

TEACHER GUIDE

Fruits & Vegetables

KEY MESSAGES

1

Vegetables and fruits grow in nature and are full of nutrients that help you feel healthy and full of energy!

2

If you don't like a fruit or vegetable today, try it again another time because your taste buds are changing. You might need to try things several times.

3

Eat a rainbow of colors because different colored fruits and vegetables have different nutrients.

4

Fill half of your plate with fruits and vegetables versus foods that are unhealthy (not natural).

PART 1: ACTIVATE PRIOR KNOWLEDGE

Discuss: Ask students what they already know about the topic. Model your thought process, for example: "My favorite fruit is a banana. I ate a banana for breakfast and I am full of energy!"

- What is your favorite red, green, orange or yellow fruit or vegetable? Have you eaten it today? Has anyone had anything different?
- Where do fruits and vegetables come from?
- Have you had fresh fruits and vegetables from a garden or helped in a garden?
- Does anyone know what a nutrient is? It is something that keeps your body healthy. Nutrients are invisible. Different nutrients are in different foods.

PART 2: LEARN

Watch section 1 of the video as a whole group.

- Pause the video after section 1.



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PART 3: PROCESS

Discuss: Ask questions about what they have learned in the video so far.

- What did you learn about fruits and vegetables?
- What can we do if we try a fruit or vegetable we don't like?
- Why is it important to eat a variety of fruits and vegetables?

Recap: Summarize the prompts and ideas shared before moving on

Introduce: Give an overview of what to expect in section 2 of the video

Connect: Explain why exercise and movement is important:

- We need to be active for one hour every day to stay healthy.
- Fruits and vegetables give us energy to exercise, learn and play!

PART 4: GET ACTIVE

Watch section 2 of the video as a whole group

- Follow along and exercise!



PART 5: CLOSE

Discuss: Choose students to share on each prompt.

- What is one new thing you learned about fruits and vegetables?
- What can you do to make sure you eat enough and a variety of fruits or vegetables every day? Model your thought process, for example “It’s important to fill half your plate with fruits and veggies, so I’ll try eating carrots and spinach for dinner!”

Extend Learning

Nutrition Mission: Try to eat a rainbow of colors of fruits and vegetables.

Parent take-home: Encourage students to share the handout with their “grown-ups” and discuss what they’ve been learning.