



FRUITS

OBJECTIVES:

- Learn about the different types of fruits and how they grow
- How to incorporate into more fruits in your diet

LET'S GET STARTED! (10 MINUTES):

- Identify different fruits and explain how they grow
- Discuss how to add more fruits to your diet
- Discuss the difference between fresh fruit and fruit flavored things or fruit juice

STORY (15 MINUTES):

- Story about Boss learning the importance of eating fruits

WRAPPING UP (5 MINUTES):

- Remind students about the importance of incorporating fruits into their diet

LET'S GET STARTED!

- This week we are going to talk about fruits! Ask students if they can give examples of foods that are fruits. Discuss why fruits are an important part of the diet. Explain how different fruits grow during different times of the year. Talk about how fruits grow (trees, bushes, vines, etc).

DIALOGUE BOX

- Today we are talking about fruit! Remember that fruit is a part of the MyPlate food groups that you should eat every day. Can anyone name some foods that are fruits?
 - Apples, bananas, oranges, berries, watermelon
- Fruits are Go foods! Does anyone remember what that means? They come in many different varieties and have lots of vitamins and minerals that are good for your body!
- Different fruits grow in different ways. Some grow on trees, like apples, oranges, coconuts, and pears. Some grow on bushes, like raspberries, strawberries, and blueberries. Some even grow on vines, like grapes, kiwi, and passion fruit.
- Not all fruits grow at the same time during the year. Some fruits grow best in the winter, like oranges, lemons, grapefruit, and other citrus fruits.
- Some fruits grow in the fall, like apples, cranberries, and pomegranates.
- Most fruits grow best in the spring and summer, like watermelon, raspberries, strawberries, and kiwi.
- Explain that fruit is an important part of the everyday diet. If the "Introduction to MyPlate" lesson has already been taught, remind students about the fruit section of the plate. If it has not been taught, briefly discuss that fruit is a food group that should be included in what they eat every day. Talk about ways to add fruit to your diet.

DIALOGUE BOX

- Fruits are a very important part of what you eat every day. There is a whole section on MyPlate that suggests you should try to eat it with every meal!
- Fruits offer vitamins and minerals that other food groups don't, so it's important to eat them every day.
- You should try to get 2-4 servings of fruit daily. If you look at MyPlate, you will see that half of the plate is taken up with fruits and vegetables. They help you grow and give you special nutrients to keep you healthy. Always try to have half of your plate fruits and veggies!
- You can try to add more fruits to your diet by incorporating them into more of your meals. Try adding fruit to your cereal, oatmeal, or yogurt in the morning. You can even put fruit on waffles, pancakes, and toast! Fruit smoothies are a great way to get a lot of fruit in your daily meals! Having fruit for a snack or adding it to your lunch will help you get your daily recommended amount of fruit!

- Discuss the difference between fresh fruit and fruit flavored foods/ fruit drinks.

DIALOGUE BOX

- While fruits are Go foods, many other things that claim to include fruit are not as healthy. Think about fruit juice or fruits canned in sweet syrup. These are both Slow, or even Whoa foods because they have been processed and have a lot of added sugars.
- Lots of fruit flavored foods, like fruit gummies, aren't even made with real fruit!
- It's always better to eat fresh fruit over anything that has been made from fruit. Even 100% juice is not as good for you as eating the fruit itself (an orange vs. orange juice, grapes vs. grape juice).

STORY

- Read the story about Boss and his friends fueling up their bodies with fruits before their big soccer game

WRAPPING UP

- After the lesson, ask students if there are any questions about fruits. Remind them that they need to eat fruit every day and should try to make half of the plate fruits and vegetables!

Fueling with Fruits Before the Game

Boss and his friends all love sports. They have been on the same sports teams for as long as Boss could remember, but their favorite sport to play together was soccer! Before each of their games, a teammate and their parents were in charge of bringing a snack for the players to eat to fuel their bodies before the big game. One of Boss' friends, Timmy, was in charge this week. His family brought all sorts of snacks for the team. There were sports drinks, nuts, granola bars, bananas, pretzels, apples, grapes, and even some cheese crackers. Before the game, the team all gathered around the picnic tables at the soccer field a couple hours before their game to talk to one another and eat a snack to fuel their bodies and keep them energized. Boss went straight for the cheese crackers and granola bars, while a lot of his friends started out with the apples, bananas, and grapes! As Boss was eating his crackers, his friend said, "Boss you should try some of these yellow apple slices! I have had green and red apples before, but never yellow! The bananas are also so good!" and Boss replied, "it is okay! I'm eating some of these cheese crackers right now!" Boss friend walked over to him and said, "But Boss, all of these healthy fruits are what will help fuel your body the most! Not only will they fuel your body, but they will keep you energized, give you vitamins and minerals, and help your body function the best way it possibly can! Fruits are so important to eat everyday, but they will also help you a lot during our game today!" Boss thought about what Sally said and replied, "Well I guess you are right. But these cheese crackers and granola bars are good too! I can't have them both can I?" Sally said, "Well you can eat some of the cheese crackers or a granola bar, and also have some fruit with it! You can never have too much fruit! Fruit can be eaten as much as you want because of how healthy it is for you!" Boss walked over to his friend and said, "Okay I guess I will try some of the apple slices then! What was so special about them again?" Boss friend replied, "Well they are yellow apples! That's why they are special because we are used to eating the red or green apples! And here, try some grapes with it!" Boss and his friends ate all the fruit and snacks they could to keep them fueled for their game, and after the game was over and their team won, Boss said, "I can't believe how much energy I had during the game and how good I felt! I ran so much faster and I didn't get as tired as quickly like I usually do! It had to be the fruit I ate that made the big difference!" Sally replied, "Yes Boss, it much have been the fruits you ate! If you eat fruits everyday, then you will feel that great everyday too! Fruits and vegetables are the most important types of foods to put into your body, and when you do, your body and mind thanks you for it by functioning properly!" From then on out, Boss chose to always eat some fruits before his games, and even began bringing more fruits for his snacks and lunches at school!

