

Fruit Riddles (3rd Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare** and **taste** a fruit parfait.
- express ways** they can **eat fruit every day.**
- explain** the **health benefits** of eating fruit every day.
- identify** that yogurt fits in the dairy group of MyPlate and that oranges, pineapple and blueberries 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> - can opener - small bowls <u>In Paper Goods Bin</u> - spoons* + 10	- activity sheet copies* - recipe copies* - Fruit Riddles sheet copy (teacher only) - napkins*	- fresh blueberries - 2 cans of mandarin oranges (11 oz) - 2 cans of pineapple (tidbits) (20 oz) - 1 plain yogurt (low-fat) (32 oz) - 1 box low-sugar cereal (<5 grams sugar per serving) (10-12 oz)*** - 10 serving containers - portion cups*

*one per student

*** Nut Allergy Warning***

Nuts may be present in cereal. Do not expose any students with a nut or peanut allergy to the cereal.

SET-UP

Copies:

- Make copies of recipe (each student) and Fruit Riddle activity sheet (each student).

Work area:

- Students will work at desks individually. Have workspace ready for them.
- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Drain cans of pineapple and mandarin oranges.
- Wash blueberries.
- Divide each of the ingredients (mandarin oranges, blueberries, pineapple, yogurt, and cereal) into 2 serving containers to equal 10 serving containers. Add a spoon to each. **IMPORTANT:** There is only enough for a taste of each fruit. Make sure students only take small spoonfuls so there is enough for each student to taste each fruit.
- Plan to set up 2 fruit parfait stations for students to make their parfaits.
- Have portion cups, plastic spoons, and napkins ready at stations.

Other-prep:

- Have fruit riddles ready to read to students.

INTRODUCTION WITH STUDENTS



A 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 why it is important to eat fruit (vitamins, minerals, fiber, keeps your body healthy).
- Ask them to think about when and how they eat fruit.
 - ✓ Do you eat it at home?
 - ✓ Do you eat it at school?
 - ✓ Do you eat fruit every day?
 - ✓ Why would it be important for you to think about what foods you eat?
- **Refer to the Key Behavior on the board and tell students that today's health message is to "focus on fruit" which you can do by eating healthy fruit at home and in the lunchroom.**
- Read the Fruit Riddles out loud to students and have students think of the answers. Tell students that today in nutrition they will make a delicious and healthy, colorful fruit parfait and write their own fruit riddles.

PROCESS

- Step 1: Have students wash their hands with soap and warm water.
- Step 2: Ask students to think about how fruit tastes. We all know that fruit is sweet. It is sweet tasting because it has natural sugar in it.
- Step 3: Tell students there are a lot of foods with added sugars in them. That means that sugar is put in the food and is not there naturally like it is in whole fruit. Food with added sugar is something we all need to watch out for, as it is not good for our bodies to eat lots of sugar.
- Foods with added sugar are not every day foods.*
- Step 4: Ask student to think of foods that have added sugars in them.

Examples of food with added sugar:

- soda
- candy
- cookies
- vanilla yogurt
- cereal

- Step 5: Tell students that today they are going to make a Fruit Parfait with lots of whole fruit to make it sweet, plain yogurt to make it creamy and low-sugar cereal to make it crunchy. It is a healthy and delicious snack without much added sugar! **IMPORTANT**: Remind students to take small spoonfuls.

- Step 6: Go over the recipe for the Fruit Parfait with students.

Fruit Parfait

- 2 spoons of mandarin oranges
- 2 spoons of pineapple
- 1 spoon of blueberries
- 2 spoons of plain yogurt
- 2 spoons of low-sugar cereal

- Step 7: Tell students that while they wait to make their delicious Fruit Parfaits they will write their own fruit riddles.
- Step 8: Demonstrate how to write a riddle. Start with an incomplete riddle such as “I am round and red”. Tell students that many fruits are round, and red. Show them how to add details without giving up the answer. The details could describe taste, texture, how the fruit grows and looks, etc.
- Step 9: Pass out the Fruit Riddles activity sheet to students and have them get started on their riddles as you call up small groups to make their parfaits.
- Step 10: Have students read their riddles to their classmates to guess.

Step 11: **Let's Eat, Let's Talk.** Ask students to explain what they learned today. Help students feel empowered to make and eat a healthy fruit parfait at home. Ask and discuss the questions in **Make Health Happen.**

Step 12: *Pass out recipes and remind students to take their recipes home to share with their family.*

Make Health Happen

- How can you make sure to eat fruit every day?
- What did you think of today's healthy fruit parfait? Why is it good for your body?
- What are some steps you could take to make today's colorful fruit parfait at home?

