



Fresh Fruit & Vegetable Program



■ **Broccoli Worksheets** ■

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

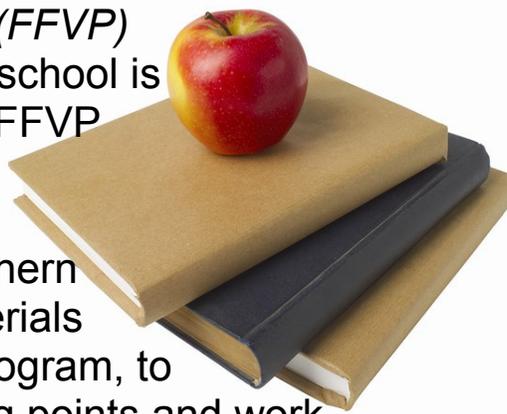


Table of Contents

Taste Test Teaching Points for K-2nd Grades.....	3
Taste Test Teaching Points for 3rd-5th Grades.....	4
K5: B is for Broccoli Worksheet.....	5
K5: Vitamins A & C Worksheet.....	6
1st: Broccoli Poetry Worksheet.....	7
1st: Vitamins A & C Worksheet.....	8
2nd: Broccoli Worksheet.....	9
2nd: Bar Graph Worksheet.....	10
3rd: Broccoli Worksheet.....	11
3rd: Alphabetizing Vegetables Worksheet.....	12
4th: Broccoli Worksheet.....	13
4th: MyPyramid Choices Worksheet.....	14
5th: Broccoli Worksheet.....	15
5th: Healthy Goal Worksheet.....	16
Glossary of Nutrients.....	17



Taste Test Teaching Points Broccoli

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Broccoli
- Materials:** POM Broccoli Student Worksheet
POM Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Broccoli is in the green color group. Green fruit and vegetables help keep your eyes, bones and teeth strong and healthy.

Broccoli is known as the “Crown Jewel of Nutrition”. Why do you think it is called that? *It is very rich in vitamins and minerals – 130% of the Daily Value for vitamin C, good source of vitamin A, ounce for ounce as much calcium as milk, beta carotene, potassium, folate, iron and soluble fiber.*

Broccoli is a plant of the cabbage family. Have you ever seen or tasted a cabbage? Have you ever seen or tasted broccoli?

Broccoli has been around for a very long time, about 2000 years.

Broccoli was first grown in Italy. It got the name *brocco*, an Italian word meaning branch or arm. Broccoli is plural and refers to the numerous flower-like shoots that form the head of the plant.

We have had **broccoli in the United States for more than 200 years.**

California grows more broccoli than any other state, 90% of the nation’s crop.

Broccoli can be eaten raw or cooked. What is your favorite way to eat broccoli?

People today eat much more broccoli than 25 years ago. 940% more! People in the United States eat 4.5 pounds of broccoli each year.

Broccoli is one of the easiest garden vegetables to grow. Broccoli is grown from seed. It takes 100-120 days for the broccoli to be ready to pick.

Broccoli is available all year long for us to enjoy.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Broccoli

Grades: 3rd to 5th Grade

Title of Lesson: Broccoli

Materials: POM Broccoli Student Worksheet
POM Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Broccoli is in the green color group. Green fruit and vegetables help keep your eyes, bones and teeth strong and healthy.

Broccoli is known as the “Crown Jewel of Nutrition”. Why do you think it is called that? *It is very rich in vitamins and minerals – 130% of the Daily Value for vitamin C, good source of vitamin A, ounce for ounce as much calcium as milk, beta carotene, potassium, folate, iron and soluble fiber.*

Broccoli is a plant of the cabbage family.

Broccoli can be eaten raw or cooked. What is your favorite way to eat broccoli?

Broccoli has been around for a very long time, about 2000 years.

A son of a Roman Emperor loved broccoli so much, he refused to eat any other foods except “broccoli a la apicius” (a mixture of cumin, coriander seeds, chopped onion, oil and sun-made wine) for a month.

It was first grown in an Italian province of Calabria and was given the name Calabrese. Eventually, the vegetable got the nickname *brocco*, meaning branch or arm. Do you think broccoli looks like an arm or a branch? Broccoli is the plural form and means flower like shoots that form the head of the plant. In agricultural terms, it is often referred to as a cole crop, meaning that it is grown for the head it produces.

We have had broccoli in the United States for more than 200 years.

California grows more broccoli than any other state, 90% of the nation’s crop.

People today eat much more broccoli than 25 years ago. 940% more! People in the United States eat 4.5 pounds of broccoli each year.

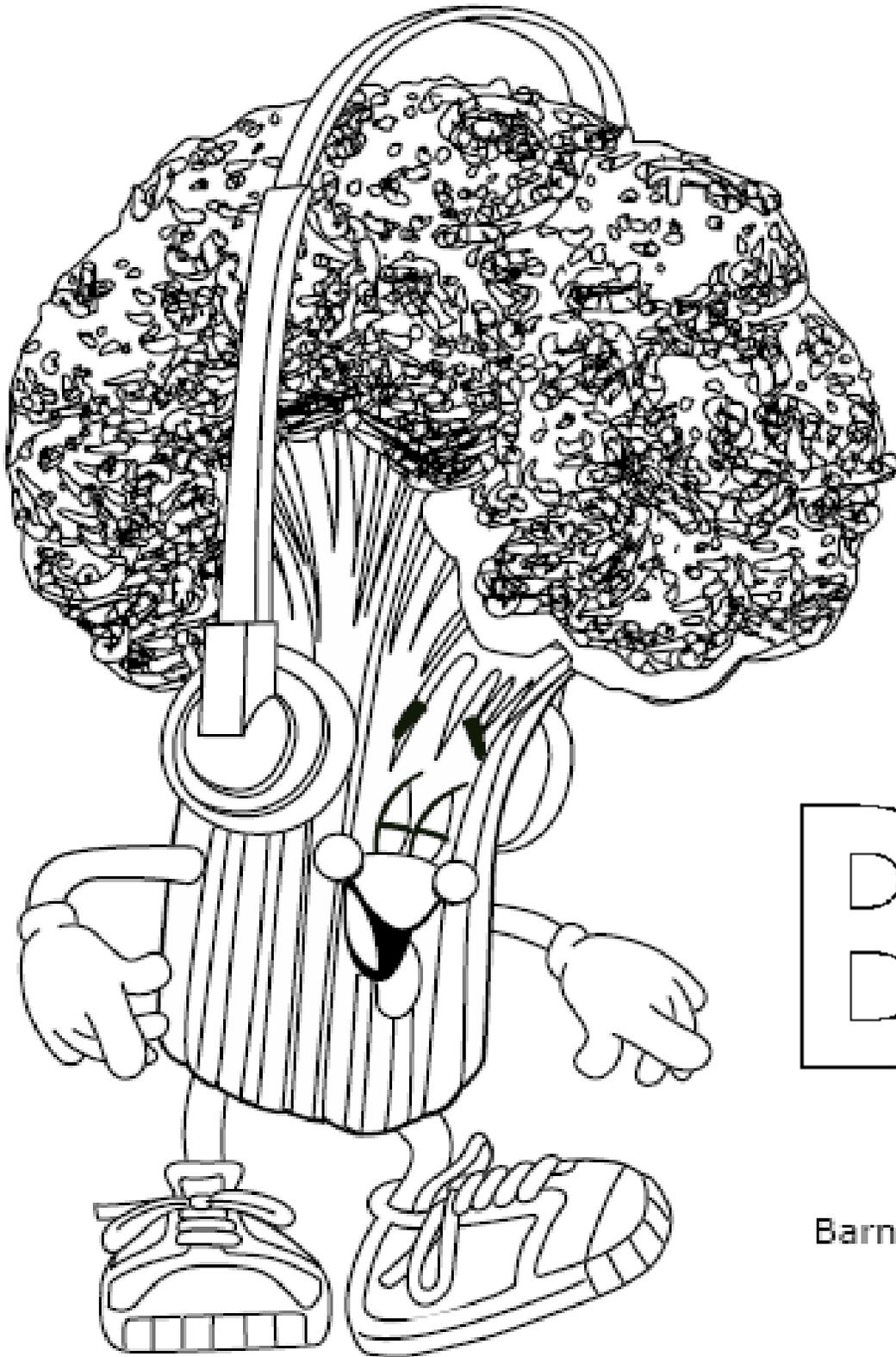
Despite its popularity through the years, few people knew about broccoli in the United States until the 1920s.

Broccoli is one of the easiest garden vegetables to grow. Broccoli is grown from seed. It takes 100-120 days for the broccoli to be ready to pick.

Broccoli is available all year long for us to enjoy.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

B/is/for/broccoli.



B b

Barney Broccoli ©



This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.

Broccoli

Vitamins A & C

Find the matching word from the box below and write the word next to the picture.

These vegetables have Vitamin A. They help our eyes see better.

