

# The Fruits Group

## The Mr. Orange Show!

### Topic

The Fruits Group

### Audience

Young Children

### Suggested Time

20- 25 minutes

### Knowledge Objectives

#### Primary Learning Objectives:

- ◆ The children will learn that the pink-pink-red section on MyPlate is the Fruits Group.
- ◆ The children will name foods of different colors that belong in the Fruits Group.

#### Secondary Learning Objectives:

- ◆ The children will state that it is good to eat fruits of many colors.
- ◆ The children will state that fruits provide us with nutrients to keep us healthy.

### Behavioral Objectives

- ◆ The children will choose foods from the Fruits Group they plan to eat at home.

### Life Skills

- ◆ The children will make healthy lifestyle choices.

### How This Activity Behaviorally Focused

- ◆ In the Mr. Orange show, the children name fruits they plan to eat for a snack at home.

## Early Childhood Education Program Expectations Addressed

### SOCIAL/EMOTIONAL DEVELOPMENT

Expectation 1: Outcome 1.5: Participates in discussions with teachers and friends

### HEALTHY, SAFETY AND PHYSICAL EDUCATION

Expectation 1: Outcome 1.1: Identifies and differentiates among foods and food groups (e.g. fruits, vegetables, protein)

## MP-Saurus Eats



Nutrition Education for Young Children

## Supplies Needed

- ◆ Kids MyPlate poster  
Available through Learning ZoneXpress (item 410124)  
667 E Vine Street  
PO Box 1022  
Owatonna, MN 55060 1-888-455-7003  
Web: [www.learningzonexpress.com](http://www.learningzonexpress.com)
- ◆ Healthy Dino hand puppet  
Available through Dr. Debra Palmer  
[dpalmer@njaes.rutgers.edu](mailto:dpalmer@njaes.rutgers.edu)
- ◆ Olivia Orange Garden Hero plush toy  
Available through Learning ZoneXpress (Item 507528 – approx. 4 ½ inches round)  
667 E Vine Street  
PO Box 1022  
Owatonna, MN 55060 1-888-455-7003  
Web: [www.learningzonexpress.com](http://www.learningzonexpress.com)
- ◆ Laminated color copies Fruits Picture #1, #2 and #3 from the end of this lesson - 2 sets per class you are teaching; one set will be provided to teacher to request posting in classroom
- ◆ Food picture cards or food models from the Fruits Group that the children like to eat, like strawberries, bananas, watermelon, mangoes, blueberries, apples, oranges, raisins, pineapple and grapes  
Food Pictures available from: Your local Dairy Council or Utah University Coop  
Extension: <http://utah.agclassroom.org/cart/details.cfm?ProdID=91&category=0>
- ◆ Picture of a rainbow
- ◆ Mr. Orange Show, found at the end of this lesson
- ◆ Handout: Fruits Home News #1, 1 per child
- ◆ Coloring Sheet: Fruits Coloring Sheet, 1 per child

## Background Information

See the Educator Pack. For more information, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

## Before You Begin This Activity

1. Hang the Kids MyPlate poster in the front of the class.
2. If you have forgotten what to do to re-focus the children when they get restless, ask the teacher to remind you.

## Lesson Opening

1. Put the MP-Saurus puppet on your hand. Tell the children that today you brought a friend with you named MP-Saurus. Have MP-Saurus say “Hi” to the children.
2. Ask the children to say “Hi” to MP-Saurus.
3. Have MP-Saurus ask the children to name the MyPlate poster. When they name it have him tell them how great they are! Remind the children about what they have learned so far.

Point to each food group on MyPlate that you have taught and ask them to raise their hands and tell them that when you point to them they should:

- Name it.
  - Name some foods that belong in it. If a child names an incorrect food say, “Good try, but \_\_\_\_\_ goes in the \_\_\_\_\_ group.”
4. Follow by pulling out food models or showing food pictures one by one and asking the children to tell you the name of the food and what food group it belongs in.

NOTE: During the opening and in all of the activities, if children call out answers before you choose them to answer the question, re-focus the class.

## **Activity**

1. Tell the children that today you are going to talk about foods from the pink-red section on MyPlate.
2. Have MP-Saurus point to the pink-red section on MyPlate. Ask the children to repeat “Pink-Red” after MP-Saurus. Tell the children that the foods placed in this section on MyPlate belong to the Fruits Group. Ask the children to repeat “Fruits” after MP-Saurus.
3. Ask the children to repeat “Pink-Red, Fruits” after MP-Saurus three more times. Have them repeat it louder each time.
4. Ask the children to say “Fruits Group” out loud again with MP-Saurus. Hold up MP-Saurus and have him nod his head as if to say “Fruits Group” along with the children.
5. Have MP-Saurus point to the Fruits Group on the MyPlate poster. Ask the children to raise their hands if they can name some foods that belong in the Fruits Group. Call on the children one by one. Pause for responses. Help them as needed.

