

*growing up*  
**HEALTHY**

Wellness Programs for Kids

**Teachers Guide:**

Growing Up **Food Smart** with  
**Fruits and Vegetables!**



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for **LIFE**™

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# Growing Up Food Smart with Fruits & Vegetables!

## Program Theme & Educational Focus

- Children learn the importance of fruits & vegetables and how they are grown.
- Educational focus on USDA MYPLATE FOR KIDS basics for fruits & vegetables.
- Children play the *Food Smart Game* and create their own favorite fruit & vegetable worksheet.
- Each program includes three mini-educational modules (1. A teacher led learning session; 2. A class engagement activity; and 3. A Healthy Bites – taste & talk session)

One leader can lead all three mini-modules. However, if possible, it works even better to have different people lead different mini modules ; if there are two teachers/leaders available - have one do the 1<sup>st</sup> and 3<sup>rd</sup> mini-modules and the other do the second; if there are 3 co-teachers available - have each do one of the mini-modules.

## Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (~10 minutes)

### Introductions

(~2 minutes)

- **Do:** Introduce yourself (if new to the class); tell who you are and what you do.  
**Say** (Example): Hi, my name is \_\_\_\_\_ (fill in the blank). I work as a \_\_\_\_\_ (chef/ food service manager/ job title) which means my job is to help people learn how to live healthier lives and to eat foods that will make them healthy. I work for ARAMARK at Children’s Hospital...
- **Do:** Share some personal information about yourself.  
**Say** (Example): I’m a mom and I have two boys at home that LOVE to eat. One of them loves pizza and the other loves corn on the cob in the summer. My favorite foods are.....
- **Do:** Tell the class what they’re going to be doing today.  
**Say** (Example): Today we’re going to be learning about the different kinds of fruits and vegetables, and the ways they are grown. People who are food smart eat the right amount of fruits and vegetables every day to be healthier and have more energy. We want you all to be “food smart” so you can grow up healthy and strong!

# Growing Up Food Smart with Fruits & Vegetables!

## Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

### Class Warm-Up/ Ice-Breaker

### “Favorite Fruits & Vegetables” (~3 minutes)

- **Do:** Get 4-5 children to tell the class what their favorite fruit or vegetable is. As individual children share their favorites, ask all the children to participate by raising their hands if they also like the favorite food mentioned.  
*Say (Example): I'd like to get started by taking a few minutes to learn a little about you. OK...if any of you have a favorite fruit and vegetable please raise your hand. If I call on you, please tell me your name and your favorite fruit and favorite vegetable. (call on 4-5 children) Great! Does anyone know how much of our meal plates should be fruits and vegetables?*
- **Do:** Call on 3-4 children to tell the class what portion of a meal plate should be fruits and vegetables.

### Growing up Healthy Educational “Poster Session”

(side one  
~2 minutes)

- **Do:** Transition to a teacher led educational session by uncovering the front of the main Poster (which should be positioned nearby on a ledge or easel).  
*Say: Great answers! Fruits and vegetables represent the rainbow of colors that should make up half of our healthy meal plates, which can be seen on this picture of MyPlate.*  
*It is important that we eat the right amount of fruits and vegetables throughout the day, because (circle 1 at top and moving clockwise around the poster) they keep us healthy, helps food move through our body better (or digest better), and give us energy for school and activities.*

(side two continued on  
next page)

# Growing Up Food Smart with Fruits & Vegetables!

## Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

(side two  
~5 minutes)

- **Do:** Turn the main poster over to side two. Introduce the children to the idea of the different types of fruits and vegetables shown on side two of the main poster.

**Say:** *Does anyone know the difference in how fruits and vegetables are grown? (call on 3-4 children to respond).*

*Good answers! A vegetable is part of the plant that we eat (as seen by the examples on the left side of the poster), while a fruit is grown on a plant and contains seeds (as seen by the examples on the right side of the poster).*

*A vegetable can be roots such as carrots, leaves such as lettuce, or bulbs such as an onion. A fruit can be grown on vines like grapes, on trees like apples, or on bushes like berries.*

*The middle section on this poster, however, shows 5 foods that we eat as vegetables but are actually fruits in the way they are grown. This includes tomatoes, avocado, cucumbers, peppers & squash. They are all actually fruits!*

# Growing Up Food Smart with Fruits & Vegetables!

## Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

### Teacher Resource

(Material for teacher to read before class)

- **Do:** For your own personal background information, spend a few minutes reviewing the basics of the USDA’s guidelines for fruits & vegetables in school meals. Visit the <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals> web site for more information. No need to go into detail with the class, but this information should help in answering basic questions that may come up.