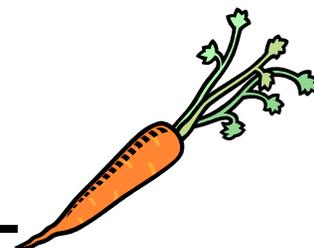
broccoli

kiwifruit

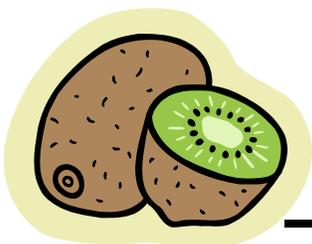
orange

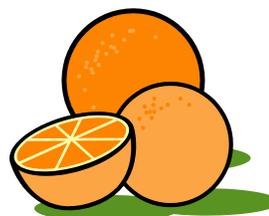
carrot





These fruits have Vitamin C. They help our cuts to heal better.







Five Senses Poetry

Broccoli

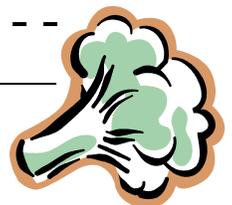
Looks

Smells

Tastes

Feels

Sounds



Broccoli



Broccoli is known as the “Crown Jewel of Nutrition” because it is rich in vitamins, high in fiber, and low in calories.

Many fruits and vegetables contain Vitamins A & C.

Match the pictures below to the correct name of the fruit or vegetable.

Broccoli

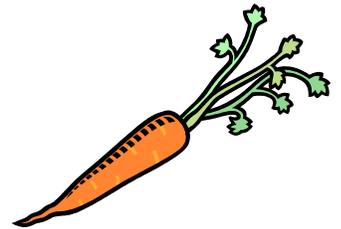
Kiwifruit

Orange

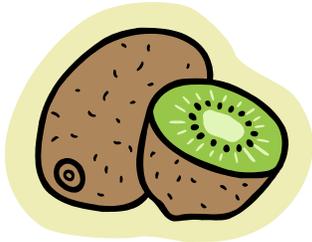
Carrot

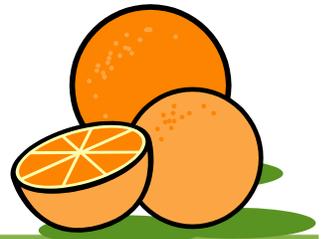
These vegetables have Vitamin A. They help our eyes see better.





These fruits have Vitamin C. They help our cuts to heal better.





Broccoli



Draw a picture of broccoli. Label the flower head and stalk.

What I already know about broccoli:

What I learned about broccoli:

To make sure that I eat the amount of vegetables my body needs to be healthy, I will

Broccoli Nutrition Facts

Serving Size: _____

How much Vitamin C does broccoli have?

How much Vitamin A does broccoli have?

Is broccoli good for you? _____



Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 29mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 9%

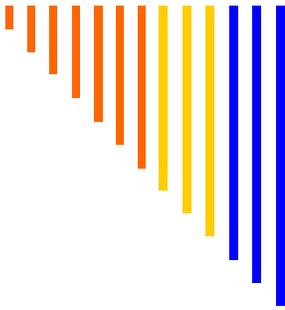
Sugars 1g

Protein 2g

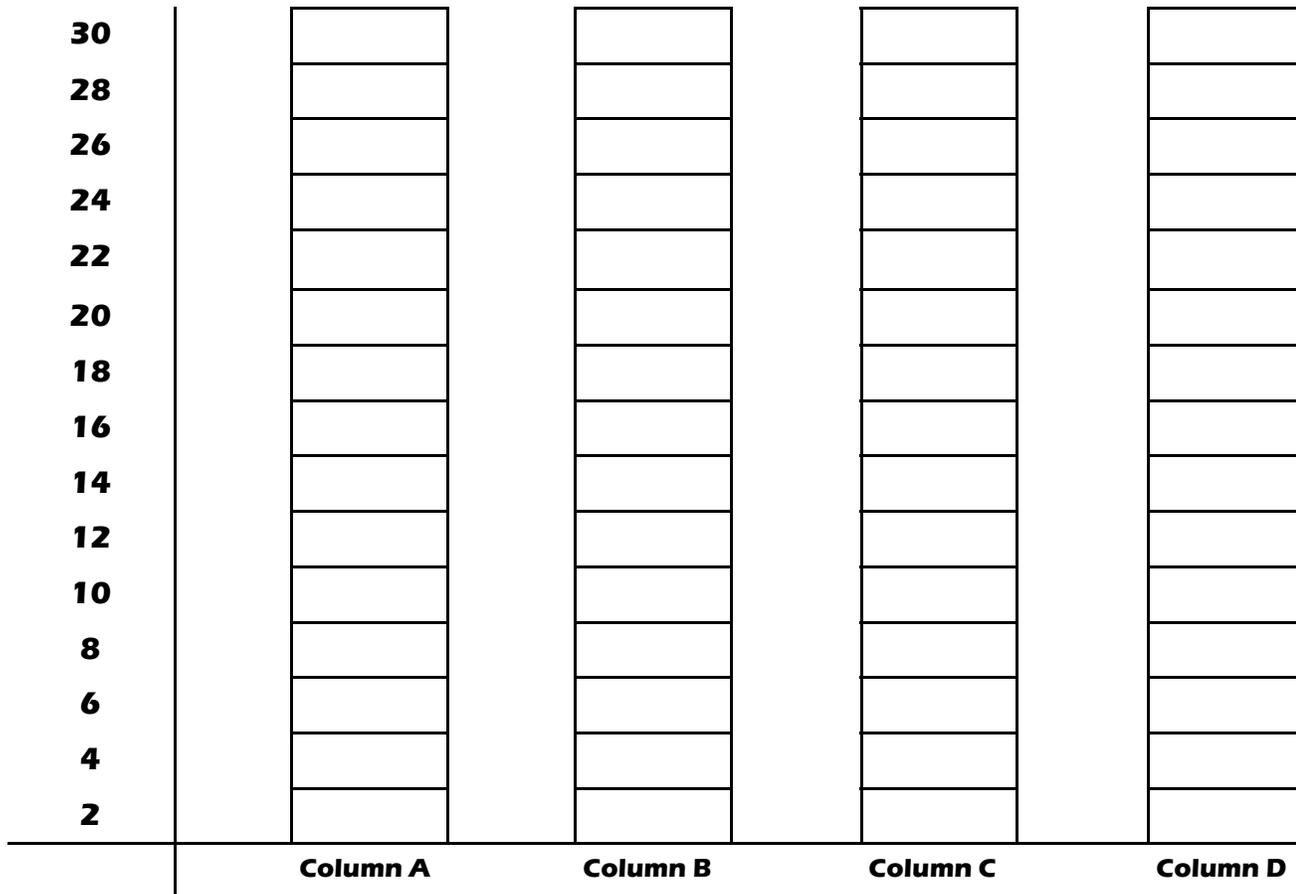
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%

Source: www.nutritiondata.com





Draw a Graph



Directions:

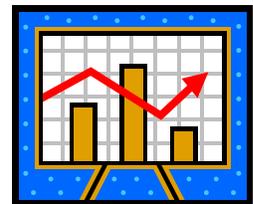
Do a head count after the fresh fruit/vegetable taste test and color the boxes to create a bar graph.

Column A: Total number of students participating in taste test

Column B: Number of students who like this fruit/veggie

Column C: Number of students who do not like this fruit/veggie

Column D: Number of students who will eat this fruit/veggie again



Broccoli



Draw a piece of broccoli

Describe broccoli: _____

What I learned about broccoli: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.

Nutrition Questions

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.



- How much calcium is found in 1 cup of chopped broccoli? _____%.
- Name at least four other fruits and vegetables that are green in color.

- This week, I plan to eat _____ green fruits and vegetables because they are good for my _____ and _____.

Nutrition Facts

Serving Size: 1 cup, chopped (88g)

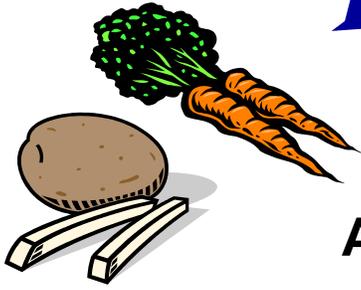
Calories 30

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%	

Source: www.nutritiondata.com





Alphabetizing Vegetables



A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z

Directions:

Put the following vegetables in alphabetical order. Remember, if you have two words that start with the same letter, look at the second letter.

<u>Vegetables</u>	<u>Alphabetized</u>
beet	
eggplant	
radish	
bean	
lettuce	
broccoli	
zucchini	
cabbage	
potato	
green pepper	

Why are vegetables good for me?



Broccoli

Broccoli Poetry

Directions: Create a poem about broccoli to share with your class using descriptive words.

Example:

Corn

Corn is yellow, crisp and sweet
So delicious to eat
It is firm, solid and bright
Just an absolute delight!



Brainstorm

List some descriptive words that can be used in your poem.

Nutritious

Fill in the blanks to create your poem.

