



# Lesson 3:

## Vary Your Veggies and Focus on Fruits

### Lesson Highlights

#### Objective

##### Students will:

- Identify fruits and vegetables in their diet.
- Learn to graph the number of fruits and vegetables they eat.

##### Curriculum Connections:

Math, Science, Health, Language arts

##### Student Skills Developed:

- Graphing
- Recording data in a chart
- Making predictions

##### Materials:

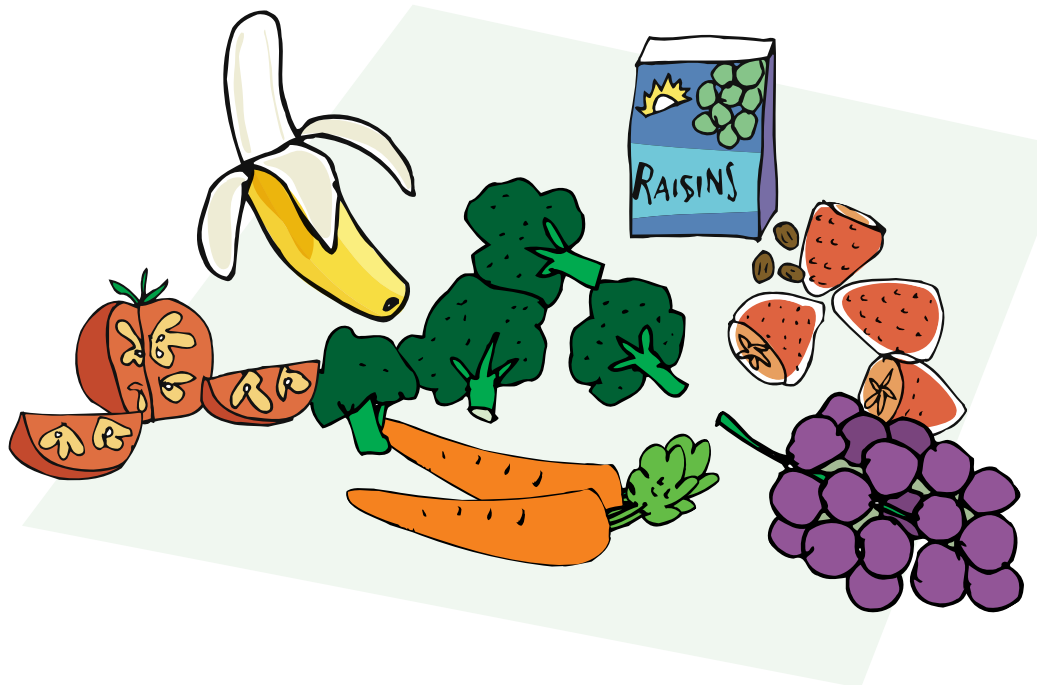
- *My Fruit and Vegetable Diary* reproducible for each student
- Holepunch
- Scissors for each student
- Yarn or string
- *Fruit and Vegetable Challenge Kit*

#### Getting Started:

Challenge students to name as many fruits and vegetables as they can in 1 minute. Write these on the board by food group.

#### Activity: Fruit and Veggie Diary

1. Point out that fruits and vegetables are foods children need to grow and be healthy.
2. Ask children to look at the list they just developed. Are there any fruits or vegetables they have never tried? Introduce additional foods they may not have identified.
3. Distribute the *My Fruit and Vegetable Diary* reproducible to each student. Have students cut out the pages and put them in the correct order. Punch a hole through the upper-left-hand corner and have children tie the diary with yarn or string. Every day for a week have students write (or draw a picture of) all the fruits and vegetables they ate that day.
4. At the end of the week, ask students to name the foods they ate. Talk about the variety of fruits and vegetables.



## Group Activity: Graph It

You can turn the information from the Fruit and Vegetable Diaries into a graphing activity. Ask students to total the number of fruits and vegetables the class ate the day before. Help the class present this information in the form of a graph for your classroom wall. (You might use green squares to represent vegetables and red squares to represent fruits, just like the stripes on *MyPyramid for Kids*.) Each day, they can graph the class totals or their personal totals. (Add an individual graph option. Talk about how children can increase the number of fruits and vegetables on their graph.)



## Lunchroom Link:

Have students identify the fruits and vegetables they ate for lunch today. Include those who ate the school lunch and those who brought a lunch from home. Work with the Cafeteria Manager to introduce new foods to students. Use the enclosed *Fruit and Vegetable Challenge Kit*; follow the instructions in the folder.



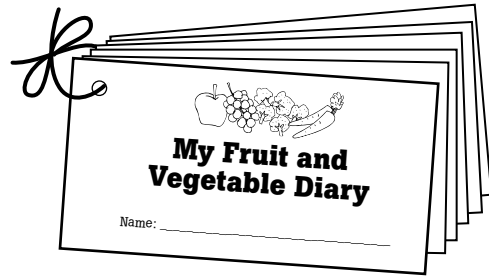
## Home Connection:

Have students share their fruit and vegetable diary with their parents.

Name: \_\_\_\_\_

# Make a Fruit and Vegetable Diary

1. Cut out the pages on the dotted lines.
2. Put them in the correct order.
3. Have your teacher make a hole through the circle.
4. Tie the pages together.
5. Draw or write the fruits and vegetables you eat.
6. How many fruits and vegetables did you eat each day?



## My Fruit and Vegetable Diary

Name: \_\_\_\_\_

### MONDAY

Fruits

Vegetables

### TUESDAY

Fruits

Vegetables

### WEDNESDAY

Fruits

Vegetables

### THURSDAY

Fruits

Vegetables

### FRIDAY

Fruits

Vegetables