### National School Lunch Program Meal Pattern

Food Group	New Requirements	How USDA Foods supports new requirements
<b>Fruits</b>	<p>½ -1 cup of fruit per day</p> <p><b>Note:</b></p> <p>Students must select ½ cup fruit or vegetable under OVS.</p> <p>Frozen fruits with added sugar can be offered as outlined in SP-49-2013.</p> <p>Credit as volume offered except dried fruit counts as 2x volume.</p>	<p>USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are low in sugar or have no added sugars.</p> <ul style="list-style-type: none"> <li>• Canned fruits in extra light syrup. Applesauce is unsweetened, and also is available in shelf stable cups.</li> <li>• Frozen fruits – peaches, apricots, strawberries, unsweetened blueberries, unsweetened whole strawberries, and apple slices without added sugar.</li> <li>• Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges; other direct delivery fresh produce available through DoD Fresh</li> <li>• Dried fruits include raisins, cherries, fruit mix (may include dried plums, apricots, fig pieces, dates, or cranberries )</li> </ul>
<b>Vegetables</b>	<p>¾ - 1 cup of vegetable per day</p> <p><b>Weekly requirement for:</b></p> <ul style="list-style-type: none"> <li>• dark green</li> <li>• red/orange</li> <li>• beans/peas (legumes)</li> <li>• starchy</li> <li>• other (see 2010 Dietary Guidelines)</li> <li>• Refer to Food Buying Guide for Child Nutrition Programs</li> </ul>	<p>USDA offers a wide variety of low sodium canned, frozen and fresh vegetables and tomato products.</p> <ul style="list-style-type: none"> <li>• Red/ Orange- Fresh baby carrots, frozen carrots, sweet potatoes (canned, fresh, frozen, bulk), tomato products</li> <li>• Dark green - frozen broccoli, frozen chopped spinach</li> <li>• Beans- canned and dry; bulk pinto and garbanzo beans for processing</li> <li>• Starchy vegetables- No salt added canned and frozen corn, fat free potato wedges, low sodium canned and no salt added frozen peas.</li> <li>• Other – green beans (canned, frozen)</li> <li>• Other direct delivery fresh produce available through DoD Fresh Fruits &amp; Vegetable Program</li> </ul>

# Growing Up Food Smart with Fruits & Vegetables!

## CLASS ENGAGEMENT ACTIVITY (~10 minutes)

### Activity Overview:

#### FRUIT AND VEGETABLE-FOOD SMARTS ACTIVITY

- A class engagement activity to give children the opportunity to think about what belongs on a healthy plate.

### Material Needed:

- “My Favorite Fruit & Vegetable” activity page (1-blank for each child); age appropriate options
- New package of crayons for each child (provided by ARAMARK program leader)
- FOOD SMART GAME Flash Cards/Pages

## Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (~10 minutes)

### FOOD SMART GAME (~5 minutes)

- **Do:** Tell children about the activity they are going to participate in.

**Say:** O.K., now we’re going to have a little fun together and play the “Fruit & Vegetable– Food Smarts” game. The point of this activity is to teach us new and fun ways to eat our daily servings of fruits and vegetables. Then after the game, you’re each going to have the chance to create your own favorite fruit & vegetable picture.

- **Do:** Describe how the “Fruit & Vegetable– Food Smart Game” works.

**Say:** Here’s how it works: When I hold up a picture, I’m going to ask you if you can name either the fruits or vegetables that are shown.

For example, the first card shows a picture of veggie sticks and guacamole. Does anyone know what vegetable guacamole is made from? (wait for 3-4 to respond) Yes its made from avocados! What are the kinds of veggie sticks shown here that can be eaten with guacamole for a yummy and healthy serving of vegetables? (wait for 3-4 to respond) Good! Carrots, yellow and red peppers, and cucumbers are shown.

- **Do:** Go through all 6 cards in the same format & emphasize the fun ways to eat fruits & vegetables.

# Growing Up Food Smart with Fruits & Vegetables!

## Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (continued)

### My Favorite Fruit & Vegetable Activity Sheet (~8-10 minutes)

- **Do:** Give each child an opportunity to create their own favorite fruit & vegetable.

