The Fresh Fruit and Vegetable Program

Nutrition Curriculum

Kindergarten

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed Family Nutrition Program at 1-877-Food-URI (1-877-366-3874). In accordance with Federal law and U.S. Department of Agriculture’s policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.
Introduction

The University of Rhode Island Supplemental Nutrition Assistance Program education component (SNAP-Ed) would like to thank you for your interest in our fruit and vegetable mini-lessons. This curriculum provides nutrition education that complements your school’s Fresh Fruit and Vegetable Program. The goals of the Fresh Fruit and Vegetable Program are to:

- Increase children’s fruit and vegetable consumption.
- Expand the variety of fruits and vegetables that children are exposed to.
- Make a difference in children’s diets to impact their present and future health.
- Create healthier school environments by providing more nutritious food choices.

This program is an important catalyst for change in efforts to combat childhood obesity and to prevent the chronic diseases associated with obesity. If you have any questions about this curriculum, please contact Heidi Hetzler at (401) 277-5043 or heidihetzler@uri.edu or Paula Paolino at (401) 277-5391 or paula_paolino@mail.uri.edu.

These brief lessons have been developed to be taught during the time at which the fruit and vegetables are distributed. We have included extra activities at the bottom of some lesson pages which are meant to be flexible so they may be incorporated into your existing classroom curricula. Also, a parent newsletter is included in this program which should be sent home after each week’s activity. Thank you for supporting the program and for helping your students develop lifelong healthy eating habits.

How to use this curriculum

We would like you to choose one day each week when the children receive a fruit or vegetable snack to present the brief lesson provided. On the other day(s) that fruit and vegetables are distributed, we would ask for you to refer to the color message sheet attached. For example, if your fruit and vegetables are served on Tuesday and Thursday, please choose one of these days for the lesson and the other will be for the color sheet.

We have provided 5 different color sheets with an important nutrition message for the students to learn. For example, on the day that you use the color sheet, if the fruit or vegetable is red, please refer to the red sheet and read off the saying provided, then have the students repeat the phrase. In addition, if it is a fruit that day, please read the fruit message, and if it is a vegetable please read the vegetable message. Eventually, your students will be able to come up with each day’s message on their own.
Fresh Fruit & Vegetable Program Lesson Plans

Kindergarten

Lesson 1: The Fruit Flies’ Picnic
Lesson 2: Learning About Fruits & Vegetables
Lesson 3: Red
Lesson 4: Yellow/Orange
Lesson 5: Green
Lesson 6: Blue/Purple
Lesson 7: White
Lesson 8: Add Color to Your Plate!
Lesson 1: The Fruit Flies’ Picnic

**Nutrition Objectives:**
1. Students will learn why it is important to eat a variety of fruits.

**Supplies/Materials:**
- The Fruit Flies’ Picnic book by Kathleen Stefancin, M.S., R.D.
- 2 sheets of chart paper (for fruit and vegetable lists)

Begin two lists on chart paper; one for fruits and one for vegetables. When the children receive their fruit or vegetable snack, state what it is and write the name of that fruit or vegetable on the corresponding list. Continue to do this throughout the school year when a new fruit or vegetable is served. Display these lists in a prominent place in the classroom.

**Lesson:**
- Today we are going to read a story about five fruit flies who are having a picnic.
- The fruit flies decide to bring their favorite fruits to their picnic to share.
- Take a picture walk through the book.

**Ask**
- What is a fruit fly?

**Ask**
- What is your favorite fruit?
  - The fruits that the fruit flies bring to their picnic are all different colors.

**Ask**
- What color is your favorite fruit?
  - Listen closely and look for the **different colors** the fruits are as I read this story.
  - Read The Fruit Flies’ Picnic aloud to the class.
  - After reading, refer back to the book to discuss the following:

**Ask**
- What colors were the fruits that the fruit flies brought to their picnic? *(red, yellow, orange, green, white, purple and blue)*
  - Let’s look at the pictures again to help us answer these questions:

**Ask**
- Can you name some fruits that are red, yellow, orange, green, etc.?

**Ask**
- What did the fruit flies learn about eating different colored fruits? *(The different colors help different parts of the body stay healthy.)*

**Ask**
- Why is it important for you to eat different colored fruits and vegetables? *(because they will help keep me healthy)*

**Activity:** Have the students pretend they are fruit flies. What fruit do they want to bring to the picnic? What color is their fruit?
Lesson 2: Learning About Fruits & Vegetables

**Nutrition Objectives:**
1. Students will learn that fruits and vegetables are healthy foods.
2. Students will be able to identify one of their favorite fruits or vegetables.