Answers: Peaches, strawberries, pears, orange juice, grapes, pineapple, applesauce and kiwi

6. To see if they remember, point to the pink-red section on MyPlate and ask one of them to name the group. Pause for responses. Help them as needed.

Answer: The pink-red section on MyPlate stands for the Fruits Group.

7. Ask the children to repeat “Fruits Group” after MP-Saurus three more times. Have them repeat it louder each time.
8. Show Fruits Picture #1. Tell the class that MP-Saurus loves to eat different colored fruits from the Fruits Group.

9. Tell the children that you are going to put MP-Saurus away for a little while and that he will come back soon. Show the children the picture cards of foods and/or food models from the Fruits Group one by one. Ask them to name each fruit and tell you the color of each. Use the MyPlate to show the children where the food belongs. Help them as needed.

If a child names an incorrect food say, “Good try, but \_\_\_\_\_ goes in the \_\_\_\_\_ group. Can you try again?” Often young children repeat the name of the same food over and over. If two children in a row say the same food, ask the next child to name a different food he or she will eat and repeat, as needed, to get the children to name different foods.

10. Tell the children that there are special things called nutrients in fruits. Different colored fruits have different nutrients in them. Ask the children to say “nutrients” out loud with you.
11. Show Fruits Picture #2. Tell the children that nutrients keep us healthy just like they keep MP-Saurus healthy! Ask them to repeat the word nutrients five times, starting really quiet the first time and louder each time.
12. Show Fruits Picture #3. Tell the children that MP-Saurus has a very special friend named Mr. Orange.
13. Show the children Mr. Orange and tell them that he is going to talk to them about the Fruits Group. Using the Mr. Orange, read the attached Mr. Orange Show.
14. Put the MP-Saurus puppet back on your hand. To test the children, ask them if eggs are in the Fruits Group. Pause for responses. Help them as needed.

Answer: No, eggs are not a food in the Fruits Group.

15. Ask the children if apples are a food in the Fruits Group. Pause for responses. Help them as needed.

Answer: Yes, apples are a food in the Fruits Group.

16. Repeat steps 14 and 15 using different examples of foods from the Fruits Group and foods not found in the Fruits Group. Only use foods from groups that you have already taught.
17. Give the teacher the Fruits Home News #1 handouts. Ask the teacher to send them home with the children so that they can keep the fun going at home! Give the teacher the Fruits Lesson Coloring Sheet. Ask the teacher to use it in the classroom or send them home with the children. Also, ask the teacher:
  - If it would be okay to display the MP-Saurus pictures around the classroom until the next class.
  - Remember to pick up the pictures from the last lesson.

18. Say goodbye to the class.

## **New Terms for Children & Educators**

Nutrients: something special found in fruits that keep us healthy

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USDA, Food and Nutrition Service



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# Mr. Orange Show

Hi, boys and girls. My name is Mr. Orange.

Can anyone tell me which MyPlate food group I come from? Pause for responses. Help them as needed.

Answer: Oranges belong to the Fruits Group (pink-red section).

Where is the Fruits Group on the MyPlate? Pause for responses. Help them as needed.

Answer: The pink-pink-red section on MyPlate.

That's right! I am from the Fruits Group.

I am a special fruit because you can peel me and eat me or you can make me into juice and drink me. It's best to eat me as a whole fruit.

Do you like to eat oranges? Rub your tummy if you do. Yummy!

Some of the other fruits in my group are bananas, apples, and strawberries.

Can you think of some other fruits in the Fruits Group? Pause for responses. Help them as needed.

Answers may include: watermelon, grapes, peaches, pears, mangoes, pineapple, and blueberries

Can someone tell me what special thing do we fruits have to keep you healthy? Pause for responses. Help them as needed.

Answer: Nutrients! That's right!

And, did you know that we are all different colors? Our different colors show that we do different things to keep you healthy.

Can anyone tell me what color I am?

Pause for responses. Help them as needed.

That's right, I'm orange!

Can anyone tell me the colors of the rainbow? Pause for responses. Help them as needed.

(Teach them the name Roy G. Biv if they don't already know it and go over the colors.) Red, Orange, Yellow, Green, Blue, Indigo and Violet. (Indigo is a dark blue purple color.) Show rainbow picture.

