

# MyPlate-Focus on fruit

3rd - 5th grade

## DFA/Learning Target

Students will be able to (SWBAT) name two benefits of eating fruit.

## Cross Curricular Connection

ELA, Science, Mathematics

## Books/ Materials

- **Lending Library** – *Handa's Surprise* by Eileen Browne; *First Strawberries* by Joseph Bruchac; *Carlos and the Squash Plant* by Jan Romero Stevens
- **Exit Ticket Materials**- No materials-utilize slides
- **Extension Materials**- No materials-utilize slides

## Essential Vocabulary

**Natural Sugars**- sugars that naturally occur in fruits

**Example**-“Pineapples are delicious and sweet with only natural sugars!”

## Moderate to Vigorous Physical Activity (PA)

- **Finding Your Heartbeat: Chest-** Feel your heart beating in your chest. **Wrist-** Use two fingers to feel the pulse on the underside of your wrist. **Neck-** Place two fingers under your jaw, near your ear, and move down your neck until you feel your pulse.
- **Location Options:** Classroom, outside (if weather permits), hallways (if allowed)
- **Method:** Cardio exercises
- **Mindfulness Prompt:**
  - How does your heart feel before our physical activity?
  - How does your heart feel after our physical activity?
- **Movements- Repeat until time is up.**
  - Standing: Jumping Jacks (30 seconds). Seated: "Jack Arms" (30 seconds)
  - Standing: Marches (30 seconds). Seated: Marching Arms (30 seconds)
  - Standing: Squat Hops (30 seconds). Stand with feet hip-width apart. Squat as if sitting in a chair, then quickly hop, turning to one side to stand. Squat again and then quickly hop to turn back the other way and stand. Seated: Running Arms (30 seconds)- Move arms back and forth quickly.
  - Standing: Side Lunge (30 seconds) Stand with feet together. Step wide to the right, bending the knee into a squat-like position. Allow the left knee to straighten out. Bring feet back together to stand and switch sides. Seated: Quick Cross Punches (30 seconds) Sit up straight. Punch across your body quickly, moving right arm to the left, and left arm to the right.
  - Standing: Mountain Climbers (30 seconds) Stand with feet hip-width apart. Move arms and legs in a climbing motion. Seated: Mountain Climbing Arms (30 seconds) Sit up tall. Reach arms up alternately, as if climbing.
- **Prompt:** What differences do you notice in your heart rate?
- **Optional:** Repeat the entire sequence a second time if desired!

# Lesson Process

## MyPlate Connection

Today, emphasize the importance of incorporating fruits into our diets, aligning with the guidelines of MyPlate. Foods like prickly pears, dragon fruit, and guava offer natural sweetness without added sugars, making them delightful and nutritious choices. By introducing fruit as flavorful, no sugar added options, we not only cater to taste preferences of many students, but also learn to nourish our bodies with essential vitamins, minerals, and fiber. Following the guidance of MyPlate, encourage students to aim for a balanced diet by filling half of their plates with fruits and vegetables whenever possible.

## Key Points

Making half of our plate's fruits and veggies gives our taste buds the chance to explore and discover sweet, nutritious alternatives to foods with added sugars while giving our bodies the vitamins and minerals they need. Fruits such as strawberries, grapes and starfruit provide our bodies with a steady amount of fuel that leaves us feeling refreshed and nourished while also satisfying the natural desire to enjoy sweet foods.

Foods with added sugars such as ice cream and soda give our bodies a sudden rush of energy from the sugar, but this quickly wears off leaving bodies with low energy and little nutrition. When eating any foods, be sure to be mindful of how your body feels before, during and after eating them. Do you feel energized? Do you feel full?

As you explore different fruits you may find not every fruit or even every bite is loaded with sweetness. You may discover fruits that are tart, sour, softer or crunchier. Through trying different fruits, you will find some you prefer over others. Try and be mindful of flavors and textures you enjoyed and when able to, seek out fruits with similar characteristics.

Like proper handwashing, making half of your plate fruits and veggies provides your body with essential elements to maintain a healthy immune system. Vitamin C, which is found in oranges and other fruits, is just what your body needs to fight germs and bacteria.

**Question (Turn and talk)-** "Why is fruit a nutritious alternative to foods with added sugars?"

**Speaking Stem-** "Fruit is a nutritious, sweet treat because ..."

**Support students by referring to key facts in the texts as needed**

## Lesson Extension Activity

### Fruit Your Way, All Day!

With your class, explore different times and ways to enjoy fruits! Utilize prompts as necessary. Students may want to share their personal experiences with fruit or experiences they would like to have.

**Breakfast:** Start the day off right by adding sliced bananas or berries to cereal, oatmeal, or yogurt.

**Lunch:** Try a variety of fresh fruits like apple slices, grapes, or mandarin oranges during lunch.

**Snack Time:** Try apple wedges with sunflower-butter, carrot sticks with hummus, or a fruit smoothie made with yogurt.

**Outdoor Play:** Stay hydrated and energized with portable fruits like grapes, strawberries, or watermelon chunks during outdoor activities.

**Dessert:** Create fruit-based desserts like fruit salad, fruit kabobs, or homemade popsicles using pureed fruit and yogurt.

**Special Occasions:** By incorporating fruits into special occasions, you are not only satisfying cravings but are also promoting life-long eating habits and showcase the natural sweetness and versatility of fruits in a fun and creative way. Celebrate with fruit-infused treats like fruit pizzas, fruit skewers, or fruit parfaits.