_____ is _____ and _____
So _____ to _____
It is _____ and _____
Just an _____

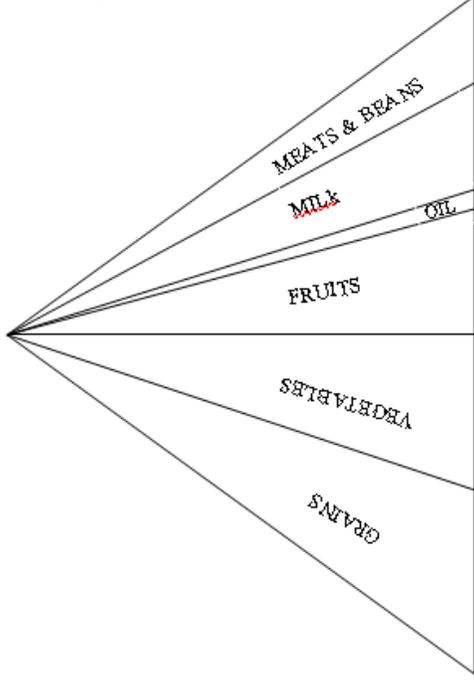


Use MyPyramid to make HEALTHY food choices!

Directions: Color in each section of the MyPyramid and then list foods that belong in each group.

Hint:

Grains	Orange
Vegetable	Green
Fruit	Red
Milk	Blue
Fats & Oils	Yellow
Meats & Beans	Purple



MEATS & BEANS

MILK

FRUIT

VEGETABLES

GRAINS



This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.

Broccoli



Draw a piece of broccoli

Describe broccoli: _____

What I learned about broccoli: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.

Nutrition Questions

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.



1. How much calcium is found in 1 cup of chopped broccoli? _____%.
2. Name at least four other fruits and vegetables that are green in color.

3. This week, I plan to eat _____ green fruits and vegetables because they are good for my _____ and _____.

Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%	

Source: www.nutritiondata.com



Eat a Rainbow!



Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day- red, yellow/orange, white, green, and blue/purple!



Red: Help you have a strong heart and a good memory.



Yellow/Orange: Help you have good vision, a strong heart, and keep you from getting sick.



Green: Help you have strong bones and teeth and good vision.



Today's fresh fruit/vegetable is:



The color of this fruit/ vegetable is:



Eating this color can help my body by:



Other fruits and vegetables that are the same color are:

I plan to eat _____ cups of fruits and vegetables every day.



Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah-Patel, MPH, RD, Program Coordinator

Farrah Northcott, MS, RD, Nutrition Specialist

Bessie Tseng, Secretary

Contributing Teachers from ABC Unified School District

Cari Angulo, 3rd grade, Hawaiian Elementary School

Renee Baker, 1st grade, Burbank Elementary School

Lora Ballard, 5th grade, Niemes Elementary School

Anna Champlin, 4th grade, Niemes Elementary School

Ranida Delarosa, 4th grade, Burbank Elementary School

Martha Downs, 1st grade, Willow Elementary School

Karen Farley, 1st grade, Burbank Elementary School

Luz Frias, 2nd grade, Niemes Elementary School

Vicki Furgeson, 4th grade, Aloha Elementary School

Nuvia Garcia, 6th grade, Juarez Elementary School

Debby Hakola, 3rd grade, Hawaiian Elementary School

Michelle Joyce, 5th grade, Juarez Elementary School

Ji Lim, Kindergarten, Burbank Elementary School

Diana Munoz, Kindergarten, Willow Elementary School

Martha O'Hara, 3rd grade, Melbourne Elementary School

RoseMarie Roybal, 5th grade, Hawaiian Elementary School

Danielle Saldavia, 6th grade, Aloha Elementary School

Tammy Talvy, 2nd grade, Furgeson Elementary School

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator

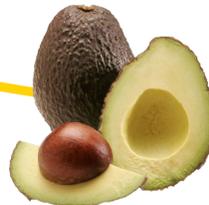
Caryn Fetzer, Teacher Advisor, 2nd grade, Rio Hondo Elementary School

Product characters taken from dole5aday.com





Fresh Fruit & Vegetable Program



■ **Carrot Worksheets** ■

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

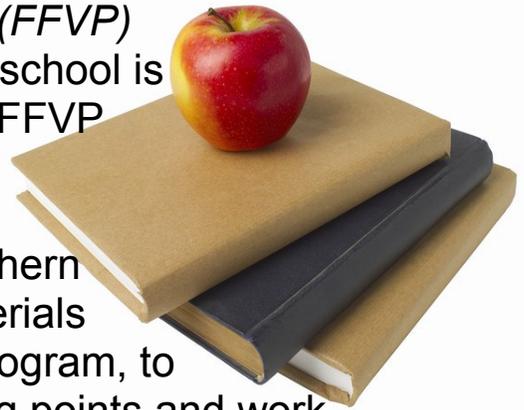


Table of Contents

Taste Test Teaching Points for K-2nd Grades.....	3
Taste Test Teaching Points for 3rd-5th Grades.....	4
K5: C is for Carrot Worksheet.....	5
K5: Carrot Writing Practice Worksheet.....	6
1st: Carrot Garden Worksheet.....	7
1st: Carrots Are Nutritious Worksheet.....	8
2nd: Carrot Writing Practice Worksheet.....	9
2nd: A Letter To My Parents Worksheet.....	10
3rd: Carrots Worksheet.....	11
3rd: Why Carrots? Worksheet.....	12
4th: Carrots Worksheet.....	13
4th: Choose Natural Worksheet.....	14
5th: Carrots Worksheet.....	15
5th: Body Labeling Worksheet.....	16
Glossary of Nutrients.....	17



Taste Test Teaching Points Carrots

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Carrots
- Materials:** FFVP Carrots Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Carrots or “skirrets” grow under the ground. They are a root vegetable. The part you eat is called a “taproot.” Do you know the name of another root vegetable?

Carrots are in the yellow/orange color group. Fruits and vegetables in this color group help maintain a healthy heart, healthy eyes and a healthy immune system (your immune system is found inside your body and fights off germs that can make you sick). They also can lower your chance of getting some cancers.

Carrots are rich in beta-carotene. Beta-carotene is found only in plants. This plant pigment/color was first identified in carrots; therefore, the word carotene comes from the word carrot.

Carrots are a good source of fiber. Fiber helps move food through your body.

There is a wild carrot known as “Queen Anne’s Lace.” It has a beautiful white flower and grows a root you can eat if you dig it up when young. Today Queen Anne’s Lace is considered a weed.

The great grandfather of the carrot we eat today was not orange but white, black, purple or yellow.

In the middle ages, carrot juice was used to make butter a more appealing color. Women used the leaves of carrots as a decoration in their hair and hats.

In the 1600’s, Dutch farmers developed the orange carrot in honor of royal family “The House of Orange.” This is the sweet carrot we eat today.

The early American colonists grew carrots between rows of tobacco to repel beetles.

Thomas Jefferson, our 3rd President, grew many colors of carrots in his garden at Monticello.

Have you ever heard the expression “dangling a carrot?” It originated in the 1890’s when carrots were dangled in front of donkeys to get them to move. Donkeys love to eat carrots. They have the second highest natural sugar content of any vegetable. (Beets have the highest sugar content of vegetables.)

During WWII, the British developed a special variety of carrot with a high beta-carotene level. They thought these special carrots might help the pilots see better at night. Why do you think they thought that?

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Carrots

Grades:	3rd to 5th Grade
Title of Lesson:	Carrots
Materials:	FFVP Carrots Student Worksheet FFVP Taste Test Teaching Points Lesson Plan Produce samples prepared by school food service staff
Procedure:	10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Carrots grow under the ground. They are a root vegetable. The part you eat is called a “taproot.” Do you know the name of another root vegetable?

Have you ever eaten baby carrots? Baby carrots are not necessarily small carrots, but are made from full-grown, small diameter carrots by peeling and cutting them to the desired length. Farmers plant carrots intended for the baby-cut market closer together so the roots stay slim and there is less waste when the carrots are cut to size. True baby carrots are removed from the ground early and actually look like miniature carrots.

Carrots are in the yellow/orange color group. Fruits and vegetables in this color group help maintain a healthy heart, healthy eyes and a healthy immune system (your immune system is found inside your body and fights off germs that can make you sick). They also can lower your chance of getting some cancers.

Carrots contain plant pigments called carotenoids. There are 600 different carotenoids. Beta-carotene, also present in carrots, is a member of this group. Carotenoids were first identified in carrots, therefore; the origin of the name came from the word carrot.

When you eat foods rich in beta-carotene, your body turns the beta-carotene into vitamin A.
The carrot we eat today was cultivated from the wild carrot. The wild carrot was actually a wild flower known as “Queen Anne’s Lace.”

The great grandfather of the carrot we eat today was not orange but white, black, purple or yellow and somewhat bitter tasting.