Now, name one fruit that is red. Pause for responses. Repeat 2-3 times. Help them as needed. Examples include: cherries, strawberries, apples, watermelon and red grapefruit

Now, name one fruit that is orange. Pause for responses. Repeat 2-3 times. Help them as needed.

Examples include: cantaloupe, oranges, peaches, tangerines and mangoes

Now, name one fruit that is yellow. Pause for responses. Repeat 2-3 times. Help them as needed.

Examples include: bananas, golden raisins, lemons, pineapple, and apples

Now, name one fruit that is green. Pause for responses. Repeat 2-3 times. Help them as needed.

Examples include: limes, pears, honeydew, kiwi and grapes

Now, name one fruit that is blue. Pause for responses. Repeat 2-3 times. Help them as needed.

Examples include: blueberries, blue grapes

Now, name one fruit that is indigo. Pause for responses. Repeat 2-3 times. Help them as needed.

Examples include: prunes, raisins, grape juice, and blackberries

Now, name one fruit that is violet. Pause for responses. Repeat 2-3 times. Help them as needed.

Examples include: mulberries, passion fruit, grapes and purple plums

That's right! These are all the colors of the rainbow! It's important to eat fruits of every color.

Can you tell me a fruit you will eat at home for a snack and the color of it?

Pause for responses. If they need help, point to the Fruits Group foods on the MyPlate poster. If a child names an incorrect food say, "Good try, but \_\_\_\_\_ goes in the \_\_\_\_\_ group. Can you try again?" Often young children repeat the name of the same food over and over. If two children in a row say the same food, ask the next child to name a different food he or she will eat and repeat, as needed, to get the children to name different foods.

Keep eating lots of yummy oranges and other foods from the Fruits Group!

See you at snack time! Until then...bye!

Return to #15.



Fruits 1



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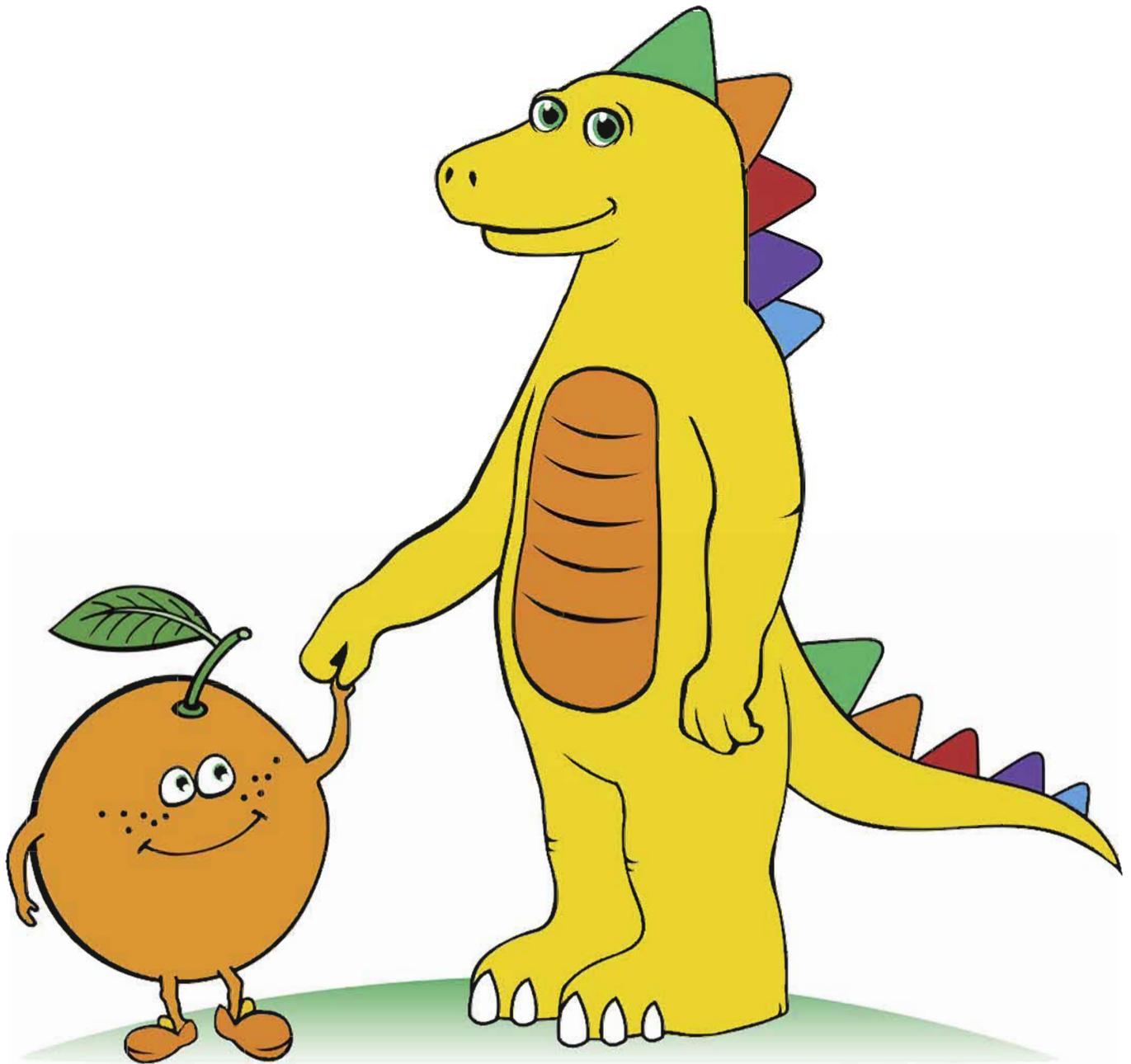


