



## Lesson 3: Fruits - What's Your Beverage Choice?

### PREPARATION OUTLINE

#### Objectives

1. Identify specific nutrients in the Fruits Group that our bodies need to be healthy.
2. Identify the number of servings of fruits needed for good health.
3. Understand that not all fruit drinks contain fruit. Recognize the benefits of drinking fruit juice made from real fruit.

#### Equipment

- Plastic gloves
- Anti-Bacterial wipes
- Napkins
- Apple slicer or spatula for stirring
- Paper boats, or 5 ounce cups
- serving trays
- Dish soap
- Dish sponges

#### Food Supplies (1 class of 25 students)

Select 1 option below:

##### **Option 1: Apple Wedges**

- 3 Green apples
- 3 Red apples

##### **Option 2: Juice Sparkler**

- 1-6 oz. can frozen 100% fruit juice concentrate
- 2 Liter bottle of sparkling water

#### Handouts and Teaching Supplies

- MyPlate poster
- Catch a Rainbow Poster (eNasco or Learning Zone Express)
- Educators Classroom Folder
- Drink comparison overhead
- Document camera
- "Why British Sailors Are Called Limeys"
- Parent newsletter, English and Spanish
- Fruit food models (paper or plastic)
- Drink examples (2 or 3 popular commercial drink cartons, 100% fruit juice, 10% fruit juice, milk, water bottle)
- *Go Bananas!* Physical activity break
- Optional Activities:
  - Recipe for a SSB: 44 ounce cup with 1 cup sugar OR
  - Name that Fruit Game

#### Educators Notes: Why British Sailors Are Called "Limeys"

Background to British as "Limeys. Imagine you are on a sailing ship in 1750. You left England only a couple of months ago and you felt fine. The waves are rocking the ship and you still have work to do. The decks need swabbing, the sails need hoisting. Now you are so tired you can barely walk. Your gums (educator point to this) are swollen and so sore that it hurts when you are eating. Your teeth are falling out. When you look at your legs you notice they are swollen and covered with bruises.

Lucky for you, an English doctor wanted to learn more about what was happening to you. Dr. Lind thought that something was missing from the diet of all the sailors who were sick like you. He noticed that sailors who ate citrus fruit (oranges, lemons, limes) didn't get sick like you. So he gave you some lime juice and within a week, you were feeling well enough to go back to work. The disease you and your fellow sailors were suffering from is Scurvy. Scurvy is a disease caused by a vitamin C deficiency.

When the sailors began their voyage they had fresh fruits and veggies on their ship. Fruits and veggies are hard to keep fresh, so the sailors had to eat them right away. If the sailors were at sea for many months they would not have fruits and veggies for most of this time. Because Scurvy was a huge problem for British sailors, the Royal Navy made sure that all sailors had limes or lime juice each day while away at sea. And that is how British sailors became known as Limeys!