

The Vegetables & Fruits Groups

Fun with Veggies and Fruits!

Topic

The Vegetables and Fruits Groups

Audience

Young Children

Suggested Time

25- 30 minutes

Knowledge Objectives

Primary Learning Objectives:

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

Secondary Learning Objectives:

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

Behavioral Objectives

- ◆ The children will choose foods from the vegetables and fruits groups they plan to eat at home.

Life Skills

- ◆ The children will make healthy lifestyle choices.

How This Activity Behaviorally Focused

- ◆ In step 16, the children name vegetables and fruits that they will eat for a snack.

Early Childhood Education Program Expectations Addressed

SOCIAL/EMOTIONAL DEVELOPMENT

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

MP-Saurus Eats



HEALTHY, SAFETY AND PHYSICAL EDUCATION

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

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.learningzoneexpress.com
- ◆ Healthy Dino hand puppet
Available through Dr. Debra Palmer
dpalmer@njaes.rutgers.edu
- ◆ Buddy Broccoli Garden Hero and Olivia Orange Garden Hero plush toy
Available through Learning ZoneXpress (Item 507502; 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
- ◆ Laminated color copies of Picture #1 Vegetables and Picture #1 Fruits 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 all of the food groups that the children like to eat. Be sure to include foods from the Vegetables Group like carrots, broccoli, tomatoes, yams, spinach, potatoes, kidney beans, soy beans, green beans, lettuce, corn and vegetable soup and foods from the Fruits Group 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>
- ◆ Blackboard and chalk, or poster board or a flipchart and markers
- ◆ Handout: Vegetables and Fruits Home News #1, 1 per child
- ◆ Coloring Sheet: Vegetables and Fruits Coloring Sheet, 1 per child

Background Information

See the Vegetables and Fruits Educator Pack. For more information, visit www.ChooseMyPlate.gov and www.fruitsandveggiesmorematters.org.

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.

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.

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 both the pink-red and green sections on MyPlate.
2. Have MP-Saurus point to the green section on MyPlate. Ask the children to repeat “Green”. Tell the children that the foods placed in this section on MyPlate belong to the Vegetables Group. Ask the children to repeat “Vegetables” after MP-Saurus.
3. Repeat saying “Green, Vegetables” after MP-Saurus three more times. Have them repeat it louder each time.
4. Show Vegetables Picture #1. Ask the children to say “Vegetables Group” out loud again with MP-Saurus. Hold up MP-Saurus and have him nod his head as if to say “Vegetables Group” along with the children.
5. Have MP-Saurus point to the Vegetables Group on MyPlate. Ask the children to raise their hands if they can name some foods that belong in the Vegetables Group. Call on the children one by one. Pause for responses. Help them as needed.

Answers: Broccoli, sweet potato, black eyed beans, tomatoes, potato, carrots, green beans and corn

6. 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”.
7. Repeat saying “Red, Fruits” after MP-Saurus three more times. Have them repeat it louder each time.
8. Show Fruits Picture #1. 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.
9. Have MP-Saurus point to the Fruits Group on MyPlate. 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 a response. Help them as needed.

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

10. Tell the children that it is important to eat all different color vegetables and fruits. Different color vegetables and fruits have different nutrients in them. Ask the children to say “nutrients” out loud with you. Tell the children that nutrients keep us healthy.
11. Hold up MP-Saurus and have him nod his head as if to say “nutrients” along with the children.
12. 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 Vegetables and Fruits Groups one by one. As you show each picture, ask the children to:
 - ◆ Name it.
 - ◆ Tell if it is a vegetable or a fruit.
 - ◆ Tell the color.
 - ◆ Rub their tummies if they like to eat that vegetable or fruit.
13. To see if they can remember these groups, point to the green section on MyPlate and ask one of them to name the group. Pause for a response. Help them as needed.

Answer: The green section on MyPlate stands for the Vegetables Group.

14. Have the children repeat “Vegetables Group” out loud once more after you.

15. Point to the pink-red section on MyPlate. Ask another child what the name of this group is. Pause for a response. Help them as needed.

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

16. Have the children repeat “Fruits Group” out loud once again after you.

17. Ask each child to name a vegetable or a fruit they will eat today for a snack. If they need help, point to the Vegetables and Fruits Groups on the MyPlate poster.

Answers: Vegetables like broccoli, sweet potato, black eyed beans, tomatoes, potato, carrots, green beans and corn. Fruits like Peaches, strawberries, pears, orange juice, grapes, pineapple, applesauce and kiwi.

18. Have Mr. Broccoli and Mr. Orange say for “Make $\frac{1}{2}$ your plate vegetables and fruits.” Show the MyPlate is $\frac{1}{2}$ the plate is vegetables and fruits.