In the middle ages, carrot juice was used to make butter a more appealing color. Women used the leaves of carrots as a decoration in their hair and hats.

In the 1600’s, Dutch farmers developed the orange carrot in honor of royal family “The House of Orange.” This is the sweet carrot we eat today.

The early American colonists grew carrots between rows of tobacco to repel beetles.

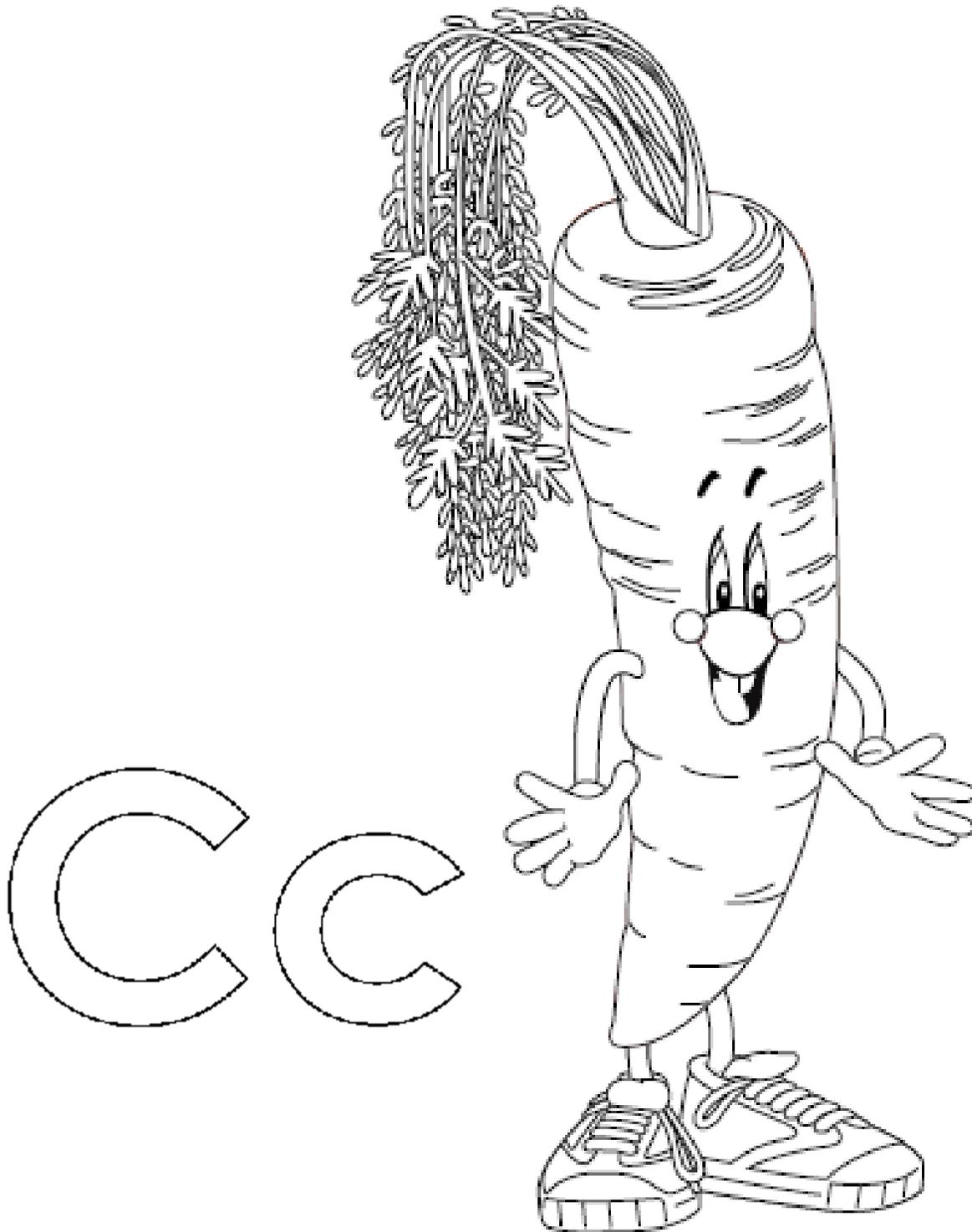
Thomas Jefferson, our 3rd President, grew carrots in his garden at Monticello.

Have you ever heard the expression “dangling a carrot?” It originated in the 1890’s when carrots were dangled in front of donkeys to get them to move. Donkeys love to eat carrots. They have the second highest natural sugar content of any vegetable. Beets contain the highest amount of natural sugar.

During WWII, the British developed a special variety of carrot with a high beta-carotene level. They thought these special carrots might help the pilots see better at night. Why do you think they thought that?

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

C/is/for/carrot.



Calvin Carrot ©



This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.



Produce of the Month: Carrots

Draw a picture of how a carrot grows.

Carrots are a / / / / / / / / / / / / / / / /

Carrots feel / / / / / / / / / / / / / / / /

Carrots taste / / / / / / / / / / / / / / / /



Produce of the Month Carrots



Draw a garden. Draw 2 rows of carrots with 4 carrots in each row.
Add some of your favorite types of vegetables to your garden.
Make sure to draw a scarecrow to chase away the birds.

How many carrots are in your garden? _____

Think of 3 adjectives (describing words) to talk about carrots.

_____, _____, _____

Use them each in a sentence.

1. _____

2. _____

3. _____

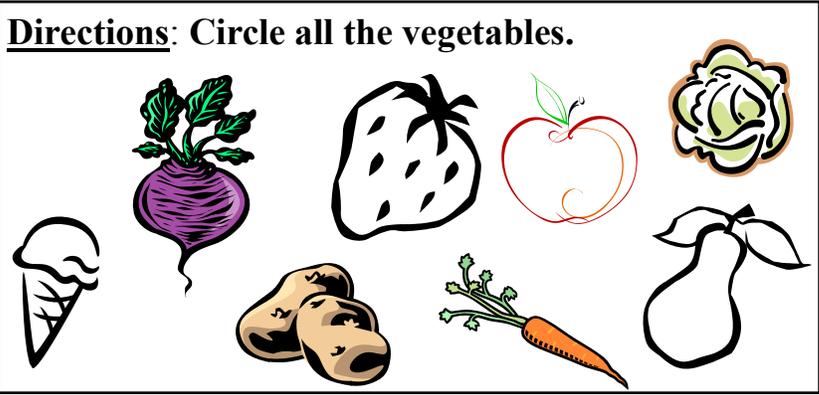
Did you eat any fruits or vegetables today? Yes No

If yes, list the fruits and vegetable you ate: _____





I am a orange root vegetable and have many healthy nutrients!



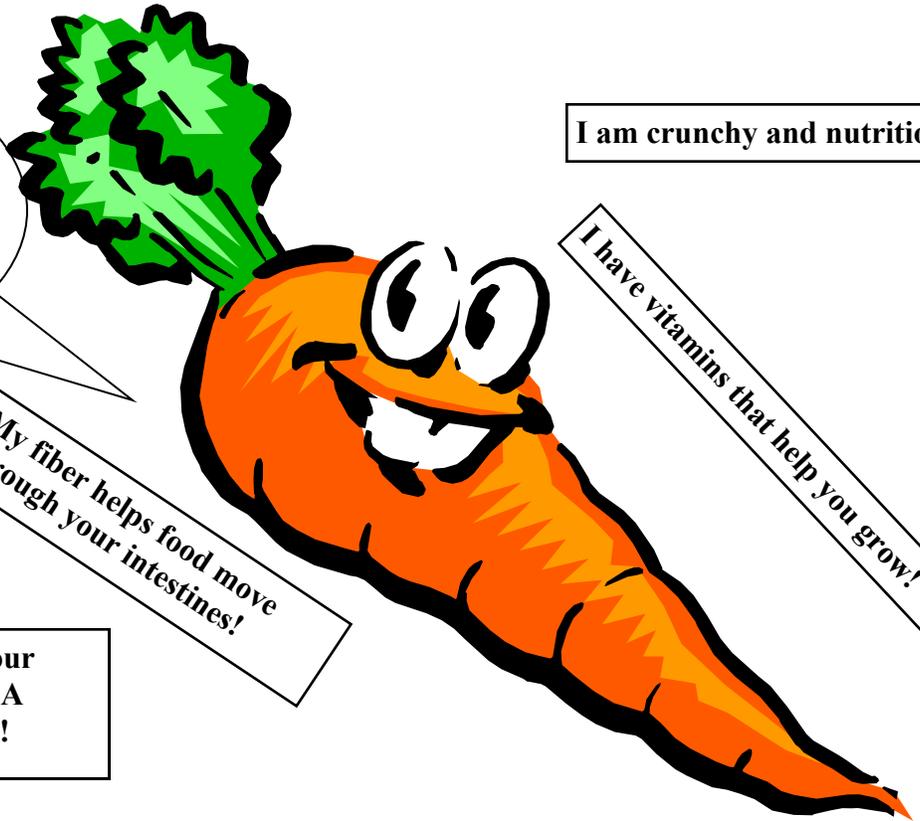
Directions: List four words that describe carrots.