REINFORCING STANDARDS

Comprehensive Health

- **GR.4-S.2-GLE.1** Demonstrate the ability to set a goal in order to enhance personal nutrition status.
- **GR.4-S.2-GLE.2** Examine the connection between food intake and physical health.
- **GR.4-S.2-GLE.3** Explain that the dimensions of wellness are interrelated and impact personal health.

Reading, Writing and Communicating

- **GR.4-S.1-GLE.1** A clear communication plan is necessary to effectively deliver and receive information.
- **GR.4-S.2-GLE.1** Comprehension and fluency matter when reading literary texts in a fluent way.
- **GR.4-S.2-GLE.2** Comprehension and fluency matter when reading informational and persuasive texts in a fluent way.
- **GR.4-S.2-GLE.3** Knowledge of complex orthography (spelling patterns), morphology (word meanings), and word relationships to decode (read) multisyllabic words contributes to better reading skills.

- **GR.4-S.3-GLE.1** The recursive writing process is used to create a variety of literary genres for an intended audience
- **GR.4- S.3-GLE.3** Correct sentence formation, grammar, punctuation, capitalization, and spelling are applied to make the meaning clear to the reader.

BACKGROUND INFORMATION

- Most children like fruit. Fruit is nutritious and delicious. It makes an excellent snack food or dessert due to its sweet taste and refreshing juiciness. Fruit supplies energy in the form of carbohydrate, plus vitamins, fiber, and some minerals. It is also low in calories due to the high water content and no or low 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 some diseases, such as cancer and heart disease.
- Fruit may be eaten and stored in a variety of ways. Whether fruit is fresh, frozen, canned, dried, or as juice, it still provides an important source of nutrients in our diet.

Dear Family,

Today I learned that fruit is healthy and a great way to get the vitamins and minerals my body needs. Fruit tastes sweet and is much better for my body than added sugar. This recipe is made with fruit, plain yogurt and low-sugar cereal to help me eat more healthy fruit and less added sugar. Let's add these foods to our shopping list.






Parent Tip: Watch out for hidden sugar in foods. Less than 10% of your total calories should come from added sugars. Added sugars can be found in many processed foods and drinks.

Fruit Parfait

Makes: 1 serving
Serving Cost: \$0.61



Ingredients

-  blueberries (1 spoonful)
-  pineapple (2 spoonfuls)
-  mandarin oranges (2 spoonfuls)
-  yogurt low fat plain (2 spoonfuls)
-  low- sugar cereal (2 spoonfuls)

Directions

1. Put blueberries, pineapple and mandarin oranges in a bowl.
2. Top with yogurt and cereal.
3. Eat and enjoy!

Added Sugars are Everywhere!

vanilla yogurt (1 cup) – 32 grams sugar
cookies/pastries (1 cup) – 50 grams sugar
sugary cereals (1 cup) – 15 grams sugar

Kids should limit added sugar to 25-30 grams per day, many processed foods, such as cereals, have added sugar!

Choose foods that have less than 5g of sugar per serving. Use the nutrition facts label to help you make healthy choices.

Make sure to choose fruits canned in juice and not syrup!

Delicious uses for Plain Yogurt

- ❖ Plain yogurt can be used to substitute for sour cream in any recipe!
- ❖ Try using plain yogurt instead of mayonnaise on your sandwich.

Fruit is colorful and sweet, but best of all it's good to eat!
Focus on Fruit, eat it every day.

Querida Familia,

Hoy aprendí que la fruta es sana y que es una buena forma de obtener vitaminas y minerales que mi cuerpo necesita. La fruta sabe dulce y es mucho mejor para mi cuerpo que el azúcar agregado. Esta receta está hecha con fruta, yogur natural y cereales bajos en azúcar para ayudarme a comer más fruta y menos azúcar agregada. Agreguemos estos alimentos a nuestra lista de compras.

Consejo para padres: Tenga cuidado con el azúcar escondido en los alimentos. Menos del 10% de sus calorías totales deben provenir de azúcares agregados. Azúcares agregados se pueden encontrar en muchos alimentos y bebidas procesadas.

Bocadillo de Frutas y Yogur

Rinde: 1 porción

Costo por Porción: \$0.61



Ingredientes



arándanos (blueberries) (1 cucharada)



piña (2 cucharadas)



mandarinas (2 cucharadas)



yogur bajo en grasa (2 cucharadas)



Cereales baja en azúcar (2 cucharadas)

Instrucciones

1. Poner los arándanos y la piña en un tazón.
2. Cubrir con yogur y cereales.
3. ¡A comer y disfrutar!

¡Los azúcares agregados están en todas partes!

yogur de vainilla (1 taza) – 32 gramos de azúcar
galletas/panecillos (1 taza) –50 gramos de azúcar
cereales azucarados (1 taza) –15 gramos de azúcar

Los niños deben de limitar la azúcar agregada a 25-30 gramos por día, muchas comidas procesadas, como cereales, tienen azúcar.

