

Fabulous Fruit (1st Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- ☑ **prepare food** and **taste** a fruit pizza.
- ☑ **express ways** they can **eat more colorful fruits**.
- ☑ **explain** the **health benefits** of eating fruit.
- ☑ **identify** that clementines, blueberries and pineapple are fruit and they fit in the fruit group of MyPlate.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - can opener - 2 medium bowls <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - 8 plastic spoons for serving - plastic knives* 	<ul style="list-style-type: none"> - activity sheet copies* - recipe copies* - MyPlate poster - napkins* 	<ul style="list-style-type: none"> - book: "Handa's Surprise" by Eileen Browne - 7 Clementine oranges (seasonal) - fresh blueberries (small container) - 2 tubs low-fat whipped cream cheese (8 oz.) - 2 cans pineapple tidbits (20 oz.) - whole wheat English muffins (1/2 per student) - plastic coated paper plates* - 20 serving containers

*one per student

SET-UP

Copies:

- Make copies of recipe (each student) and activity sheets (each student).

Note: There is a graph activity sheet this can be used for each student or as a sample graph for the whole class.

Work area:

- Students will work in 4 groups.
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Open canned pineapple and drain. Wash blueberries. Peel oranges and break into sections.
- Divide each of the fruits into 4 serving containers and add spoons.
- Divide cream cheese into 4 serving containers and add spoons. **Note:** Use cream cheese sparingly, you may not need to use all of it. Students will only need enough for a thin layer.
- Divide English muffins in half by using a plastic knife to separate each muffin.
- Divide the halved English muffins into 4 serving containers.
- Have paper plates, napkins and plastic knives ready for each student.

Other prep:

- Using the chart paper make a class graph just like the sample graph at the end of the lesson. Draw in each fruit. Have crayons, markers, or stickers ready for students to use to fill in the class graph.
- Have book “Handa’s Surprise” ready to read to class.
- Display the MyPlate poster.

INTRODUCTION WITH STUDENTS



Let’s Wake Up Our Brains! Brain Boost Exercise!

Can you move with me? Repeat to get your heart rate up.

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

Now that our minds are ready to go, let’s get started on our nutrition lesson.

- Ask students to name some of their favorite fruits. List them on the board.
- Ask them to explain why it is important to eat fruit every day.
- Point out the MyPlate poster and have students find the fruit group.
- **Refer to the key behavior on the board, “focus on fruit”, and tell students, fruit is colorful and sweet, but best of all it’s good to eat!**
- Read the book “Handa’s Surprise”.
 - ✓ Compare the fruits in the book to the list on the board.
 - ✓ Ask students which fruits they have tried and which they have not.
 - ✓ Discuss all the different colors of fruits.

- Tell students that today they are going to make a pizza surprise! Ask students what kind of foods they like on their pizzas. Tell them that today's pizza will be a healthy fruit pizza. They will then make a class graph to show which fruits are their favorites.

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Go over the recipe and show students each ingredient. Point out that the English muffins are whole wheat and “whole wheat is great to eat!”
- Step 3: Demonstrate how to make a fruit pizza. Discuss the amount of ingredients each student should take in order to have enough for everyone.
- Step 4: Have students help pass out materials and ingredients to each group.
- Step 5: Remind students to use their best manners when making their own fruit pizza. Remind them to say “Please Pass” and “Thank You”.
- Step 6: **Let’s Eat, Let’s Talk.** While students are eating, ask them what they learned today by having them explain why fruit is good for them. Help them personalize ways they can eat fruit every day. Ask and discuss the questions in the box **Make Health Happen.**
- Step 7: When students are finished eating go over the activity sheet. Remind them that if they like all the fruits, they can choose the fruit pizza as their favorite.
- Step 8: Show students the class graph and have them come up and fill in their favorites.
- Step 9: Complete the activity sheet by figuring out the answers together as a class.
- Step 10: Pass out the “Fruit Pizza” recipe and encourage students to try this at home with their parents.

Make Health Happen

How many fruits have you eaten today?

How did you like the fruit pizza? If you liked it, what are the steps you can take to make it at home?

What can you do to make sure you eat fruits every day? Can you eat fruit in the lunchroom?

REINFORCING STANDARDS

Comprehensive Health

- **GR.1-S.2-GLE.1** Eating a variety of foods from the different food groups is vital to promote good health.

Physical Activity

- **GR.1-S.1-GLE.1** Demonstrate basic locomotor and non-locomotor skills, and rhythmic and cross-lateral movements.
- **GR.1-S.1-GLE.2** Establish a beginning movement vocabulary.
- **GR.1-S.3-GLE.2** Follow the rules of an activity.

Reading, Writing and Communicating

- **GR.1-S.1-GLE.1** Multiple strategies develop and expand oral vocabulary.
- **GR.1-S.1-GLE.2** Verbal and nonverbal language is used to express and receive information.
- **GR.1-S.1-GLE.3** Identifying and manipulating phonemes in spoken words allow people to understand the meaning of speech.
- **GR.1-S.2-GLE.2** Comprehending and fluently reading a variety of informational texts are the beginning traits of readers.
- **GR.1-S.2-GLE.3** Decoding words require the application of alphabetic principles, letter sounds, and letter combinations.

Mathematics

- **GR.1-S.3-GLE.1** Visual displays of information can be used to answer questions.