Four rows of slanted lines for handwriting practice.



Produce of the Month: Carrots

Directions: List
3 reasons why I
am good for you?



I am crunchy and nutritious!

I have vitamins that help you grow!

My fiber helps food move
through your intestines!

My lovely orange color helps your
body make vitamin A. Vitamin A
helps maintain healthy eyesight!



A letter to your parents

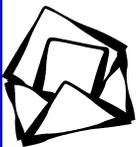
Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them why eating a nutritious breakfast is good for you. Also, include an example of a nutritious breakfast you would like to eat.



Date: _____



Dear _____,



Love,



Produce of the Month Carrots



Draw a carrot

Describe a carrot: _____

What I learned about carrots: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____

Nutrition Questions

Carrots are one of the most popular vegetables in the United States. Carrots are a good source of fiber. Fiber helps our digestive system stay healthy. Students your age need about 25 grams of fiber every day.

1. How many grams of fiber are in 1 cup of carrots? _____ grams.

2. To make sure I get enough of the vitamins, minerals, and fiber my body needs, I will try to eat _____ cups of fruits and vegetables every day.



Nutrition Facts

Serving Size: 1 cup, chopped (128g)	
Calories 52	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 308%	Vitamin C 13% Calcium 4% Iron 2%

Source: www.nutritiondata.com



WHY CARROTS?

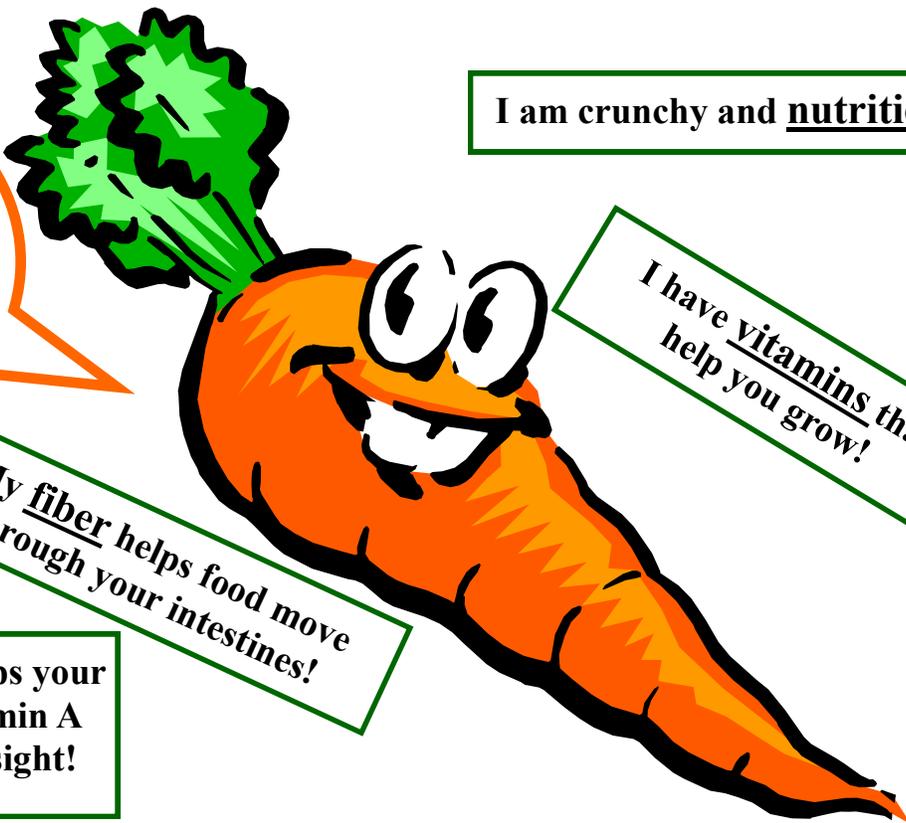
Directions:
List 3 reasons
why I am
good for you.

I am crunchy and nutritious!

I have vitamins that
help you grow!

My fiber helps food move
through your intestines!

My lovely orange color helps your
body make vitamin A. Vitamin A
helps maintain healthy eyesight!

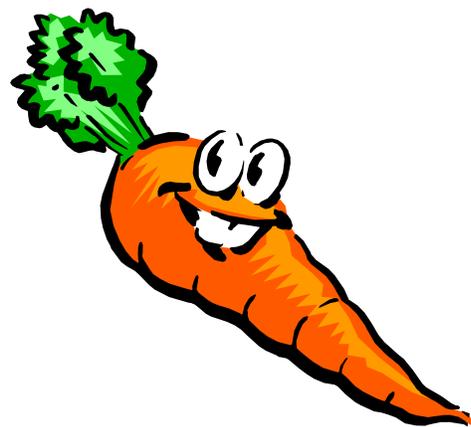


Handwriting practice area with seven horizontal lines for writing.

Produce of the Month

Carrots

Draw a picture of a carrot



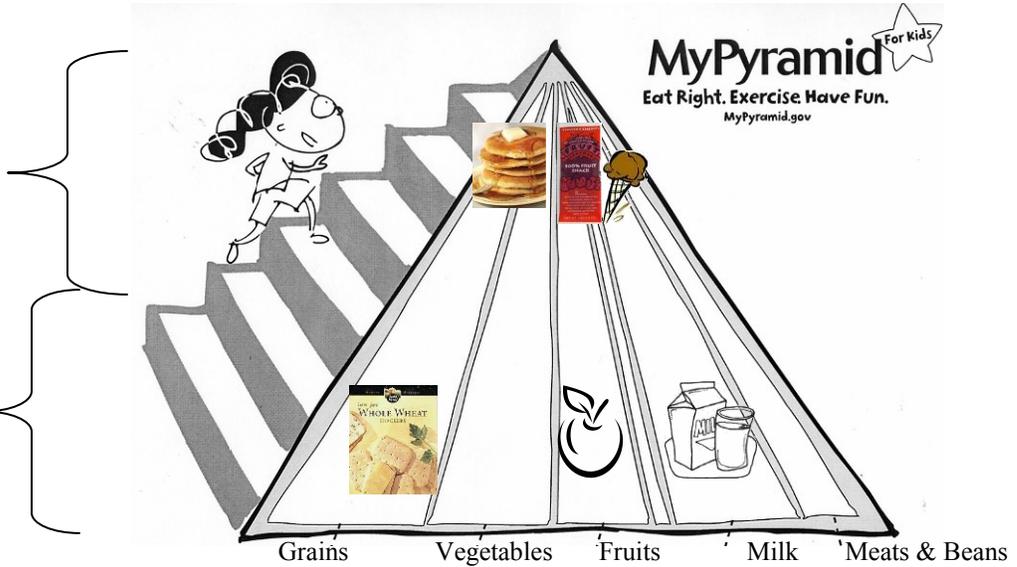
- ◆ I am crunchy and nutritious!
- ◆ I have vitamins that help you grow!
- ◆ My fiber helps food move through your intestines!
- ◆ My lovely orange color helps your body make vitamin A. Vitamin A helps maintain healthy eyesight!

Directions: Write a paragraph about the nutritious value of carrots.

Choose Natural

Processed Foods are less nutritious because they generally have more sugar and fat.

Natural and Whole Foods are more nutritious because they are naturally full of vitamins, minerals and fiber.



Directions: Color in the appropriate colors of the Food Pyramid.

The top of the MyPyramid is more narrow than the bottom. This helps determine which foods are HEALTHIER for you. Whole and natural foods belong at the bottom of the pyramid. Processed foods, as well as other foods high in refined sugars and fats, belong at the top! For example, low-fat milk would be placed at the bottom of the MILK group and ice cream would be placed at the top.

Directions: Practice determining which foods are whole and natural and which foods are processed by checking off the correct box below.

FOOD ITEM

NATURAL

PROCESSED

- Apple Candy
- Ice Cream
- Tomato
- Hot Dog
- Strawberry
- Kiwi Fruit
- Strawberry Jam
- Cherry Pie
- Milk
- Fish
- Apple

_____ ✓ _____





Produce of the Month Carrots



Draw a carrot

Describe a carrot: _____

What I learned about carrots: _____

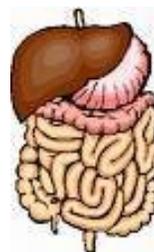
To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____

Nutrition Questions

Carrots are one of the most popular vegetables in the United States. Carrots are a good source of fiber. Fiber helps our digestive system stay healthy. Students your age need about 25 grams of fiber every day.

1. How many grams of fiber are in 1 cup of carrots? _____ grams.

2. To make sure I get enough of the vitamins, minerals, and fiber my body needs, I will try to eat _____ cups of fruits and vegetables every day.