**Supplies/Materials:**
- Fruit and Veggie Taster Club poster
- Catch a Rainbow Every Day! (reference sheet for teachers)
- Fruit and Vegetable lists *(Remember to add this week’s fruit and vegetable to the list.)*

**Lesson:**
- Today we are going to learn about fruits and vegetables.
- Fruits and vegetables help keep you healthy.

Ask ➔ Think about the story The Fruit Flies’ Picnic and how the different colored fruits help your body stay healthy. Who remembers how fruit helps your body? (refer to Lesson 1)
  - Vegetables are important for your health, too.
  - Vegetables keep you growing strong.
  - Like fruit, you should eat a lot of different colored vegetables every day.
  - Let’s name some vegetables. (Refer to Catch a Rainbow Every Day.)

Ask ➔ What color is it?

*Note: White vegetables are white on the inside like a potato, or white inside and out like mush*

- Let’s sing a song about vegetables now.
  
  *The Vegetable Song* (sing to tune of “Twinkle Twinkle Little Star”)

  Carrots, peas, and broccoli,
  Vegetables are good for me.
  For my snack and in my lunch,
  Veggie sticks are great to munch.
  Carrots, peas, and broccoli,
  Vegetables are good for me.

- **Remember:** Fruit helps keep you healthy, and vegetables keep you growing strong, so you want to eat them every day. Don’t forget to eat all the colors every day!

**Activity:** Tell the students that they are part of the Fruit and Veggie Taster’s Club, and that their job is to try as many fruit or vegetable snacks as they can. Fill in each student’s name on the poster provided. Write in today’s snack under “Week 1”, and check off or put a sticker next to the name of each student who tries the fruit or vegetable of the day.
Lesson 3: Red

**Nutrition Objectives:**

1. Students will be able to name a red fruit or vegetable.
2. Students will learn why eating red fruits and vegetables is important.

**Supplies/Materials:**
- Fruit and Veggie Taster’s Club poster
- Catch a Rainbow Every Day! (reference sheet for teacher)
- Fruit and Vegetable Lists *(Remember to add this week’s fruit and vegetable to the list.)*

**Lesson:**

*Ask ➔ Has anyone tried a new fruit or vegetable this week?*
*Ask ➔ What fruit or vegetable did you try?*
*Ask ➔ Did you like it?*

- Today we are learning about fruits and vegetables that are **red**.
- A cherry is **red** and it is a **fruit**. A pepper is a **vegetable** that can be **red**.

*Ask ➔ Can anyone name another red fruit or vegetable? If you’re having trouble thinking of one, look at the red color on the rainbow. Show them the reference sheet. (apple, beet, red onion, strawberry, watermelon, pepper, tomato, radishes)*
- Now that we know some red fruits and vegetables, it is time to learn **why** they are good to eat.

*Ask ➔ Can everyone feel their heart beating in their chest? (Have students put their hand over their heart.) Red fruits and vegetables help keep your heart strong.*

- Red is the color of your heart, so it is easy to know that red fruits and vegetables help your heart.
- Red fruits and vegetables are good for your _______?
- We’ll be learning a poem over the next few weeks. It will help you learn and remember why colorful fruits and vegetables are important for your body. We’ll be adding to the poem every week when we talk about another color. Let’s recite the poem together:

  *Red fruits and vegetables are good to eat,*
  *They help you grow and help your heart beat!*

*Ask ➔ Red fruits and vegetables are good to _______? They help you grow and help your heart ______?*
Lesson 4: Yellow/Orange

**Nutrition Objectives:**
1. Students will be able to name a yellow or orange fruit or vegetable.
2. Students will learn why eating yellow or orange fruits and vegetables is important.

**Supplies/Materials:**
- Fruit and Veggie Taster’s Club poster
- Catch a Rainbow Every Day! (reference sheet for teachers)
- Fruit and Vegetable lists (Remember to add this week’s fruit and vegetable to the list.)

**Lesson:**
Ask ➔ Has anyone eaten a red fruit or vegetable this week?

Ask ➔ What fruit or vegetable did you eat?
- Today we are learning about fruit and vegetables that are **yellow and orange**.
- A pineapple is **yellow** and it is a **fruit**.

