

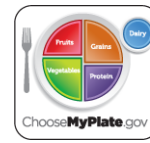
Lesson 3: Fruits: What is Your Beverage Choice?

Teaching Outline

Time/Hints	If possible, set up food prep table. prior to lesson
10 Minutes Show fruit/veggie food models as you name them	Put up the MyPlate poster. Choose several Fruit/Veggie food models. <ul style="list-style-type: none"> • Greet students and review the Grain Group (name some foods, carbohydrates; “GO” foods = fuel; grains as seeds; fiber from whole grains); • What color is the Fruit Group on MyPlate? • Who likes fruit? Why? (tastes good, sweet, juicy, variety of types, textures; easy to take along as a snack) • What are some ways we eat fruits and veggies? (fresh, frozen, canned, dried, juice) • We need to eat fruits and veggies every day = about 1 ½ cups of fruit and 2 cups of veggies. Why should we eat them? (vitamins A & C) = GLOW foods. • Tell story of sailors (see end of outline) • Who remembers what vitamin C does? It helps wounds to heal (have kids look for bruises/cuts on arms and lower legs); helps us resist infection; gives us healthy gums so our teeth won’t fall out. • Often in fruits, the clue to high vitamin C is that it’s sour—who can think of a fruit that is sour? • Show food models of foods high in vitamin C (orange, kiwi, strawberries, melon, broccoli, spinach, tomato)
3 Minutes	<ul style="list-style-type: none"> • PA Break—Go Bananas (See end of lesson)
7 Minutes Show fruit/veggie models as you name them Vocabulary Nutrients, Water Digestion, Intestines Vitamin A, Vitamin C	<ul style="list-style-type: none"> • Who remembers what vitamin A does? For healthy skin, hair, growing bones, eyes-especially to see at night. • Often foods high in vitamin A are orange or yellow or dark green in color. Can anyone think of some of those foods? (apricots, peaches, cantaloupe, pumpkin, sweet potato, mango, papaya; spinach, kale, chard, Romaine lettuce). • Fruits & veggies also contain another nutrient that starts with an “F” ...who remembers (fiber); • Where do we find fiber? F/V; whole grains • What does it do for us? (Sweeps intestines clean during digestion. It also helps us feel full.) • If fiber makes us feel full, which snack do you think would be the better choice if we have an apple, applesauce or apple juice?
10 Minutes 100% juice/flavored - ades	<ul style="list-style-type: none"> • Let’s talk about juice for a minute. How many of you like juice? What kind of juice do you drink? • Juice is great to drink, but we shouldn’t have more than 1 cup/day. Anybody know why? (higher sugar, less fiber than piece of fruit so does not keep us feeling full as long as eating a whole fruit). • Many ‘juices’ that we drink may not be 100% juice. Let’s look at a couple of labels. (show juice, juice drink, bug juice, water)

