named John Stair in the 17th century.

California is #1 for growing Bartlett pears and #2 in pear production, growing 32% of all pears grown in the United States.

Pears can be red, yellow, brown or green. You can figure out what color group a fruit belongs to by looking at the peel *if you plan to eat the peel*. If you don't eat it then it will belong to the same color group as the part you eat.

Pears have seeds: they are fruits.

Pears are an excellent source of fiber. Fiber is the part of the plant your body cannot digest.

Most tree fruit tastes best when it ripens on the tree but pears taste best when they ripen off the tree.

Red fruits and vegetables help your heart stay healthy. They also help you remember things like where you put your shoes or the answer to the math question. **Pears are a good source of vitamin C.**

Vitamin C helps your body fight off germs that make you sick. Vitamin C is important in making collagen. Collagen keeps your bones together.

Pears are best for you when eaten with the peel. This is where most of the fiber and antioxidants are found.

There are 3000 different varieties of pears in the world.

Pears like the warm days and cool nights found in Oregon, California and Washington.

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing





Practice writing uppercase and lowercase "Pp."

Practice writing the word "pear."

)ear/

A/pear/is/a/fruit.

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Take a survey. Ask the students in your class whether or not they like pears. Record a tally mark for each answer in the yes or no column.



Yes, I like Pears.	Total
No, I don't like Pears.	Total

students like pears.

students do not like pears.

Pears are good for me because







Pears Directions: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below would be the most nutritious choice. Image: Circle which food item below food

Pears are nutritious because they have vitamins and minerals. I like pears.







Pears





Read this list of words. Decide if the word is a verb (action word) or a noun (person, place, or thing). Write the word in the correct column.

Pear, tree, grow, ripen, eat, fruit, pick, seed, orchard, slice, fiber

	, promy secary of email all sheet, mo er
Nouns	Verbs

Write at least 3 sentences about pears using the nouns and verbs in the chart.







Healthy and Fun Parties



This year, your teacher would like to have nutritious foods at your classroom parties. Nutritious foods can be colorful, delicious, and fun! Can you think of some foods that would taste good and be nutritious?

Directions: List <u>three</u> delicious and nutritious foods and drinks that you might want to include in a classroom party this year and why.

Example:

Carrots

Why? Because they are good for my eyes.

Three delicious & nutritious foods and drinks that I would like to include in a classroom party are:

	Why?
	2
	Why?
	3
SPB-	Why?







	P	EARS	
		Draw a pear	
		:	
		e amount of fruit m	
are high in FIBER!	Pear Nutrition Serving Size:		Nutrition Facts Serving Size: 1 medium pear (166g) Calories 96 Calories from Fat 2 % Daily Value Total Fat 0g 0% Schwebed Fat 0g 0%
Example: 5 gran % ire	ns carbohydrates _ ns fiber _	grams fat % vitamin C % vitamin A % calcium % sodium	Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 2mg 0% Total Carbohydrate 26g 9% Dietary Fiber 5g 21% Sugars 16g Protein 1g Vitamin A 1% Vitamin C 12% Calcium 1% Source: www.nutritiondata.com
	SETTER. LIVE TOBACCO-FREE.	Southern Nevada Health District	CHAMPIONS for CHANGE browsk for - Berlin C-Hillingt-

Eat a Rainbow!





Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day- red, yellow/orange, white, green, and blue/purple!

Red:

Red:Help you have a strong heart and a good memory.Yellow/Help you have good vision, a strong heart, and

Orange:

Green:

keep you from getting sick. Help you have strong bones and teeth and good vision.

Today's fresh fruit or vegetable is:



Eating this color can help my body by:

The second seco

Other fruits and vegetables that are the same color are:

I plan to eat _____ cups of fruits and vegetables every day.







	CDARS	
	Draw a pear	
	ears:	
	t the amount of fruit my b	body needs to
Pears are high in FIBER! Serving Size: _		Nutrition Facts Serving Size: 1 medium pear (166g) Calories 96 Calories from Fat 2 % Daily Value
calories	grams fat	Total Fat 0g0%Saturated Fat 0g0%
grams carbohydrate	es% vitamin C	Trans Fat Og Cholesterol Omg 0%
Example: 5 grams fiber	% vitamin A	Sodium 2mg 0% Total Carbohydrate 26g 9%
% iron	% calcium	Dietary Fiber 5g
grams sugar	% sodium	Sugars 16g Protein 1g Vitamin A 1% Vitamin C 12% Calcium 1% Iron 2% Source: www.nutritiondata.com
WWW.gethealthyclarkcounty.or Get MOVING, BE SAFE, EAT BETTER, LIVE TOBACCO-FREE.	3 Southern Nevada Health District	CHAMPIONS for CHANGE Entertific Collection

Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day. Then, make a plan for how you will include fruits and/or vegetables in every meal.





·····(***	



	Воу	Girl
VEGETABLES	2.5 cups	2 cups
Fruits	1.5 cups	1.5 cups
	Age 10	
	Воу	Girl
VEGETABLES	2.5 cups	2.5 cups
Fruits	1.5 cups	1.5 cups

Age 9

*The recommended cups of fruits and vegetables listed on the chart are based on moderately active individuals (30-60 minutes of physical activity per day).