19. Have the children repeat “Make $\frac{1}{2}$ your plate vegetables and fruits.” out loud once again after Mr. Broccoli and Mr. Orange. Have them repeat it louder each time.

20. Place the food models or food pictures from all of the food groups in a line across the floor or on a table.

21. Hold up the Mr. Broccoli and Mr. Orange and tell the class that Mr. Broccoli Orange and Mr. Broccoli would like to play a fun game with them. Divide the children into two teams, Team Broccoli and Team Orange. Place Mr. Broccoli in front of Team Broccoli and Mr. Orange in front of Team Orange.

22. Ask one child from Team Broccoli to choose a fruit or vegetable. The team can earn up to 3 points. Give 1 point to the team if the child:

- ◆ Picks a fruit or vegetable.
- ◆ Correctly tells you if it is a fruit or a vegetable.
- ◆ Can name it.

23. Repeat step 22 for Team Orange. Keep track of each team’s points. Keep playing the game until all the vegetables and fruits have been chosen.

24. Call the winning team to the front of the room. Ask the rest of the class to clap for them and have MP-Saurus shake the hands of each of the team members.

25. Say goodbye to the class.

26. Give the teacher the Vegetables and 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 Vegetables and 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.

New Terms for Children & Educators

Nutrients: something special in vegetables and fruits that keep us healthy

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Funding Provided By

New Jersey Supplemental Nutrition Assistance Program Education (SNAP-Ed)



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Vegetables 1



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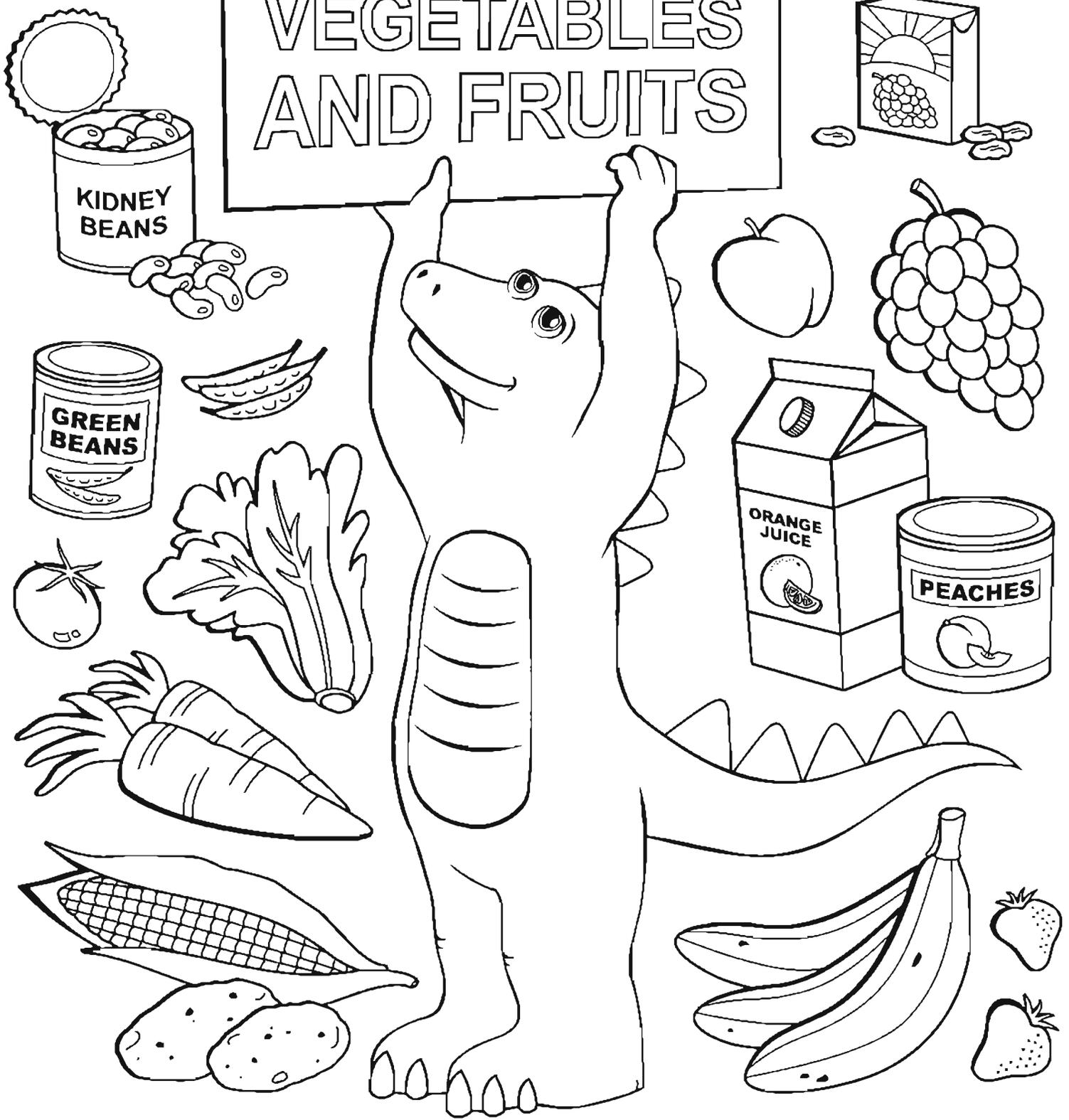
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VEGETABLES AND FRUITS