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## Fruits 2



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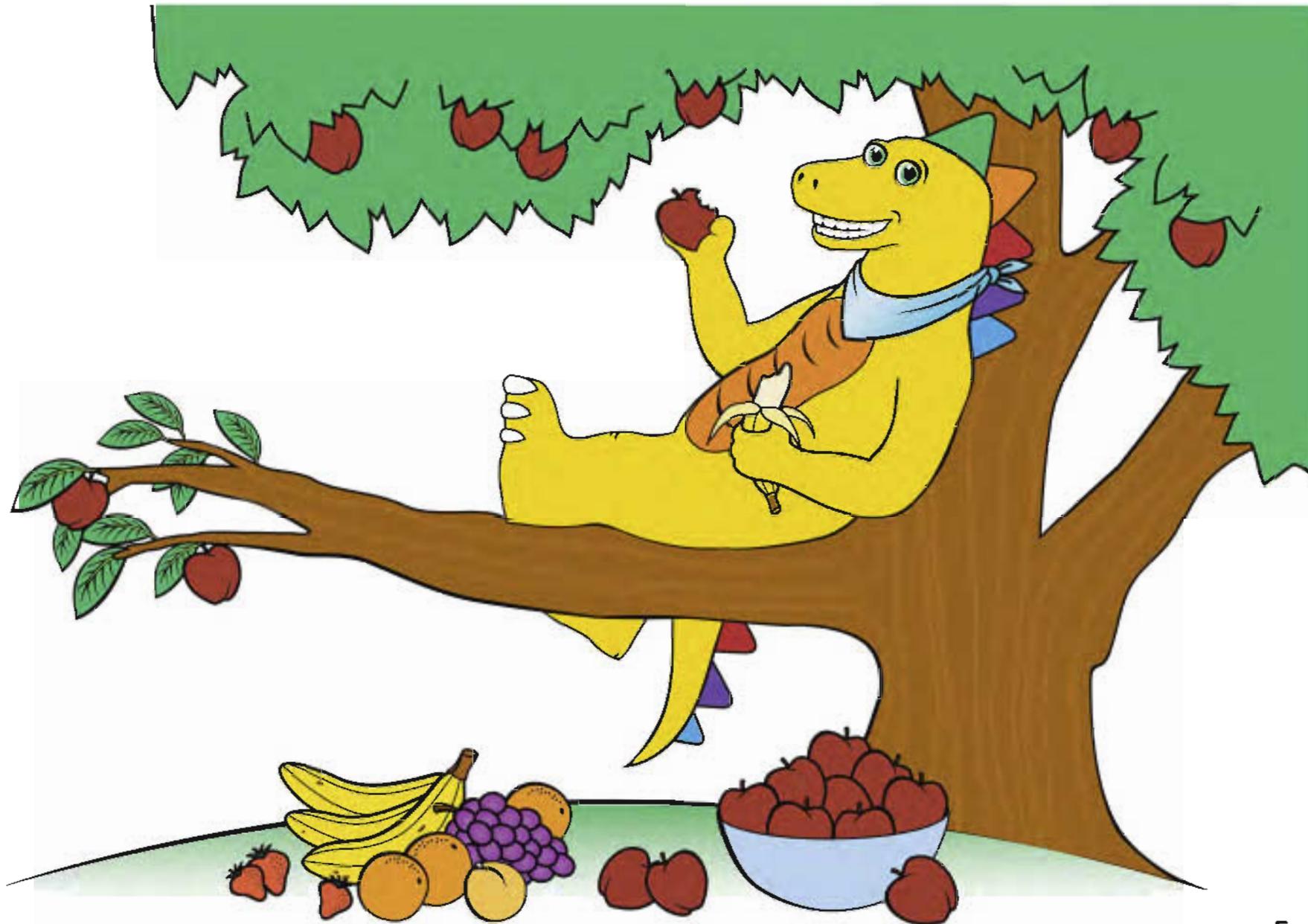