**Say:** O.K. Now we're all going to have the chance to create our own favorite fruit and vegetable.

We're going to pass around the activity sheet and you all get to draw what your favorite fruit and favorite vegetable are. You can draw each how they normally look or can be creative and draw each as a cartoon or super hero.

**(FOR OLDER CHILDREN:** Under each picture you then can write a sentence describing why it is your favorite and/or what is your favorite way to eat it.)

We'll have about 8 minutes to draw our pictures and then take a few minutes to share them with the group. Don't worry if you need more time you can take your crayons and your project with you to finish.

(2-3 minutes)

- **Do:** After about 8 minutes, grab the group's attention & call on 3-4 children to share their pictures.

**Say:** Ok, now that you all had some time to draw your favorite fruit & vegetable, would anyone like to share their drawing with the rest of us? (allow 3-4 children who volunteer to share) Great job everyone!

# Growing Up Food Smart with Fruits & Vegetables!

## HEALTHY BITES – TASTE AND TALK SESSION (~10 minutes)

### Activity Overview:

#### HEALTHY BITES - Fruits and Vegetables (Taste & Talk)

- An interactive healthy food experience.
- Children get an opportunity to taste healthy foods and talk about what they like or dislike.
- Chef's or Dietitians serve different types of fruits and vegetables; Children get to try samples of each to see which ones they like best.
- Two options to execute for the Taste & Talk portion depending on operational abilities of the facility.

#### Option 1: Sample Types of Fruits & Vegetables (Material Needed):

- **1-2 types of easily sliced/peeled fruit** (apple, banana, orange, strawberries, raisins) or individually packaged fruit \* Wash and slice all fruits prior to serving
- **1-2 types of easily sliced vegetables** (carrots, cucumber, broccoli) or individually packaged vegetables \* Wash and slice all vegetables prior to serving
- Small soufflé cups
- Serving gloves
- 2 serving trays

#### Option 2: Chef Demo “Fruit & Veggie Kabobs” (Material Needed):

- **2-3 types of easily sliced/peeled fruit** (apple, banana, orange, strawberries) \* Wash and slice all fruits prior to serving
- **2-3 types of easily sliced vegetables** (cucumbers, peppers, cherry tomatoes) \* Wash and slice all vegetables prior to serving
- Kabob skewers
- Serving gloves
- 2-3 serving trays
- Large napkins



# Growing Up Food Smart with Fruits & Vegetables!

## Step-by-Step Leader Guide – HEALTHY BITES Fruits & Vegetables (~10 minutes)

### Healthy Bites Taste & Talk (~ 10 minutes)

#### Option 1 Sample Types of Fruits & Vegetables:

- **Do:**
  - Place either individual packaged or soufflé cups of fruit samples & soufflé cups of vegetable samples on serving trays in different tasting stations.
- **Say:** *O.K., now you get to try some different fruits & vegetables.*
- **Do:** Ask the children which fruits & vegetables they like best while they taste, encourage them to talk amongst themselves and say what they think.

#### Option 2 Chef Demo “Fruit & Veggie Kabobs”:

- **Do:** Place soufflé cups of fruit samples & soufflé cups of vegetable samples on serving trays in different tasting stations. Call the children up to make their own fruit & vegetable kabobs. First demonstrate to the group how to place the fruits & vegetables on the stick as an example.
- **Say:** *Ok, now you get to try some different fruits & vegetables. I’m going to call you up a few at a time to make your own kabobs by placing the different fruits & vegetables on a stick. I’m going to first show you how to do it and then it’ll be your turn!*
- **Do:** Demonstrate the activity first then allow groups of children to come up and make their own. Ask the children which fruits & vegetables they like best while they taste, encourage them to talk amongst themselves and say what they think.

# Growing Up Food Smart with Fruits & Vegetables!

## Program Wrap-up – AWARDING GROWING UP HEALTHY CERTIFICATES

### Summary

- Provide each child with a Growing Up Healthy Program Certificate

### Material Needed:

- Printed program certificate for each child

## Step-by-Step Leader Guide – AWARDING “GRADUATION” CERTIFICATES

- **Do:** Award certificates to all the children

***Say:** You’ve all done such a great job. If you can all line up on your way out the door, I’d like to award you all with a certificate that says that you’ve successfully completed a GROWING UP HEALTHY Program.*

- **Do:** If the individual location decides to provide an appropriate take home gift or prize it would be distributed with the certificates.

***Say:** Thank you all so much; I really enjoyed our time together and I hope you all make half your plates fruits & vegetables!*