Vegetables and Fruits



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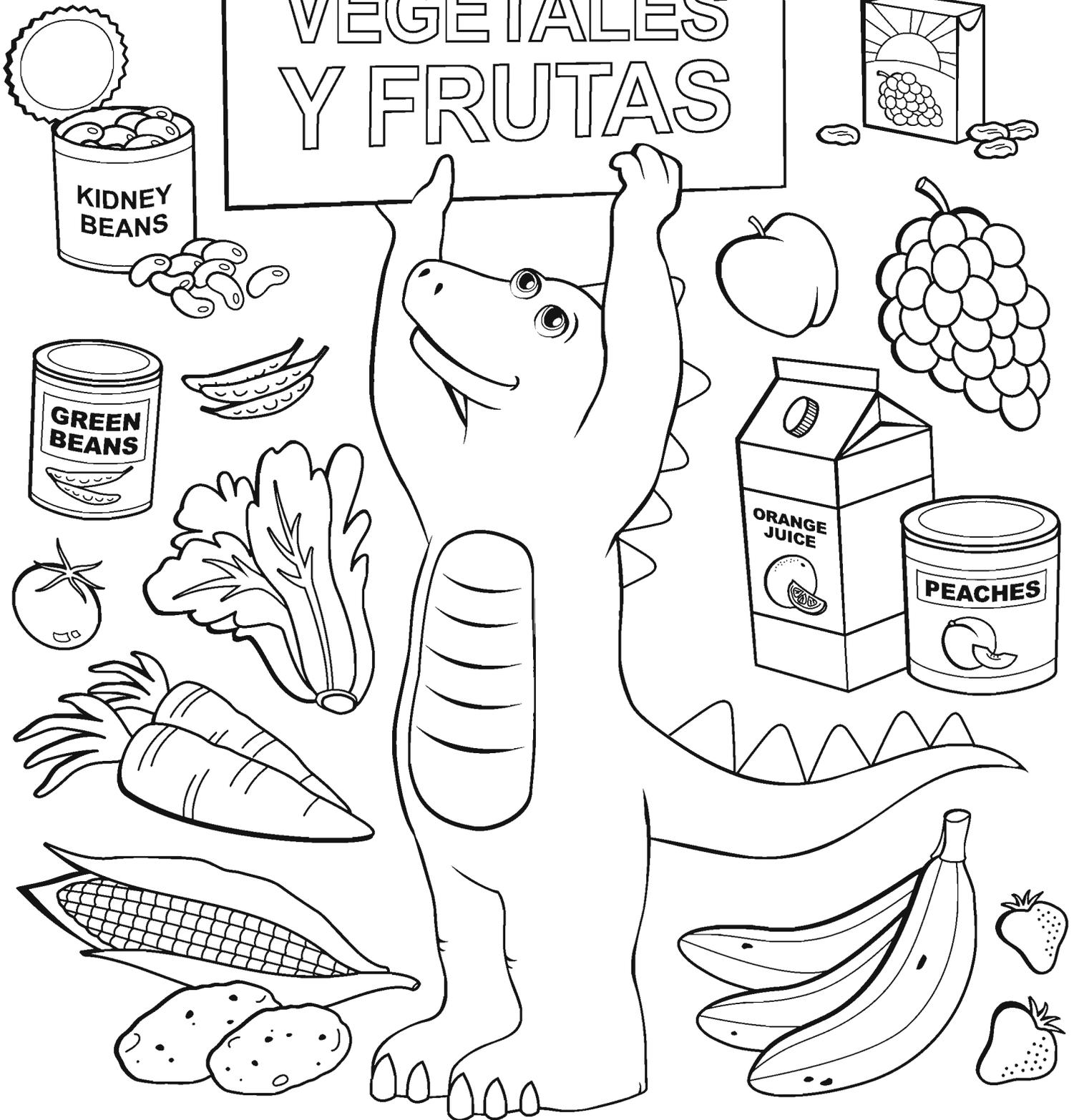
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Vegetales y Frutas



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