

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
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - can opener - 2 medium bowls 	<ul style="list-style-type: none"> - activity sheet copies* - MyPlate poster - Map of world with Africa - 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 - family letter copies*
<u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - 8 plastic spoons for serving - plastic knives* 		

*one per student

Reinforcing Colorado Comprehensive Health Standards

First 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

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies of activity sheets (each student).

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:

- 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!**
- Tell students that they are going to listen to a story about a little girl who lives in Africa and the fruits that grow there and the animals that live there.
- Ask students if they know what/where Africa is. Africa is a continent.
- A continent is a big land mass of land. There are 7 continents on our planet. Show students a map of the world and point out the different continents.
 - North America
 - South America
 - Asia
 - Europe
 - Africa
 - Australia
 - Antarctica
- Do you know which continent we live on? We live in a country called the United States which is in the continent of North America. Mexico and Canada are two other countries that are part of the North America.
- Africa is second largest continent in the world (Asia is the largest). Today’s story is about a little girl who lives in an African village. Think about how her life might be different than yours and how is it the same.
- 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. Many different fruits grow in Africa.
 - ✓ Do you think the same fruits grow here in Colorado? Why or why not?
 - ✓ What animals were there in the book?
 - ✓ Ask students how their life is different Handa’s and how is it the same.
 - ✓ Why is the book called “Handa’s Surprise”? How is Handa surprised?
- 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.

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 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 and have students create their own fruit baskets.
- Step 8: 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?

BACKGROUND INFORMATION

- Fruit is a healthy addition to any meal, snack, and/or dessert because of its sweet taste and refreshing juiciness. Fruit supplies energy in the form of carbohydrates, and contains many vitamins, fiber (soluble and insoluble), and some minerals.
- Research shows that a diet rich in fruits and vegetables can help prevent diseases such as heart disease and even some cancers.
- Vitamins, especially vitamin C and beta-carotene, are fruit's main contribution to our diet. Certain fruits provide minerals, for example: potassium in bananas, pears, and oranges; iron in berries and dried fruits; and small amounts of calcium and magnesium.
- Each fruit is unique in what it has to offer nutritionally, thus it is important to eat a variety of fruit. A variety of fruit helps ensure you are getting adequate amounts of vitamins, minerals, and fiber.
- Students build up their confidence and acquire a better understanding of the ingredients that go into food when they are given the opportunity to prepare food.

HANDA'S SURPRISE



In my basket I have...

HANDA'S SURPRISE WORDMAT

Handa



Akeyo



banana



guava



orange



mango



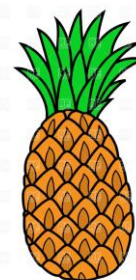
passion fruit



avocado



pineapple



tangerines



HANDA'S SURPRISE



En mi canasta tengo...

Palabras de la sorpresa de Handa

Handa



Akeyo



plátano



guayaba



naranja



mango



maracuyá



aguacate

piña



mandarinas



Family Letter

Dear Families,

Today your student explored different fruits while reading a story called "Handa's Surprise" written by Eileen Browne. Scan the QR code on the right for a read-aloud of the book to listen at home. They also prepared a fruit pizza on a whole wheat English muffin during class (recipe found below).



Fun Fact: Experts found children are more likely to try foods when they are involved in the preparation. A fruit pizza is a nutritious snack that is easy for children to help choose the ingredients and put it together.



Scan this QR code to watch how to make a similar snack to what we made in class.

Fruit Pizza

Makes About: 6 servings Total Recipe Cost: \$8.00 - \$10.00

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 (1/2 pint or 6 oz.)



**Feel free to adjust ingredients depending on allergies and/or what you have at home.*

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 tablespoon of whipped cream cheese onto half of an English muffin. Add fruit toppings.
6. Eat and enjoy.



Experts recommend children ages 6 to 17 participate in moderate to vigorous physical activity (MVPA) for at least 60 minutes a day. MVPA is any activity that gets your heart pumping. It can be on your feet or in your seat. If possible, try one of these exercises as a family.

- **Follow the leader.** Sit down and have your student follow you as you do upper-body movements like waving arms and shoulder shrugs.
- **Pretend to be animals.** Have your student stomp like an elephant, flap their wings like a bird, or run like a horse. Be creative and let your student pick which animal they would like to be.

Queridas familias:

Hoy su estudiante exploró diferentes frutas mientras leía una historia llamada "La sorpresa de Nandi" escrita por Eileen Browne. Escanear el código QR a la derecha para una lectura en voz alta del libro. También prepararon una pizza de frutas en un panecillo inglés de trigo integral durante la clase (receta que se encuentra a continuación).



Dato curioso: Los expertos descubrieron que es más probable que los niños prueben alimentos cuando participan en la preparación. Una pizza de frutas es un aperitivo nutritivo que es fácil para que los niños ayuden a escoger los ingredientes y prepararla.



Escanee este código QR para ver cómo hacer un aperitivo similar al que hicimos en clase.

Pizza de Fruta

Rinde de: 6 porciones Costo total de la receta: \$8.00 - \$10.00

Ingredientes

- 3 panecillos ingleses integrales, cortados por la mitad
 - Queso crema batido bajo en grasa (8 onzas)
 - ½ lata de piña en trocitos (20 onzas)
 - 2 naranjas clementinas
 - 6 onzas de arándanos
- *Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.*



Instrucciones

1. Lava en los arándanos.
2. Pelen las naranjas clementinas y divídanlas en secciones.
3. Abran y escurran la lata de piña.
4. Rebanen los panecillos ingleses a la mitad para crear la corteza de la pizza.
5. Embarren aproximadamente 1 cucharada de queso crema batido en una de las rebanadas de panecillos ingleses. Agreguen las frutas como ingredientes encima.
6. Coman y disfruten



Los expertos recomiendan que los niños de 6 a 17 años participen en actividades físicas de moderadas a vigorosas (MVPA) por lo menos 60 minutos al día. MVPA es cualquier actividad que hace que su corazón lata rápido. Puede hacer las actividades parado(a), o sentado(a). Si es posible, intenten hacer uno de estos ejercicios juntos en familia.

- **Siga al líder.** Siéntese y haga que su estudiante le siga mientras hace movimientos con la parte superior del cuerpo, como agitar los brazos y encogerse de hombros.
- **Pretendan ser animales.** Haga que su estudiante pisotee como un elefante, agite sus alas como un pájaro o corra como un caballo. Sea creativo y deje que su estudiante escoja qué animal le gustaría ser.