Nutrition Facts

Serving Size: 1 cup, chopped (128g)	
Calories 52	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 308%	Vitamin C 13% Calcium 4% Iron 2%

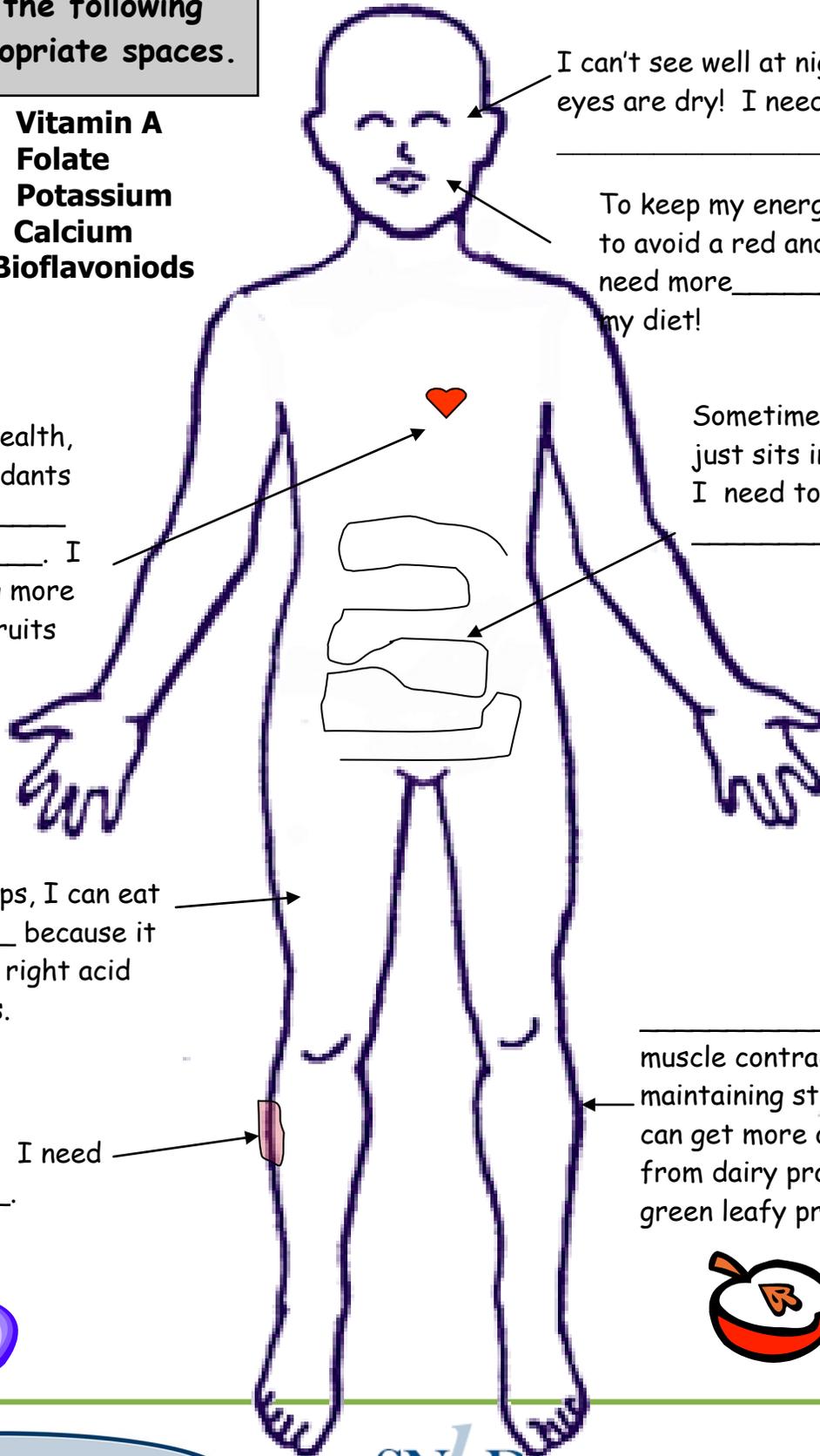
Source: www.nutritiondata.com



BODY LABELING

Directions: Place the following words in the appropriate spaces.

- | | |
|--|------------------|
| Vitamin C | Vitamin A |
| Fiber | Folate |
| Blue & Red | Potassium |
| Phytochemicals | Calcium |
| Carotenoids & Bioflavonoids | |



I can't see well at night and my eyes are dry! I need more _____.

To keep my energy level high and to avoid a red and sore tongue I need more _____ in my diet!

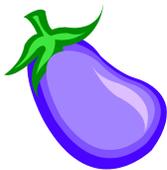
To maintain heart health, I need more antioxidants such as _____ and _____. I can get them eating more yellow and orange fruits and vegetables.

Sometimes my food just sits in my intestines! I need to get more _____ in my diet!

To avoid muscle cramps, I can eat more _____ because it will help maintain the right acid balance in body fluids.

_____ helps with muscle contractions and maintaining strong bones. I can get more of this nutrient from dairy products and green leafy products.

My cuts heal slowly! I need more _____.



Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah-Patel, MPH, RD, Program Coordinator

Farrah Northcott, MS, RD, Nutrition Specialist

Bessie Tseng, Secretary

Contributing Teachers from ABC Unified School District

Cari Angulo, 3rd grade, Hawaiian Elementary School

Renee Baker, 1st grade, Burbank Elementary School

Lora Ballard, 5th grade, Niemes Elementary School

Anna Champlin, 4th grade, Niemes Elementary School

Ranida Delarosa, 4th grade, Burbank Elementary School

Martha Downs, 1st grade, Willow Elementary School

Karen Farley, 1st grade, Burbank Elementary School

Luz Frias, 2nd grade, Niemes Elementary School

Vicki Furgeson, 4th grade, Aloha Elementary School

Nuvia Garcia, 6th grade, Juarez Elementary School

Debby Hakola, 3rd grade, Hawaiian Elementary School

Michelle Joyce, 5th grade, Juarez Elementary School

Ji Lim, Kindergarten, Burbank Elementary School

Diana Munoz, Kindergarten, Willow Elementary School

Martha O'Hara, 3rd grade, Melbourne Elementary School

RoseMarie Roybal, 5th grade, Hawaiian Elementary School

Danielle Saldavia, 6th grade, Aloha Elementary School

Tammy Talvy, 2nd grade, Furgeson Elementary School

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator

Caryn Fetzer, Teacher Advisor, 2nd grade, Rio Hondo Elementary School

Product characters taken from dole5aday.com





Fresh Fruit & Vegetable Program



■ **Salad Greens Worksheets** ■

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

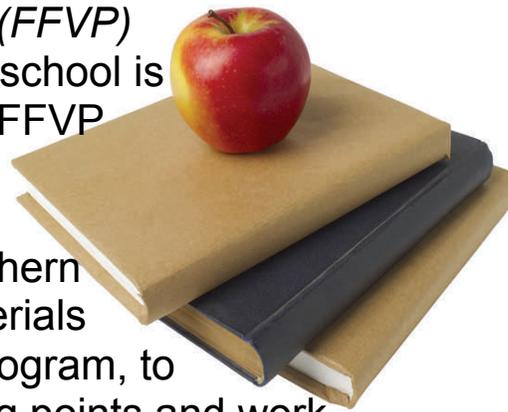


Table of Contents

Taste Test Teaching Points for K-2nd Grades.....	3
Taste Test Teaching Points for 3rd-5th Grades.....	4
K5: S is for Salad Worksheet.....	5
K5: Salad Writing Practice Worksheet.....	6
1st: Salad Things to Do Worksheet.....	7
1st: Fruits & Vegetables ABC Worksheet.....	8
2nd: Salad Sentences Worksheet.....	9
2nd: Rainbow Shopping Worksheet.....	10
3rd: Salad Greens Worksheet.....	11
3rd: Setting Healthy Goals Worksheet.....	12
4th: Create a Salad Worksheet.....	13
4th: Nutrition & Fitness Worksheet.....	14
5th: Salad Greens Worksheet.....	15
5th: Your Healthy Heart Worksheet.....	16
Glossary of Nutrients.....	17



Taste Test Teaching Points Salad Greens

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Salad Greens
- Materials:** FFVP Salad Greens Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Salad greens originated from the Mediterranean basin around 79 A.D., when they found them on paintings of ancient Egyptian tombs.

Lettuce was one of the first vegetables brought to the new world by Columbus, probably on his second voyage.

Salad greens are a vegetable and they grow in the ground.

Salad greens come in a variety of colors like light green, dark green, and even red!

There are hundreds of varieties of lettuce, which belong to the sunflower family.

Romaine, red and green leaf, butterhead, spinach, mustard, arugula, bib, and iceberg lettuce are all **different types of salad greens**.

Most lettuce greens are very nutritious. Two handfuls of green leaf lettuce contain a high source of Vitamins A, C, and K.

Vitamin K helps our blood clot, which is very important for our health. When we accidentally get cut, our blood clots to stop the bleeding.

Vitamin A helps us see better and keeps our skin healthy.

Americans eat about 30 pounds of lettuce each year.

