

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> <ul style="list-style-type: none"> - can opener - small bowls 	<ul style="list-style-type: none"> - activity sheet copies* - Fruit Riddles sheet copy (teacher only) - napkins* 	<ul style="list-style-type: none"> - fresh blueberries - 2 cans of mandarin oranges (11 oz) - 2 cans of pineapple (tidbits) (20 oz) - 2 plain yogurt (low-fat) (5-6 oz) - 4 (1 oz) boxes low-sugar cereal (<5 grams sugar per serving)*** - 10 serving containers - portion cups* - Family Letter copies*
<u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - spoons* + 10 		

*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.

Reinforcing Colorado Comprehensive Health Standards

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

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 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 to 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 everyday 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? What are some ways to reduce eating/drinking foods with added sugar?

BACKGROUND INFORMATION

- Fruit is a nutritious 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 minerals. Research shows that a diet rich in fruits and vegetables can help prevent diseases such as heart disease and even some cancers.
- Whether fruit is fresh, frozen, canned, or dried it provides an important source of nutrients in our diet. For example, many fruits contain vitamins such as vitamin C, beta-carotene, and folate. Plus, many types of fruits also include minerals such as potassium in bananas, pears, and oranges, iron in berries, and calcium in papaya and oranges.
- Every fruit is unique in what it has to offer nutritionally, thus it is important to eat many types of fruit. A variety of fruit helps ensure you are getting adequate amounts of vitamins, minerals, and fiber.
- Students build up their confidence and self-esteem when they are given the opportunity to prepare food. Plus, students can practice their math and reading comprehension skills by following and understanding a recipe. Students who are given the chance to prepare foods have a greater interest in food and cooking and are more likely to try the foods on their plate.

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 cresco 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

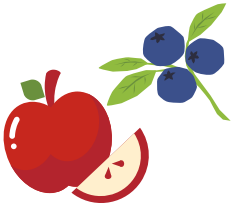
Nombre: _____ Fecha: _____

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

Adivinanza #1:

Adivinanza #2: Haz una adivinanza que rime.

Family Letter: Fruit Riddles



Dear Families,

Apples are red, blueberries are blue. Today your student tried something new. Today your student prepared their own parfait using a variety of fruit, low-sugar cereal, and plain, low-fat yogurt. The natural sugars in the fruit make this snack a sweet treat.



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

Fruit and Yogurt Snack

Makes About: 1 serving

Total Recipe Cost: \$1.20 - \$1.50

Ingredients

- blueberries (1 tablespoon)
- canned pineapple (2 tablespoons)
- canned mandarin oranges (2 tablespoons)
- yogurt, low-fat, plain (2 tablespoons)
- cereal, low sugar (2 tablespoons)

Directions

1. Everyone washes their hands.
2. Place blueberries, pineapple, and oranges in a bowl.
3. Top with yogurt and cereal.
4. Eat and enjoy.

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

Tip: Try to use fruits canned in juice and not syrup.



Fun Fact: Students are more likely to eat what is on their plate if they are involved in preparing it. Washing produce, mixing, and using the can opener are fun tasks for third grade students to do. If possible, have your student help with the next meal and see how enjoyable it can be for all.



Try one of these physical activities that you can do in your seat or on your feet as a family.

- "Stick together": Draw a shape on a sticky note and have your child attach it to something that has that shape, for example, a circle for a plate or a rectangle for a book.
- Jumping Jack Challenge: Have your student try do 200 jumping jacks (seated or standing) throughout the day. Try to break them into sets of 10, 20, or 50.

Carta familiar: Adivinanzas de frutas



Queridas familias,

Las manzanas son rojas, los arándanos son azules. Hoy su estudiante probó algo nuevo. Hoy, su estudiante preparo su propio parfait con una variedad de frutas, cereales bajos en azúcar y yogurt natural bajo en grasas. Los azúcares naturales de la fruta hacen de esta merienda un dulce placer.



Escaneé el código QR para ver cómo hacer la merienda que hicimos en clase

Parfait de Frutas

Rinde: 1 porción

Costo Total: \$1.20 - \$1.50

Ingredientes

- arándanos (blueberries) (1 cucharada)
- piña en lata (2 cucharadas)
- mandarinas en lata (2 cucharadas)
- yogurt bajo en grasa (2 cucharadas)
- cereales baja en azúcar (2 cucharadas)

Instrucciones

1. Todos se lavan las manos.
2. Poner los arándanos, la piña y las mandarinas en un tazón.
3. Cubrir con yogurt y cereales.
4. A comer y disfrutar.

**Cambie los ingredients que quiera según las alergias y/o lo que ya tengan en casa.*

Idea: Trate de usar frutas enlatadas en jugo de fruta, y no en jarabe.



Dato curioso: es más probable que los estudiantes coman lo que hay en su plato si participan en su preparación. Lavar productos, mezclarlos y usar el abrelatas son tareas divertidas para los estudiantes de tercer grado. Si es posible, haga que su estudiante ayude con la próxima comida y vea lo agradable que puede ser para todos.



Pruebe una de estas actividades físicas que puede hacer en familia desde su asiento o de pie.

- "Pegar juntos": Dibuje una forma en una nota adhesiva y pídale a su hijo que la pegue a algo que tenga esa forma, por ejemplo, un círculo para un plato o un rectángulo para un libro.
- Reto de saltos de tijera: Haga que su estudiante intente hacer 200 saltos de tijera (sentado o de pie) a lo largo del día. Trate de dividirlos en conjuntos de 10, 20 o 50.