<p>Use beverage comparison card on document camera</p> <p>Bug juice is any SSB liked by kids</p> <p>Note to Educator: With the new food label “added” sugar will be called out on its own line. When comparing labels, there should be a big difference in that item when contrasting 100% juice and other sweetened drinks.</p>	<p>Sugar-sweetened Beverage Demo <i>What do you drink when you are thirsty?</i> Water would be a good choice. Your body needs lots of water every day to keep it running smoothly, and water is a good thirst quencher. What other drinks? Students will probably answer with many types of beverages. Have beverage examples ready to show: Comment, as they are shown:</p> <ul style="list-style-type: none"> • Bottle of water: Water is very good for us! It can come from a bottle, from your faucet, or from a drinking fountain. • 100% juice: Juice can give you vitamins and minerals from the F & V Groups. • Some sugar-sweetened beverages (SSB) are juice drinks. Their labels say “5%, 10%, 50% Juice”. They’re mostly sugar water. Who remembers why it’s not a good idea to have too much sugar? (Tooth decay, unhealthy weight); spoil appetite for meals; take the place of healthy beverage choices at meals. • Sweetened beverages are all loaded with sugar! • Tea/coffee: These are made with water, but they have caffeine, which makes your body lose water. Herb teas give you plenty of water without caffeine. Another problem is that these choices can taste bitter...so many people will add sweetened things to them before drinking them. • Milk: Milk has a lot of water in it. It’s also full of calcium that your bones and teeth need every day to be strong and healthy.
<p>7 minutes</p>	<p><i>Recipe for Sparkling Sugar-sweetened Beverages</i></p> <ul style="list-style-type: none"> • <i>What are carbonated drinks made from?</i> Build a carbonated drink as students give suggestions; sugar, count to 52 grams by fours (4 grams equal one teaspoon). Place teaspoons of sugar in drinking glass. Also add sparkling water, food coloring, “flavoring”, and “caffeine” as students call out ingredients in a this beverage. When done, ask • <i>“Does this drink have any Vitamin A to help you see? Any Vitamin C to heal cuts? Any Calcium to build strong bones?”</i> Why do we drink so much? (Children drink more of these unhealthy drinks than milk. (Some teenagers have 3 cans a day.) Show 44 ounce cup and sugar bag; it has almost 4 cans of pop in it, and a cup of sugar. • What are some ways you can drink less of these drinks? (Share with a friend, have it only on special occasions, have it only <u>after</u> you have had 3 servings of dairy.)
<p>15 Minutes Choose one option.</p> <p>Select helpers to distribute samples</p>	<p>Option 1: Apple Wedge Tasting</p> <ul style="list-style-type: none"> • Today’s taste is all about apples. You’ll be comparing and contrasting two different varieties-one is red and the other is green. • What does compare mean? What does contrast mean? • When we take our bites, keep in mind the taste (sweet, sour), the texture (soft, crisp, dry, juicy), the smell? Try to use all your senses. • Everybody’s taste buddies are different. Which apple do you prefer? Why? Can you feel the fiber? (chew value) <p>OR</p> <p>Option 2: Juice Sparkler Tasting</p>

	<p>While participating in this tasting, we will explore our senses. Once they have their tasting, have them smell the drink.</p> <ul style="list-style-type: none"> • What smells do you recognize? • What do you see? Bubbles and slight coloration. • What do you feel as you sip it? Carbonation and cold. • What do they taste? The different flavors of the juice. <p>Students will taste a homemade carbonated beverage. Mix together 1 can of frozen 100% fruit juice with 2 liters of sparkling water in a plastic pitcher. Pour into 5 oz. cups and serve to students.</p> <ul style="list-style-type: none"> • Explain how this beverage can replace other, less healthy drinks. This drink does not have added sugar, caffeine, artificial flavoring or coloring. It's easy and tasty!!
3-10 Minutes (optional if do not choose Recipe for a SSB.)	<ul style="list-style-type: none"> • Play the <i>Name that Fruit</i> Game (See Game sheet for this lesson). • Conclude by showing students the parent newsletter and encourage them to bring it home to share with their family.



Lesson 3: Physical Activity Option: *Go Bananas**

Have students stand at their desks or form a circle. Set a beat by snapping fingers or clapping hands and bopping to the beat. Use rhythm when making the following motions:

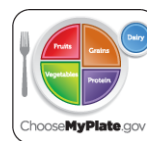
- When ‘forming’ a fruit or vegetable, swing right arm out and up to over your head according to the beat. Then do the same for the left, with fingers meeting at the top.
- As you ‘peel’ the veggie or fruit, bring right arm out and down toward your side, followed by the left, using a different motion for each V/F (re: peeling potato: use motion as if you are holding a veggie peeler; peeling orange: with pinched fingers, rotate hand in circles at the wrist while bringing arm out and down to side; shucking corn: with hands horizontal to the floor, use slicing motion while bringing arm to your side; peeling banana: use downward sweeping motions, as if actually peeling a banana).
- During the last two lines of each verse, use motions to pantomime each action: (re: mash potatoes: with fists clench in front of you, do up and down motion in rhythm with feet; squeeze orange: wrap your arms around your midsection and squeeze yourself with all your might while twisting side to side; pop the corn: while bouncing, throw up your hands and splay fingers wide several times; go bananas: with arms over head, shake hands wildly while turning a circle.