For breakfast, I will eat_

For lunch, I will choose_

For dinner, I will eat ____



By the end of the day, I will eat _____ cups of fruits and _____ cups of vegetables.







	R	FARS	
		Draw a pear	
		vs:	
		he amount of fruit my	body needs to
Pears are high in FIBER!	Serving Size:		Nutrition Facts Serving Size: 1 medium pear (166g) Calories 96 Calories from Fat 2 % Daily Value Total Fat 0g 0%
Example: 5	_calories _grams carbohydrates _grams fiber _% iron grams sugar	grams fat % vitamin C % vitamin A % calcium % sodium	Saturated Fat 0g0%Trans Fat 0gCholesterol OmgO%Sodium 2mgO%Total Carbohydrate 26g9%Dietary Fiber 5g21%Sugars 16gProtein 1gVitamin A 1%Vitamin C 12%Calcium 1%Iron 2%
	E SAFE. EAT BETTER. LIVE TOBACCO-FREE.	Southern Nevada Health District	Source: www.nutritiondata.com

H	ealthy and Fun Parties
	This year, your teacher would like to have nutritious foods at your classroom parties. Let's make these parties colorful, delicious, and fun! Can you think of some foods that would taste <u>delicious</u> and be <u>nutritious</u> ?
	Directions: List in ABC order, <u>seven</u> delicious and nutritious foods and drinks that you would like to include in a classroom party this year. <i>Example: Yogurt parfaits (fruit, nonfat vanilla yogurt, & granola)</i>
	Seven delicious & nutritious foods and drinks that I would like to include in a classroom party are: 1
and the	2 3
	4 5
Mes	7







Glossary of Nutrients CALCIUM This mineral helps build strong bones and healthy teeth. **CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy. FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart. **FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack. **IRON** This mineral helps red blood cells carry oxygen to all the parts of your body. **PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health. **PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein. **VITAMIN A** This vitamin helps your body maintain healthy eyes and skin. VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums. **VITAMIN E** This vitamin helps maintain healthy cells throughout your body. **WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right. SOURCE: Network for a Healthy California and kidshealth.org 17

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Product characters taken from dole5aday.com








Strawberries Worksheets

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Table of Contents

Taste Test 7	Teaching Points for K-2nd Grades	3
Taste Test 7	Teaching Points for 3rd-5th Grades	4
<5: S is for	Strawberries Worksheet	5
≺5: Fruits a	nd Vegetables Worksheet	6
1st: Strawb	erries Worksheet	7
1st: My Pyr	amid Food Choices Worksheet	8
2nd: Strawb	berries Cause & Effect Worksheet	9
2nd: Makin	g Right food Choices Worksheet	10
	3rd: Strawberries Graph	11
66	3rd: Alphabetizing Fruits Worksheet	12
	4th: Strawberries Worksheet	13
and a	4th: Colorful Variety Worksheet	14
	5th: Strawberries Worksheet	15
	5th: Healthy Goals Worksheet	16
	Glossary of Nutrients	17

Taste Test Teaching Points Strawberries

Grades: Kindergarten to 2nd Grade	
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Title of Lesson: Strawberries

 Materials:
 POM Strawberry Student Worksheet

 POM Test Teaching Points Lesson Plan

 Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Strawberries are in the red color group. What is your favorite red fruit or vegetable? Fruits and vegetables come in a rainbow of colors. Eating red fruits and vegetables can help your heart stay healthy and help you remember things, like where you put your backpack.

We are not sure how strawberries got their name. Some believe that the name came from the practice of placing straw around the growing plants for protection, or from children who threaded the berries with straw and offered them for sale. Others believe the name came from the little "runners" (or branches) that grow out from the plant.

Strawberries are a member of the rose family. Have you seen a rose? Strawberry plants need plenty of water. The growing plant likes warm days and cool nights. Do you think strawberry plants would like to grow where you live? Strawberries are very delicate and must be picked by hand when ripe and care-fully placed in plastic baskets or containers. They can get a bruise very easily. Picking strawberries is very hard work.

Strawberries are the first fruit to ripen in the spring.

Where are the seeds found in most fruits? The seeds of the strawberry are found on the outside. How many seeds do you think are on the outside of the strawberry? There are about 200.

Strawberries are the most popular berry in the United States.

California is the largest producer of strawberries in the United States. Strawberries can be grown almost all year long in California. If all the strawberries produced in California this year were laid berry to berry, they would wrap around the world 15 times. WOW! Aren't we lucky that Nevada is so close to California?

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Strawberries

Grades:	3rd to 5th Grade
Title of Lesson:	Strawberries
Materials:	POM Strawberry Student Worksheet POM Test Teaching Points Lesson Plan Produce samples prepared by school food service staff
Procedure:	10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Fruits and vegetables come in a rainbow of colors. Strawberries are in the red color group. Red fruits and vegetables help you have a healthy heart and memory. They may also lower the risk of some cancers. Can you name any other red fruits and vegetables?