California is the number one producer of leaf lettuce in the country.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Salad Greens

Grades: 3rd to 5th Grade

Title of Lesson: Salad Greens

Materials: FFVP Salad Greens Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Salad greens originated from the Mediterranean basin around 79 A.D., when they found them on paintings of ancient Egyptian tombs.

Lettuce was one of the first vegetables brought to the new world by Columbus, probably on his second voyage.

Salad greens are a vegetable and they grow in the ground.

Salad greens come in a variety of colors like light green, dark green, and even red!

There are hundreds of varieties of lettuce, which belong to the sunflower family.

Some lettuce varieties, like iceberg, have been specifically cultivated to remove the bitterness from their leaves.

Romaine, red and green leaf, butterhead, spinach, mustard, arugula, bib, and iceberg lettuce are all **different types of salad greens**.

Most lettuce greens are very nutritious. Two handfuls of green leaf lettuce contain a high source of Vitamins A, C, and K.

Vitamin K helps our blood clot, which is very important for our health. When we accidentally get cut, our blood clots to stop the bleeding.

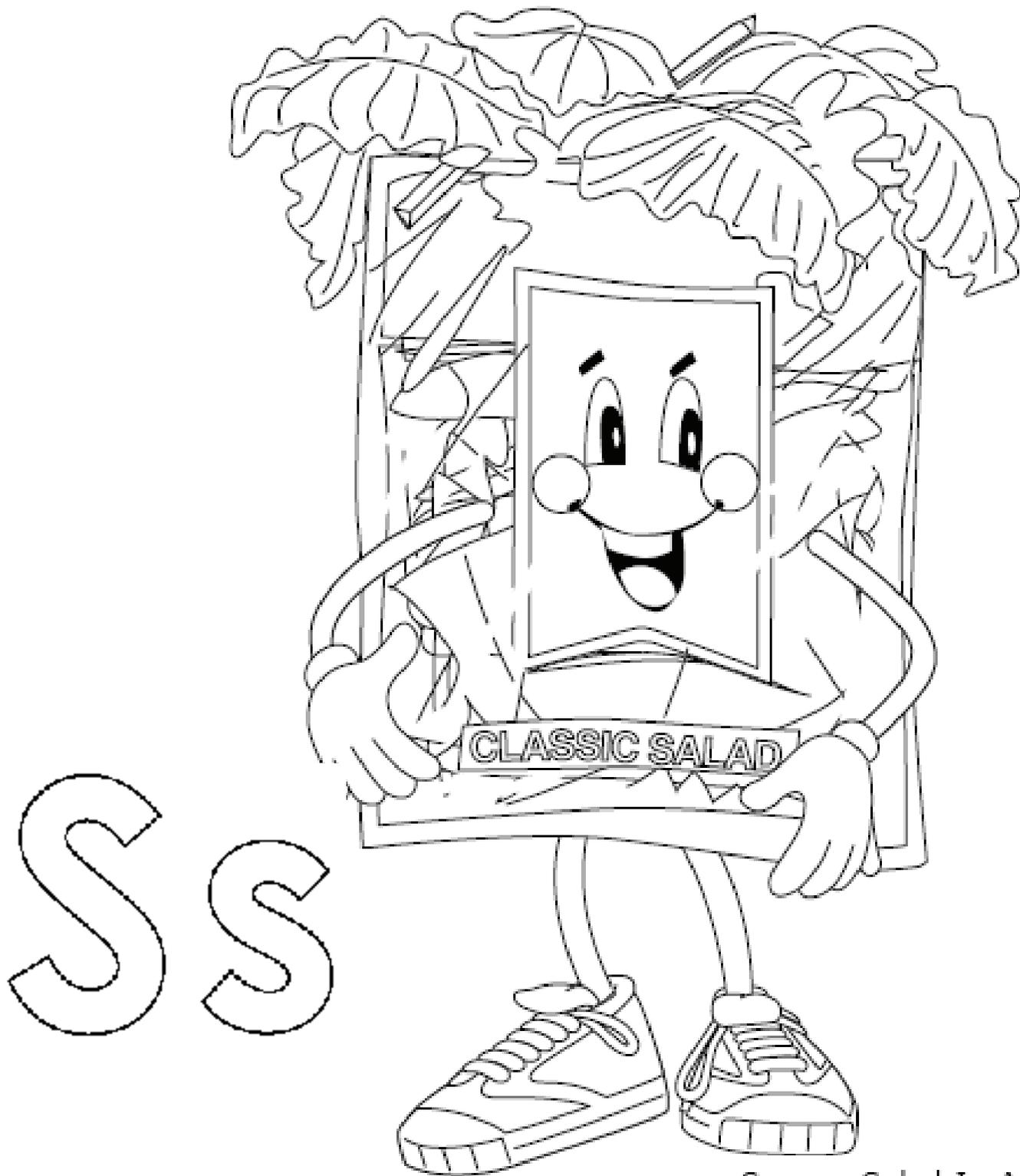
Vitamin A helps us see better and keeps our skin healthy.

Americans eat about 30 pounds of lettuce each year.

California is the number one producer of leaf lettuce in the country. Spring and fall production occur in the San Joaquin Valley while winter crop occurs in the desert areas of California including Imperial Valley.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

S/is/for/salad.

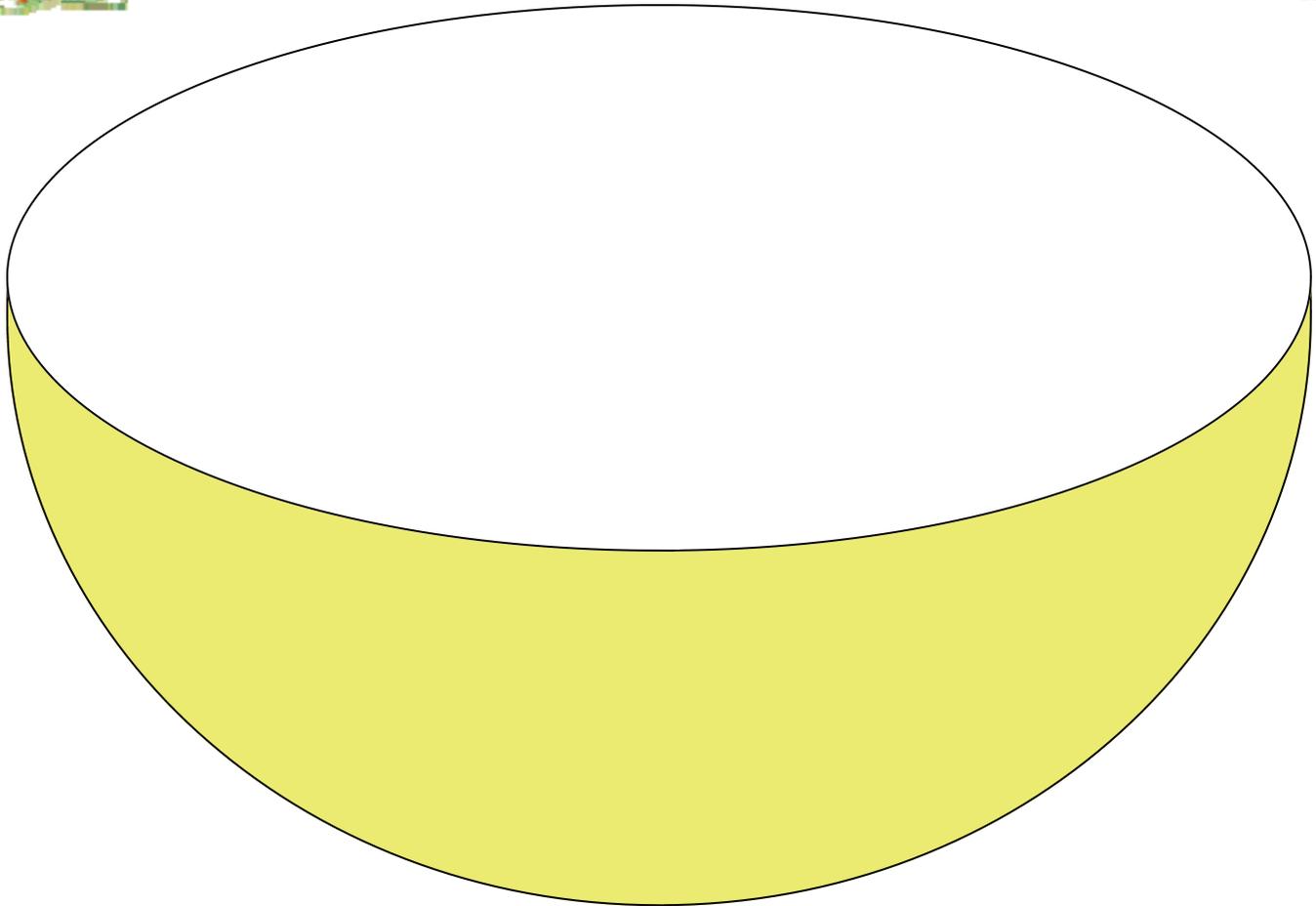


Sammy Salad-In-A-Bag ©





Salad Greens



1. Draw a picture of a salad with your favorite vegetables.
2. Then write and describe your salad.

Two rows of slanted lines for writing a description of the salad.