(For Video, see... URL)

Lyrics that move to Rhythm

Form potato, form-form potato (right arm) Form potato, form, form potato (left arm) Peel potato, peel-peel potato Peel potato, peel-peel potato Makes you Mash Potato, Mash-Mash Potato Makes you Mash Potato, Mash-Mash Potato	Form the corn, form, form the corn Form the corn, form, form the corn Shuck the corn, shuck-shuck the corn Shuck the corn, shuck-shuck the corn Makes you Pop the Corn, Pop-Pop the Corn Makes you Pop the Corn, Pop-Pop the Corn
Form the orange, form, form the orange Form the orange, form, form the orange Peel the orange, peel-peel the orange Peel the orange, peel-peel the orange Makes you Squeeze the Orange, Squeeze-Squeeze the Orange Makes you Squeeze the Orange, Squeeze-Squeeze the Orange	Form banana, form, form banana Form banana, form, form banana Peel banana, peel-peel banana Peel banana, peel-peel banana Makes you GO Bananas, GO-GO Bananas Makes you GO Bananas, GO-GO Bananas

*Adapted from a 4H Songbook



Lesson 3: Name that Fruit Game

Directions

As time allows, play game in teams of four or more. Give a team the clues for one food. If they can't answer correctly, the next team will get to try answering. Clue are not repeated to the subsequent teams which means the students really need to pay attention.

CANTALOUPE

1. It is round.
2. It is orange on the inside.
3. It is brown on the outside.
4. You don't eat the skin.
5. You scoop out the seeds in the middle.

BLUEBERRIES

1. It is small and round.
2. It is about the size of a pea or a marble.
3. It grows on a bush.
4. It is a convenience food, no peeling or pits.
5. It is great in muffins or pancake.

PINEAPPLE

1. It is very prickly on the outside.
2. It is yellow on the inside.
3. It is a tropical fruit.
4. It is part of a Hawaiian pizza.
5. It makes a good upside down cake.

LEMON

1. It has a yellow skin.
2. It is very sour.
3. It makes a lot of juice.
4. It is good in iced tea.
5. It is famous for a meringue pie.

PLUMS

1. It is small and round.
2. It is purple in color.
3. When dried it is a prune.
4. Its pudding is a traditional Christmas dessert
5. Little Jack Horner pulled his thumb out of one

BLACKBERRIES

1. Its seeds are on the outside
2. Its branches have thorns
3. It is black in color.

4. It grows wild in Washington.

BANANA

1. It's yellow when ripe.
2. It's long and narrow.
3. It's good in breads and on cereal.
4. Don't eat the peel.
5. Monkeys like them.

CHERRIES

1. It is small and round.
2. It is red when ripe.
3. It grows on trees.
4. It has a pit in it.
5. It's tree has beautiful white and pink blossoms.

GRAPES

1. It is red or green.
2. It comes in bunches.
3. It can be seedless.
4. It grows on vines.
5. It makes raisins when dried.

STRAWBERRIES

1. It is red when ripe.
2. You don't eat the tops.
3. It's seeds are on the outside.
4. It is sweet but people still put sugar on it.
5. It is great with shortcake and whipped cream

ORANGES

1. It is round.
2. It grows where it is warm and sunny.
3. You peel it.
4. It has a navel.
5. It's color is its name.

Lesson 3: Name that Fruit Game (cont'd)

APPLE

1. It can be red, green, or yellow.
2. It is smooth on the outside.
3. It grows on a tree.
4. It's crunchy and juicy.
5. Teachers love it.

PEAR

1. IT is green and as it ripens turns to yellow.
2. It is white on the inside.
3. It grows on trees.
4. It's center is a core which encloses the seeds.
5. It is round on the bottom and narrow towards the stem.

PEACH

1. It is round.
2. Its skin is soft and fuzzy.
3. It has a pit in the middle that has a ribbed structure.
4. It grows on a tree.
5. It's inside color is its name.

KIWI

1. It is oval shaped.
2. It is green inside.
3. It has small black seeds inside you eat.
4. It has brown skin.
5. It is known as the "fuzzy one."

WATERMELON

1. It is big and round or oval.
2. It is red in the middle.
3. It has big black seeds in the middle you spit out.
4. Some skins have dark green stripes.
5. It is great at picnics.

GRAPEFRUIT

1. It has yellow skin.
2. It has to be peeled.
3. Its insides have sections like wheel spokes.
4. It is slightly sour so people like to add sugar.
5. It is the size of a softball.