Ask ➔ Can anyone name another yellow fruit or vegetable? If you’re having trouble thinking of one, remember to look at the yellow and orange colors on the rainbow. (*corn, lemon, summer squash, peppers*)
- [NOTE: Even though a banana has a yellow peel, it is **not** considered a yellow fruit. It is a **white** fruit, because we only eat the white inside part.]
- A sweet potato is **orange** and it is a **vegetable**.

Ask ➔ Can anyone name another orange fruit or vegetable? (*peach, mango, carrot, orange, pepper*)
- Now that we know some yellow and orange fruit and vegetables, it is time to learn why they are good to eat.

- Yellow and orange fruit and vegetables keep your eyes healthy and your skin glowing.
- Yellow and orange is good for your _______. (point to eyes)
- Yellow and orange is also good for your _______ .(rub your skin)

Let’s recite the Fruit and Vegetable poem from the beginning:

*Red fruits and vegetables are good to eat,*
*They help you grow and help your heart beat!* (Put your hand over your heart.)

*Fruits and vegetables orange and yellow,*
*Keep your eyes healthy and your skin all a-glow!(Point to your eyes and touch your skin.)

Ask ➔ Fruits and vegetables orange and ________? Keep your eyes healthy and your skin all a-
a-__________?
Lesson 5: Green

Nutrition Objectives:
1. Students will be able to name a green fruit or vegetable.
2. Students will learn why eating green fruits and vegetables is important.

Supplies/Materials:
- Fruit and Veggie Taster’s Club poster
- Catch a Rainbow Every Day! (reference sheet for teachers)
- Fruit and Vegetable lists (Remember to add this week’s fruit and vegetable to the list.)

Lesson:
Ask ➔ Has anyone eaten a yellow or orange fruit or vegetable this week?
Ask ➔ What did you eat?

Ask ➔ Has anyone tried a new fruit or vegetable this week?
Ask ➔ What did you try?
- Today we are learning about fruits and vegetables that are green.
- Lettuce is green and it is a vegetable. Kiwi is green and it is a fruit.
- [NOTE: Even though the furry outside of a kiwi is brown, the inside part we eat is green, so it is considered a green fruit.]

Ask ➔ Can anyone name another fruit or vegetable that is green? (peas, grapes, green beans, broccoli, spinach)
- Now that we have named some green fruit and vegetables, it is time to learn why they are good for us.
- Green fruit and vegetables make your tummy feel better. They help move the food you eat through your body so you go to the bathroom.
- Green helps your________ feel better. (Have the children rub their stomachs.)
- Let’s continue to learn our Fruit and Vegetable Poem:

Red fruits and vegetables are good to eat,
They help you grow and help your heart beat! (Put your hand over your heart.)

Fruits and vegetables orange and yellow,
Keep your eyes healthy and your skin all a-glow! (Point to your eyes and rub your skin.)

Tasty fruits and vegetables, green and yummy,
They’re delicious to eat and good for my tummy. (Rub your stomach.)
Ask ➔ Green fruits and vegetables are good for your________?
**Lesson 6: Blue/Purple**

**Nutrition Objectives:**
1. Students will be able to name a blue or purple fruit or vegetable.
2. Students will learn why eating blue or purple fruits and vegetables is important.

**Supplies/Materials:**
- Fruit and Veggie Taster’s Club poster
- Catch a Rainbow Every Day! (reference sheet for teachers)
- Fruit and Vegetable lists (Remember to add this week’s fruit and vegetable to the list.)

**Lesson:**

**Ask** ➔ Have you eaten a green fruit or vegetable this week?

**Ask** ➔ What did you eat?
- Today we are learning about fruits and vegetables that are blue and purple.
- Blueberries are **blue** and they are a **fruit**. Cabbage is a **vegetable** that can be **purple**.

**Ask** ➔ Can anyone name another blue or purple fruit or vegetable? (grapes, plum, raisins, eggplant, purple carrot)
- Now that we have named some blue and purple fruit and vegetables, it is time to learn why they are good for us.

**Ask** ➔ Where is your brain? (Have students touch their heads.) Purple and blue fruits and vegetables help us think and learn. This means they can help you do well in school!
- Blue and purple fruits and vegetables help you do well in ______ because they are good for your __________. (Point to your head.)

Let’s recite our poem about fruits and vegetables:

*Red fruits and vegetables are good to eat,*  
*They help you grow and help your heart beat!* (Put your hand over your heart.)

*Fruits and vegetables orange and yellow,*  
*Keep your eyes healthy and your skin all a-glow!* (Point to your eyes and rub your skin.)