For additional activities and information visit <https://colosph.cuanschutz.edu/school-wellness>



Rocky Mountain  
Prevention Research Center  
colorado school of public health



## Mindfulness Moment

Let's gauge your hunger level. On a scale of 1 to 10, aim to eat when you feel around a 3 or 4. While enjoying your meal, take breaks to check in with your body. Ask yourself questions like, "Am I still hungry?", "Do I need a drink?", "How is this food making me feel?". You can adjust your food choices and portions based on these check-ins whenever possible. This mindful approach helps you stay connected with your body's needs.

## Students Can

All students can participate in the food prep in some way. Students are able to open cans, wash produce, cut foods with appropriate knives, mix foods, and serve peers. Support students with hand over hand if needed.

## Preparation and Recipe

*As you prepare for your fruit experiment, note you will also be taking part in the Mountains Plains Crunch Off! This event encourages celebration of October as Farm to School Month and engagement with nutritious eating through a collective bite into crunchy, local produce. Enjoy!*

### Ingredients

-3 apples, 3 pears, 4 plums, chili-lime seasoning

### Materials

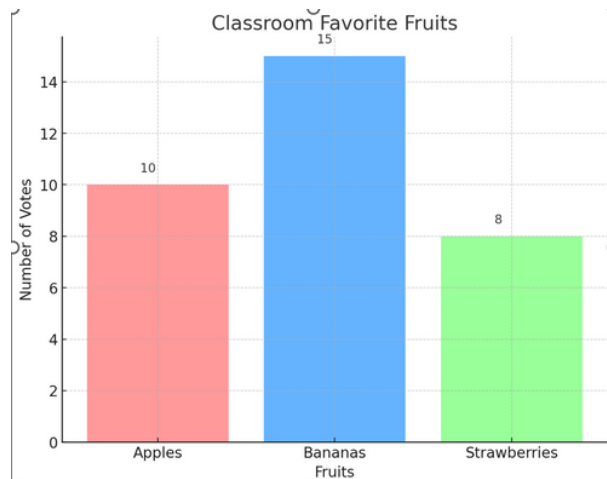
-cutting board(s), apple slicer, kid-safe knives

### Directions

1. Wash all fruits.
2. Cut fruits into smaller pieces so everyone gets a taste.
3. Allow each student who wants to participate to experience a tasting of each fruit.

## Lesson Activity (Exit ticket)

- 1.) As a whole class or in small groups, students create a bar-graph depicting which fruits they enjoyed the most!
- 2.) While completing the activity, support students in determining orally two benefits of eating fruit.



## Conversation

- What fruit would you like to eat in place of a sugary "sometimes" snack?

## Colorado Comprehensive Health Standard(s)

Third Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating.

Fourth Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.

Fifth Grade, Standard 2. Physical and Personal Wellness. 1. Demonstrate the ability to make good decisions about healthy eating behaviors. 3. Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.

# SCHOOL & COMMUNITY WELLNESS PROGRAM

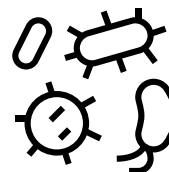
## Fall is for Apples! Family Letter



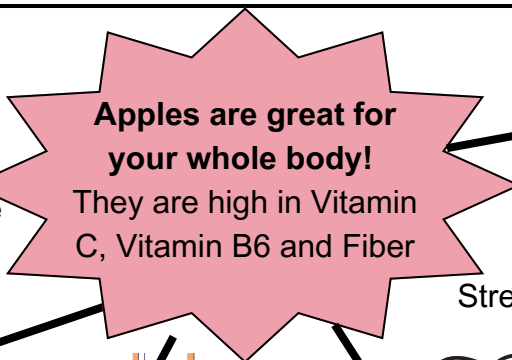
**Did you know there are over 7,500 varieties of apples?**



Helps fight disease

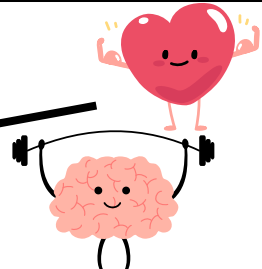


Boosts your immunity



**Apples are great for your whole body!**

They are high in Vitamin C, Vitamin B6 and Fiber



Strengthens your brain and heart



Good for your gut health



Clean your teeth

### Easy Applesauce!

Use your favorite kind of apple (red are sweeter).

1. Peel, core, and chop the apples. (about 4-6)
2. Put the apples in a pan with 1/2 cup water and cinnamon.
3. Boil for 15-20 minutes.
4. Mash apples with a masher or blend until smooth. Serve cold!



Fall is a great time to get outside together to go on a walk or hike to see the changing leaves. And it's also the perfect time to have a family picnic with local fruit!

Join us for the Crunch-Off as we celebrate Farm-to-School Month. Sign the pledge [here](#) and crunch into some fresh local produce this October.

For questions email [Luke.Shealy@cuanschutz.edu](mailto:Luke.Shealy@cuanschutz.edu)



## Resources

Eat Better Together is funded by SNAP-Ed, the nutrition education piece of the Supplemental Nutrition Assistance Program (SNAP), and helps Coloradans learn how to buy and prepare healthy foods on a budget.



Rocky Mountain  
Prevention Research Center  
colorado school of public health



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.