

Grades 3–5

Making a family commitment to healthful living

So Colorful!

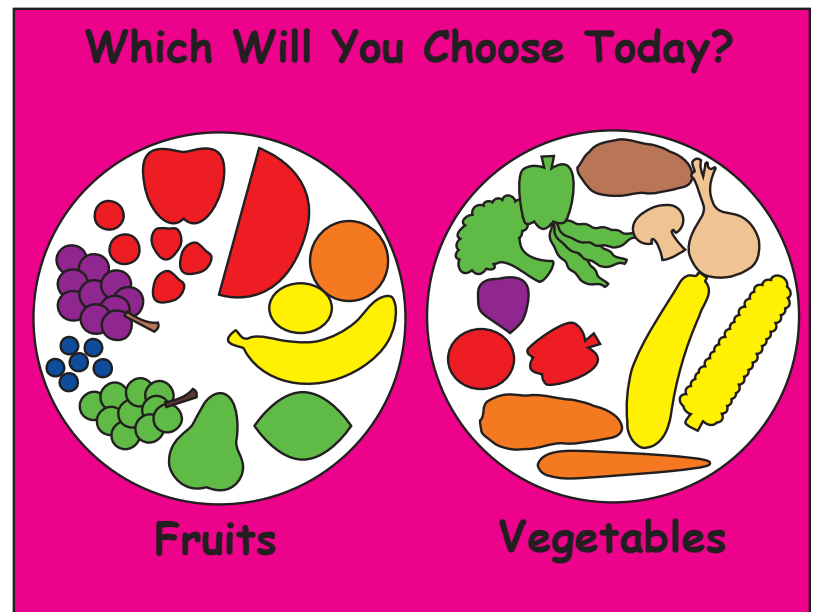
Recognizing the importance of eating a variety of fruits and vegetables (W.3.7)

Share with students that an average child needs to eat one and a half cups of fruit and two and a half cups of vegetables a day, and that those can be a combination of fresh, frozen, canned, or from a jar. Explain that fruits and veggies have many vitamins and nutrients that promote good health. Then ask students if they're more likely to eat that amount of all one fruit or vegetable, or if they're more likely to hit the target if they eat a variety of foods. Students will realize that the key to a balanced diet is to incorporate a variety of different fruits and vegetables and that these foods come in many different colors.

To create a colorful class display, give each child two or more pieces of colorful construction paper. Have him choose a fruit or vegetable that corresponds with each paper color. Then direct him to draw the fruit or vegetable on the paper, cut it out, and label it. On a bulletin board or chart paper, draw a plate for fruits and one for vegetables. Have students arrange the produce items by color on each plate; then attach the items to the display. Use the completed display to remind youngsters to choose a variety of fruits and vegetables each day. To extend the learning, challenge students to discover unusual fruits and vegetables. Have they ever heard of a pawpaw, dragon fruit, or African horned melon? Challenge them to write a research report to share their information.

Fun Fact:

Lettuce is a member of the sunflower family.



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