

MyPlate- Focus on Fruit

Kindergarten - 2nd grade

DFA/Learning Target

Students will be able to (SWBAT) in a group setting, determine which sweet foods are fruits.

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**- apples, writing materials, large board
- **Extension Materials**- No materials necessary. Utilize food cards if desired.

Essential Vocabulary

Added Sugars- Sugar that is added to food and is not naturally occurring.
Example- "Pineapples are delicious and sweet with no added 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**: Do you feel a difference in your heart rate?
- **Optional**: Repeat the entire sequence a second time if desired!

Lesson Process

Today, your class will delve into the importance of incorporating fruits into a balanced diet. Craving a sweet treat? Opt for the natural sweetness of fruit instead of “sometimes” snacks loaded with added sugar

MyPlate Connection

Make half your plate fruits and vegetables by using such delicious fruits as prickly pear, dragon fruit, and guava. These fruits offer delightful sweetness without added sugars

Key Points

Fruit, like whole grains, provides our bodies with fiber. In addition to fiber, fruits provide delicious natural sugars that can nourish our bodies while also satisfying a want for sweet tasting foods. Craving something sweet? Consider a handful of dates, sprinkling freeze-dried strawberries on your yogurt, or watermelon with chili powder sprinkled on it!

Foods such as fresh orange slices can be refreshing, delicious, and provide your body with vitamins and minerals!

When considering a sweet treat, when able to, look to foods with naturally occurring sugars. Foods with added sugars such as cakes, cookies, and donuts tend to leave our bodies feeling slower and more tired. Fruit treats, such as apples, are jam-packed with the nutrients we need to stay focused and energized throughout the day. Not only can apples be sweet but also varying degrees of tartness! Try apples as an easy and delicious on-the-go treat.

As you explore different fruits you may find not all fruits, 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.

Question (Turn and talk)- Why make half of your plate fruits and veggies?

Speaking Stem- “I would make half of my plate fruits and veggies because...”

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

Utilize this video to support learning:

<https://youtu.be/kteZneJm1EI?si=gqQgrJTPuXzYdQvY>

Lesson Extension Activity

Directions

As a class, in small groups, or individually, encourage students to create their own sweet salad! Each student should select at least three fruits to include in their salad. They can choose fruits they already know and enjoy or opt for ones they're curious to try. This activity promotes creativity, exploration of new flavors, and healthy eating habits among students.

Note- This is a “pretend” salad. Feel free to utilize fruit cards as a tangible reference.

Support Fruit Word Bank

Banana Kiwi Starfruit Mago Papaya Peaches

What other fruits can you add to your sweet salad?

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



Mindfulness Moment

Let's gauge our hunger level.

On a scale of 1 to 10, aim to eat when you feel around a 3 or 4. While you're enjoying your meal, take breaks to check in with your body. Ask yourself questions like, "Am I still hungry?" When able to, adjust your food choices and portions based on these check-ins.

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

Ingredients

-3 red, 3 yellow, 3 green apples
(colors may change based on availability).
-cinnamon

Materials

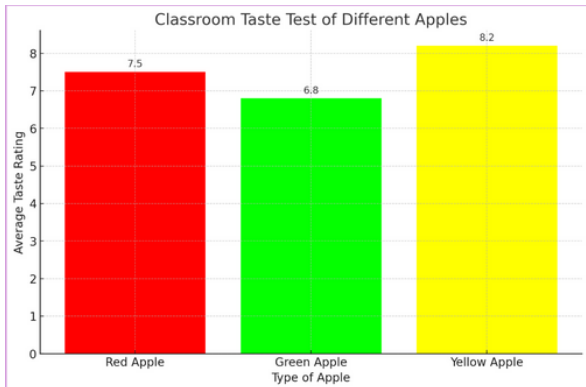
-Cutting board(s)
-Apple slicer
-Kidsafe knives

Directions

1. Wash all apples.
2. Utilizing the apples slicer, cut the apples. If you do not have an apple slicer, cut each apple into enough pieces so everyone may have a taste of each apple.
3. Allow each student who wants to participate to experience a tasting of each apple.

Lesson Activity (Exit ticket)

The graph should model scaffolding as necessary. Complete recipe tasting prior to Exit Ticket. As a whole class or in small groups students will indicate on a bar graph which apple they enjoyed the most!



Conversation

- What sweet fruits would you like to eat?

Colorado Comprehensive Health Standard(s)

Kindergarten, 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 social well-being.
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
Second 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

SCHOOL & COMMUNITY WELLNESS PROGRAM

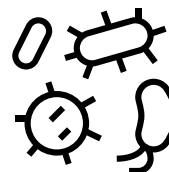
Fall is for Apples! Family Letter



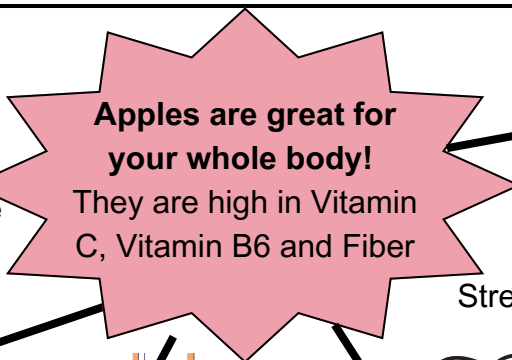
Did you know there are over 7,500 varieties of apples?



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

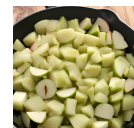


Clean your teeth

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



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.