*Tasty fruits and vegetables, green and yummy,*  
*They’re delicious to eat and good for your tummy.* (Rub your stomach.)

*Purple and blue foods are super cool,*  
*They help you think and do well in school!* (Touch your head.)

**Ask** ➔ Blue and purple fruits and vegetables are good for your__________ so they help you do well in ________!
Lesson 7: White

**Nutrition Objectives:**
1. Students will be able to name a white fruit or vegetable.
2. Students will learn why eating white fruits and vegetables is important.

**Supplies/Materials:**
- Fruit and Veggie Taster’s Club poster
- Catch a Rainbow Every Day! (reference sheet for teachers)
- Fruit and Vegetable lists *(Remember to add this week’s fruit and vegetable to the list.)*

**Lesson:**

**Ask**
- Have you tried a new fruit or vegetable this week?
- What did you try?
- Do you plan to eat it again?
- Have you asked the person who cooks or does the grocery shopping in your house to buy or cook more fruits and vegetables? If you haven’t, please do that soon.
  - Today we are learning about fruits and vegetables that are white.
  - When we name white fruit and vegetables, we mean that they are white on the *inside*, like a banana.
  - What color is a banana on the outside? (yellow)
  - Even though a banana is yellow on the outside, we call it a *white fruit* because the inside is white.
  - Some *vegetables* that are white are white potatoes, onions, and cauliflower. Cauliflower looks like broccoli but it is white.
  - Now that we have named some white fruit and vegetables, it is time to learn *why* they are good for us.
  - What part of our body do we think of when we say the word “strong”? (Have students show their muscles.)
  - White fruit and vegetables help keep your body safe from germs and ________?

Let’s finish our poem about fruits and vegetables:

*Red fruits and vegetables are good to eat,*

*They help you grow and help your heart beat!* (Put your hand over your heart.)

*Fruits and vegetables orange and yellow,*

*Keep your eyes healthy and your skin all a-glow!* (Point to your eyes and rub your skin.)

*Tasty fruits and vegetables, green and yummy,*

*They’re delicious to eat and good for your tummy.* (Rub your stomach.)

*Purple and blue foods are super cool,*

*They help you think and do well in school!* (Touch your head.)

*White fruits and vegetables— you can’t go wrong,*

*They keep your body safe and strong!* (Show your muscles.)
Lesson 8: Add Color to Your Plate!

Nutrition Objectives:
1. Students will learn why it is important to choose a variety of different colored fruits and vegetables.

Supplies/Materials:
- Fruit and Veggie Taster’s Club poster
- Catch a Rainbow Every Day! (reference sheet for teachers)
- Fruit and Vegetable lists (Remember to add this week’s fruit and vegetable to the list.)
- Colorful fruits and vegetables template
- 12” X 18” construction paper
- Fruits and vegetables coloring sheet

Lesson:
Ask→ Have you tried a new fruit or vegetable this week?
Ask→ What did you try?
- Today we are talking a little bit more about all the different colored fruits and vegetables and how they keep us healthy.
- Your body needs many different colored fruits and vegetables to help you grow and to keep you healthy.
- Fruits and vegetables can be red, orange, yellow, green, blue, purple, and white.

Ask→ Which color keeps your heart strong? (RED! Eating red fruit and vegetables like apples is good for your heart.)
Ask→ Which color is good for your eyes? (ORANGE and YELLOW! Eating orange and yellow foods like carrots keeps your eyes healthy.)
Ask→ Which color makes your tummy feel better? (GREEN! Eating green fruit and vegetables like broccoli helps you go to the bathroom and helps your tummy feel better.)
Ask→ Which color helps you do well in school? (BLUE and PURPLE! Eating blue and purple foods like blueberries is good for your brain.)
Ask→ Which color keeps your body strong and safe against germs? (WHITE! Eating white fruit and vegetables like potatoes keeps your body strong and safe against germs.)

- You need all of these different colored fruits and vegetables to help you grow and to keep your body healthy and strong. Try to eat as many colors as you can every day!
- Let’s recite our Fruit and Vegetable Poem again. (Refer to Lesson 7.)

Ending Activity: Sorting Colorful Fruits and Vegetables
Use the template to create a similar chart on 12”X 18” construction paper. Instruct students to color the fruits and vegetables on the coloring sheet the colors they are in real life. Next, have them cut out the pictures. Finally, sort them and glue them on the correct side of the chart: colorful fruits or colorful vegetables.