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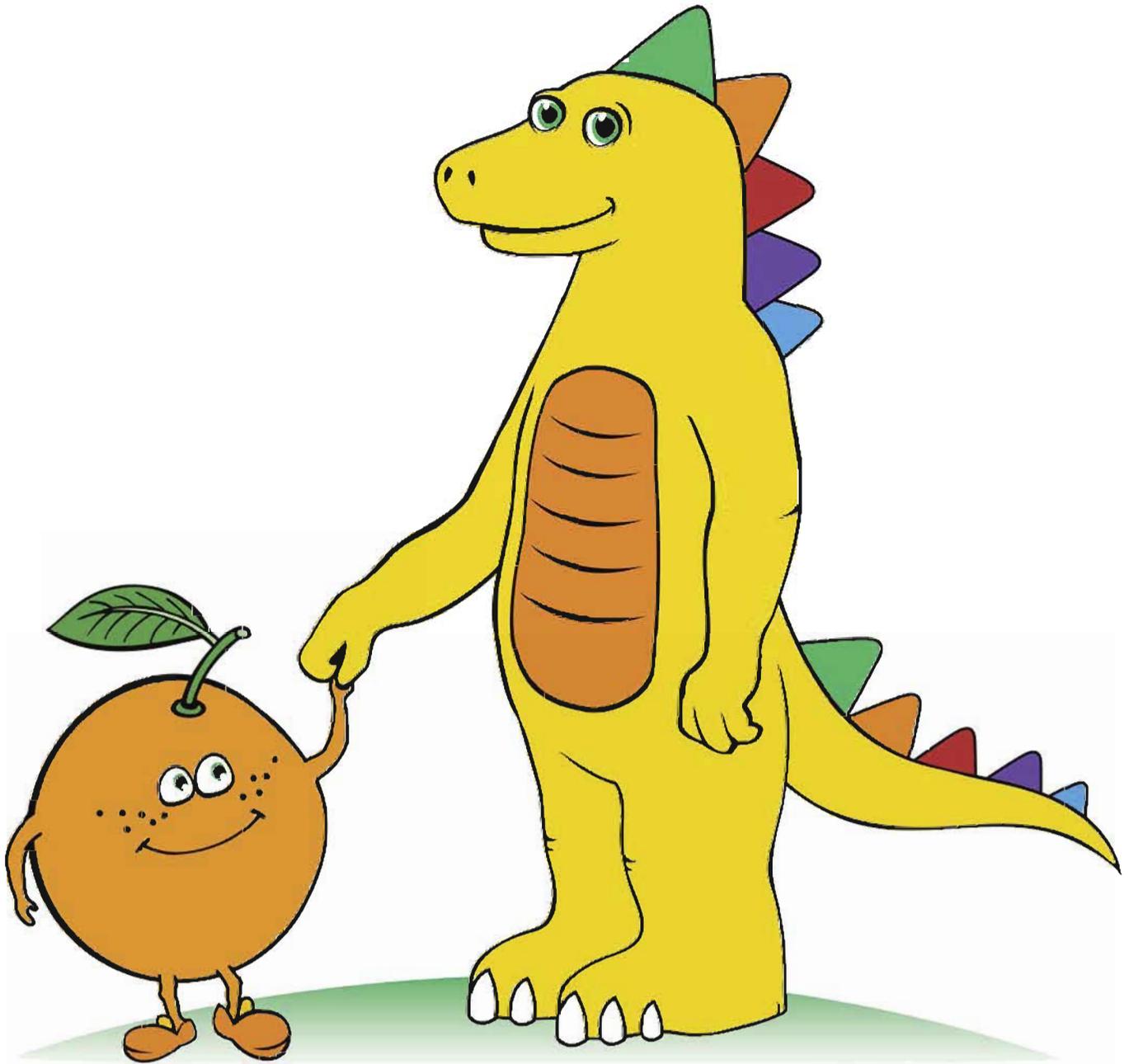
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