One cup (about eight large berries) of strawberries gives your body a lot of Vitamin C. Vitamin C helps you fight sickness, helps keep your blood strong, helps hold your bones together and helps keep your teeth and gums healthy.

Strawberries are the most popular berry in the United States.

Do you know what state grows the most strawberries? California is the largest producer of strawberries in the United States. Do you know where California is? **If the strawberries grown in California this year were laid berry to berry**, they would wrap around the world 15 times.

We are not sure how strawberries got their name. Some believe the name came from the practice of placing straw around the growing plants for protection, or from children who threaded the berries with straw and offered them for sale. Others believe the name came from the little "runners" (or branches) that grow out from the plant.

To produce the best crop the strawberry plants need plenty of water, warm days and cool nights.

Because strawberries are delicate, they are picked by hand when ripe and carefully placed in plastic baskets or containers. Once the berries leave the field, they are taken to cooling facilities to help them last longer.

Strawberries are the first fruit to ripen in the spring.

Where are the seeds found in most fruits? The seeds of a strawberry are found on the outside. How many seeds do you think are on the outside of the strawberry? On average, there are 200 tiny seeds on every strawberry.

- 2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
- 3. Concluding Activity (2 minutes) If time permits, questions/sharing

S/is/for/strawberries.





Write the names of 4 FRUITS and 4 VEGETABLES in the columns below. Color the fruits and vegetables.

FRUITS	VEGETABLES	
1	1	
2	2	
3	3	
4	4.	
GET MOVING. BE SAFE. EAT BETTER. LIVE SMOKE-FREE.	Southern Nevada Health District	CHAMPIONS



Write about why strawberries are good for you.











Strawberry

Cause and Effect

The **cause** is something that makes something else happen. The **effect** is what happens as a result of the cause. You have learned this year all about the effect of eating plenty of fruits and vegetables every day. Read the following causes and effects of including fruit and fill in the missing boxes.

Cause	Effect
I had strawberries for a snack	
instead of a candy bar.	
I had carrots for dinner last night.	
I ate a nutritious, balanced	
breakfast before school today.	
	I will have healthy teeth and gums











Directions: Do a head count after the fresh fruit taste test and color the boxes to create a bar graph.

Column A: Total number of students who participated in taste test
 Column B: Number of students who like strawberries
 Column C: Number of students who do not like strawberries
 Column D: Number of students who will eat strawberries again













A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Directions:

Put the following fruits in alphabetical order. Remember, if you have two words that start with the same letter, look at the second letter.

<u>Fruits</u>	Alphabetized
apple	
kiwi	
tomato	
banana	
pineapple	
strawberry	
blueberry	
raspberry	
melon	
watermelon	

Strawberries are red. Red fruits are good for my









Draw a strawberry

STRANBERRIE

Describe strawberries: _

What I learned about strawberries:_____

To make sure that I eat the amount of fruits my body needs to be

healthy, I will_____



Red fruits and vegetables help maintain a <u>healthy heart</u> and keep our <u>memories sharp</u>.

Strawberries are also a source of potassium. In fact, they have as much potassium as half of a large banana. <u>Potassium</u> is good for your heart.

- 1. List one reason why strawberries keep your body healthy.
- What is your favorite way to eat strawberries?

Nutrition Facts

Calories 49	Calories from Fat 4
	% Daily Value
Total Fat Og	1%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0% Vitamin C 149%	Calcium 2% Iron 4%

Source: www.nutritiondata.com









Directions: First, read the names of fruits and vegetables in the boxes below. Next, think of what color that produce is, and then color the box with that color. Finally, list the produce according to their color. HINT: Use a dictionary to find a fruit or vegetable that you do not recognize.









Draw a strawberry

STRANBERRIE

Describe strawberries: _

What I learned about strawberries:_____

To make sure that I eat the amount of fruits my body needs to be

healthy, I will_____



Red fruits and vegetables help maintain a <u>healthy heart</u> and keep our <u>memories sharp</u>.

Strawberries are also a source of potassium. In fact, they have as much potassium as half of a large banana. <u>Potassium</u> is good for your heart.

- 1. List one reason why strawberries keep your body healthy.
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Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0% Vitamin C 149%	Calcium 2% Iron 4%

Source: www.nutritiondata.com









As you know, eating lots of fruits and vegetables is great for your physical and mental health because they are full of vitamins and minerals!



<u>Directions</u>: In the space below, write a healthy goal for yourself that will help you eat more fruits and vegetables every day.







Glossary of Nutrients CALCIUM This mineral helps build strong bones and healthy teeth. **CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy. FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart. **FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack. **IRON** This mineral helps red blood cells carry oxygen to all the parts of your body. **PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health. **PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein. **VITAMIN A** This vitamin helps your body maintain healthy eyes and skin. VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums. **VITAMIN E** This vitamin helps maintain healthy cells throughout your body. **WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right. SOURCE: Network for a Healthy California and kidshealth.org 17

Acknowledgements

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