BACKGROUND INFORMATION

- Most children like fruit. Fruit is nutritious and delicious. It is a healthy addition to any meal as well as an excellent snack food or dessert due to its sweet taste and refreshing juiciness. Fruit supplies energy in the form of carbohydrates, plus vitamins, fiber, and some minerals. It is also low in calories due to the high water content and little or no fat content.
- The main contribution fruit makes to our diet is vitamins, especially vitamin C and beta-carotene. Certain fruits provide some minerals, for example: potassium in bananas, pears and oranges; iron in berries and dried fruits; and small amounts of calcium and magnesium. Fruit also contributes soluble and insoluble fiber.
- Since fruit is packed with nutrients, eating a variety of fruits helps ensure you are getting adequate amounts of vitamins, minerals and fiber. Research also shows a high intake of fruits and vegetables can help prevent diseases such as some cancers and heart disease.
- Each fruit is unique in what it has to offer nutritionally, thus it is important to eat a variety of fruit.
- Students build up their confidence when they are given the opportunity to prepare food. They also acquire a better understanding of ingredients that go into food.
- Preparing food helps students to make healthy choices and gives them an opportunity to change behavior.

Dear Family,

Today I made a fruit pizza! I learned that it is important to eat fruit every day. If we add the fruit pizza ingredients to our shopping list I could make it for you!



Parent Tip: Did you know that one of the best ways to get your children to eat healthy foods is to involve them in the kitchen? Try involving your children in all the steps for making this fruit pizza snack.

Scan this QR code to watch a video on how to make the healthy snack we made in class.

Fruit Pizza

Makes: 6 servings

Total Cost: \$4.02

Serving Cost: \$0.67

Ingredients



3 whole wheat English muffins cut in half



whipped low-fat cream cheese (8 oz.)



½ can pineapple tidbits (20 oz.)



2 clementine oranges



blueberries (1 pint)

Directions

1. Wash blueberries.
2. Peel clementine oranges and divide into sections.
3. Open and drain can of pineapple.
4. Slice English muffins in half for pizza crust.
5. Spread about 1 tablespoonful of whipped cream cheese onto half of an English muffin.
6. Add fruit toppings.
7. Eat and enjoy!
8. If you like this, try using other fruits of your choice and invent your own fruit pizza recipe!

Nutrition Facts	
Serving Size 1 Fruit Pizza (150g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 300mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 6g	
Vitamin A 4%	• Vitamin C 30%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Focus on fruit!!

Fruit is colorful and sweet, but best of all it's good to eat!

Querida familia,

¡Hoy preparé pizza de frutas! Aprendí que es importante comer fruta todos los días. ¡Si agregamos los ingredientes de la pizza de frutas a la lista del supermercado yo podría preparar una para usted!



Consejo para padres: ¿Sabía que una de las mejores maneras de conseguir que su niños coman saludable es involucrándolos en la cocina? Involucre a su hijo en los pasos para preparar esta pizza de frutas. Escanee este código QR para ver un video sobre cómo preparar el refrigerio saludable que preparamos en clase.






Pizza de Frutas

Rinde: 6 porciones

Costo Total: \$4.02

Costo por Porción: \$0.67

Ingredientes

-  3 panecillos Ingleses integrales
(English Muffins) cortados por la mitad
-  Queso crema batido bajo en grasas (8 oz.)
-  ½ lata de piña en trocitos (20 oz.)
-  2 mandarinas *clementina*
-  Arándanos (2 tazas)

Instrucciones





1. Lavar los arándanos
2. Pelar las mandarinas y dividir en secciones.
3. Abrir y escurrir la lata de piña.
4. Cortar los panecillos por la mitad para usar como base de la pizza.
5. Untar una cucharada de queso crema en cada mitad del panecillo.
6. Añadir fruta a gusto.
7. ¡A comer y disfrutar!
8. ¡También pueden probar con otras frutas para inventar su propia receta de Pizza de Fruta!

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Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 300mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 6g	
Vitamin A 4%	• Vitamin C 30%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	





¡Concéntrate en las frutas!

¡La fruta es dulce y colorida, pero lo mejor es que es buena para ti!

Graphing Our Favorite Fruits

19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				
	oranges 	pineapple 	blueberries 	fruit pizza 

Representación gráfica de nuestras frutas favoritas

19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				
	naranjas 	piña 	arándanos 	pizza de fruta 

Fruit Pizza

Name _____ Date: _____

Draw a line to match the fruit to its color.



oranges

colorful



pineapple

blue



blueberries

orange



fruit pizza

yellow

My favorite is _____.

Graph Questions

1. How many liked oranges the best? _____



2. How many liked pineapple the best? _____



3. How many liked blueberries the best? _____



4. How many liked fruit pizza the best? _____



5. What fruit got the most votes? _____

6. What fruit got the least votes? _____

Pizza de Frutas

Nombre: _____ Fecha: _____

Dibuja una línea que una la fruta con su color.



naranjas

colorida



piña

azul



arándanos

anaranjado



pizza de frutas

amarillo

Mi favorita/to es _____.

Preguntas para completar la grafica

1. ¿A cuantos niños/as les gusto más la naranja? _____



2. ¿A cuantos niños/as les gusto más la piña? _____



3. ¿A cuantos niños/as les gustaron más los arándanos? _____



4. ¿A cuantos niños/as les gusto más la pizza de frutas? _____



5. ¿Qué fruta tuvo más votos? _____

6. ¿Qué fruta tuvo menos votos? _____