Escoja comidas que tengan menos de 5g de azúcar por porción. Use la etiqueta nutricional para ayudarlo a tomar decisiones saludables.

¡Asegúrese de usar frutas enlatadas en jugo y no en almíbar!

Usos deliciosos para el yogur

- ❖ ¡El yogur se puede usar para substituir la crema agria en cualquier receta!
- ❖ Trate de usar yogur natural en lugar de mayonesa en su sándwich.

¡La fruta es colorida y dulce, pero lo mejor de todo es que es buena para comer!

Concéntrese en la fruta, cómallo todos los días.

Fruit Riddles (teacher only)

I'm green when I'm young, but you
already know the deal, as I get older I
turn yellow, I'm a fruit you can peel.
What am I?

Answer: banana

I'm fuzzy on the outside as
you can plainly see.
I'm green and juicy on the inside
with a little crunch that
makes more of me.
What am I?

Answer: kiwi

You won't find me in the jungle.
I'm not food for an ape.
You can find me in jams and jellies
or by myself I'm a _____.

Answer: grape

I come in many different shapes,
sizes, colors, and tastes, where
vitamins and minerals abound. A
daily dose of me will help keep
doctors from coming round.
I'm a _____.

Answer: fruit

I come in many colors.
I can be hard and crunchy
or soft and saucy.
It depends on how you like me.
What am I?

Answer: apple

In your hand I'm like a ball.
In the sky I'm like the sun.
In your mouth I burst and
quench your thirst.
What am I?

Answer: orange

I'm important in the morning
after a night of sleep.
A part of your body will keep
calling if you forget to eat me.
What am I?

Answer: breakfast

About this vegetable I cannot tell a lie.
As I begin to peel it my eyes water
and cry. The odor that comes from
this veggie is strong. If you say it's a
root you wouldn't be wrong.
This veggie adds zing and healthy
fun. So let's sing a song for the
magical _____.

Answer: onion

Adivinanzas sobre las frutas

Soy verde cuando soy joven, pero ya sabes la historia: cuando maduro me pongo amarillo, soy una fruta que se tiene que pelar. Pero ten cuidado donde me peles porque no será bueno tirar mi cascara en el suelo porque es posible que alguien se pueda resbalar.
¿Qué soy?

Respuesta: el plátano

Tengo vellos por afuera, todo el mundo puede ver, pero adentro soy blando y jugoso con una textura un poco crujiente
¿quién puedo ser?

Respuesta: el kiwi

No me hallarás en la selva, no soy comida para el mono (simio). Me puedes hallar en mermelada o me puedes comer solo.
Soy una _____

Respuesta: uva

Vengo en muchas formas, tamaños, colores, y sabores, donde abundan las vitaminas y los minerales. Si me comes todos los días, previenes que los doctores te visiten.
Yo soy...?.

Respuesta: la fruta

Puedo venir en muchos colores. Ser duro y cespso o blando en puré. Mi textura depende de tu gusto. “Johnny Appleseed” es famoso porque pensó en plantar mis semillas.
¿Qué soy?

Respuesta: la manzana

En tu mano soy como una pelota. En el cielo soy como el sol. En tu boca te refresco y se acaba tu sed.
¿Qué soy?

Respuesta: la naranja

Soy importante en la mañana después de dormir toda la noche. Una parte del cuerpo se molestará si te olvidas de mí.
¿Qué soy?

Respuesta: el desayuno

Sobre esta verdura no puedo mentir. Cuando la empiezo a pelar empiezo a llorar. El olor que viene de esta verdura es fuerte. Si me dices que es una raíz, estas en lo cierto. Quítale su piel y comparte esta verdura con amigos y familia. Esta verdura añade sabor y es divertida, por eso debemos decir “sí” a **la maravillosa cebolla.**

Fruit Riddles

Name: _____ Date: _____

Write two fruit riddles. Try to make the riddles challenging for your classmates.

Riddle #1:

Riddle #2: Make this a rhyming riddle.

Lección: Adivinanzas sobre la Fruta

Nombre: _____ Fecha: _____

Escribe dos adivinanzas sobre frutas. Trata de hacer las adivinanzas difíciles para tus compañeros

Adivinanza #1:

Adivinanza #2: Haz una adivinanza que rime.