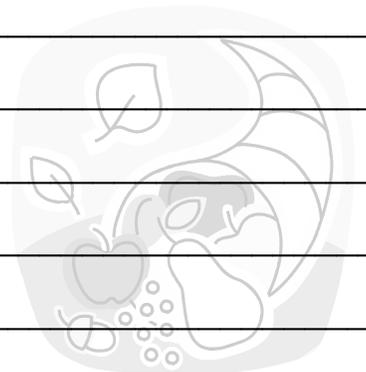
Salad Greens

Draw a bowl of salad



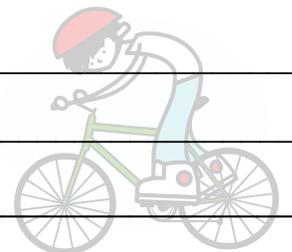
List three things you will do this summer to make sure you will get the amount of fruits and vegetables you need every day to stay healthy and energetic!

1. _____
- _____
2. _____
- _____
3. _____
- _____



In addition to eating fruits and vegetables, you need about 60 minutes of physical activity every day. Make a list of physical activities you will do over the summer to help keep you fit and strong!

1. _____
- _____
2. _____
- _____
3. _____
- _____





Alphabetical Order

Directions: Put fruits and vegetables in alphabetical order.

Produce	Alphabetical Order
Apple	
Pears	
Kiwifruit	
Sweet Potatoes	
Orange	
Broccoli	
Spinach	
Carrots	
Strawberries	
Salad Green	

From the list of produce above, which one do you eat most often? _____

Which one do you eat least often? _____

Eating a colorful variety of fruits and vegetables every day is very important for your health. List three things you can do to increase the amount of colorful fruits and vegetables you eat every day. Share these ideas with your family!

1. _____

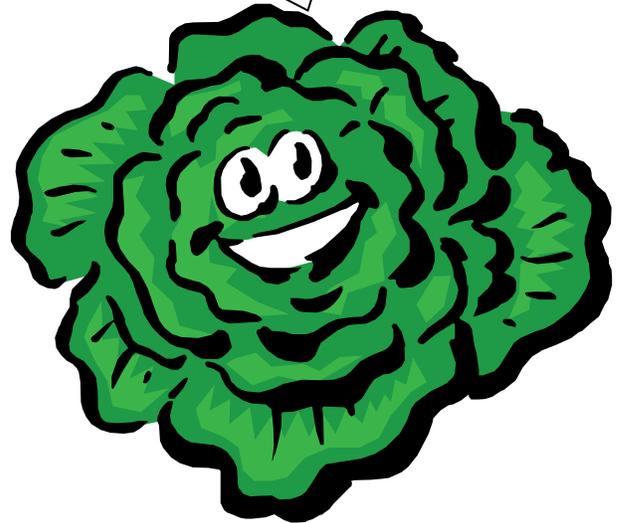
2. _____

3. _____



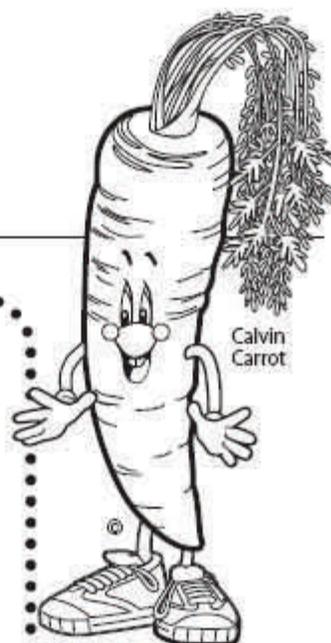
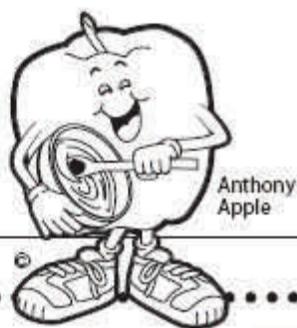
Salad Greens

The darker in color, the more *nutritious* I am for you!



Directions: What kind of vegetables can you add to a salad to boost the nutrition content?

Rainbow Shopping



Part 1

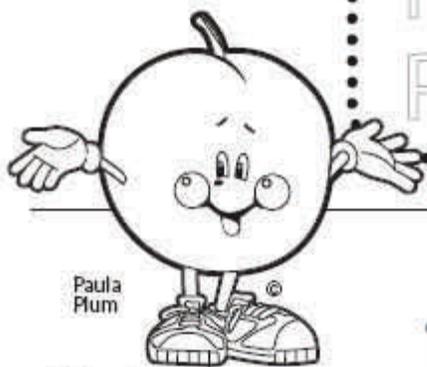
You can find lots of colorful fruits and vegetables in your supermarket. Some of them are hiding in this fruit and vegetable word-find puzzle.

Find the ones listed in the puzzle and circle them. Then color the letters to show which color group each fruit and vegetable belongs in.

A P R I C O T S
 P S C I T P O R
 P B B A N A N A
 L C A R R O T I
 E X L N P E A S
 S P I N A C H I
 N Z Y A C O R N
 P O T A T O E S

Fruits and Vegetables To Find:

- APPLES
- APRICOTS
- BANANA
- CARROT
- PEAS
- SPINACH
- POTATOES
- RAISINS
- CORN



Part 2

You can buy many fruits and vegetables in different forms. They come fresh, frozen, as juices, canned and even dried. They can be found in different places in the supermarket. In the chart, check (✓) the different forms in which you might find the fruits and vegetables listed.

	Fresh	Juice	Frozen	Canned	Dried
Pineapple					
Grapes					
Peas					
Corn					
Plums					
Potatoes					





Salad Greens



Draw salad greens

Describe salad greens: _____

What I learned about salad greens: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.

Nutrition Questions

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.

2. It is important to eat green fruits and vegetables because _____

_____.

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 106% Vitamin C 22% Calcium 2% Iron 4%	

Source: www.nutritiondata.com



Setting Healthy Goals

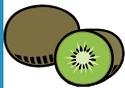


When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non fat milk, and choosing more whole grains).



Steps to Setting a Goal:

1. Define your goal.
2. Write down the small steps you will need to take to achieve this goal.
3. Set a deadline.



1. My healthy goal is to _____
_____.

2. To achieve this goal, I need to take the following steps:

A. _____

B. _____

C. _____



3. The deadline for me to achieve my goal is _____



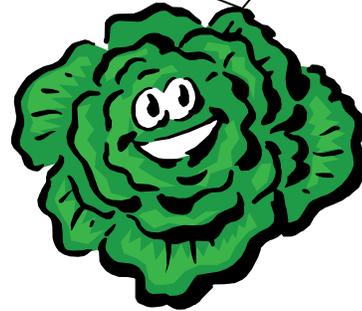
_____.

Salad Greens

Create Your Own Salad
Using All Five Colors of Vegetables!



The darker in color, the
more *nutritious* I am for you!



Directions: Below, list the vegetables you want to add to lettuce to make a colorful and nutritious salad.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Salad Greens



Draw salad greens

Describe salad greens: _____

What I learned about salad greens: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.

Nutrition Questions

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.

2. It is important to eat green fruits and vegetables because _____

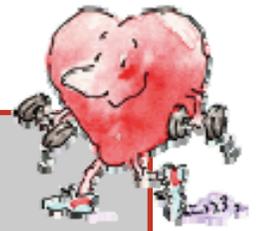
Nutrition Facts

Serving Size: 2 cups, green leaf (72g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 106% Vitamin C 22% Calcium 2% Iron 4%	

Source: www.nutritiondata.com



Your Healthy Heart



Directions: Fill in the blanks to complete the words that fit the statements. All of the correct words are shown below:

Arteries	Coronary	Fruit	Calories	Stroke
Chicken	Exercise	Heart	Smoking	Tuna
Cholesterol	Fish	Heart attack	Stress	Veins

1. These blood vessels carry blood away from the heart to the rest of the body. A _ _ _ _ _
2. A type of fish we eat for lunch as a salad or in a sandwich. T _ _ _ _
3. A muscle that pumps blood throughout your body. H _ _ _ _
4. These blood vessels carry blood from the body back to the heart. _ _ E _ _ _ _
5. The type of activity that makes your heart strong. _ _ _ _ R _ _ _ _
6. This is what we call the energy that food provides us. _ _ _ _ O _ _ _ _
7. A heart-healthy food that comes from the water. _ _ _ S _
8. A heart-healthy way to eat this food is without the skin. _ _ C _ _ _ _ _ _
9. A fatty substance that clogs up arteries so blood can't flow through them. _ _ _ L _ _ _ _ _ _ _
10. This can happen when the arteries to the heart get clogged. _ _ E _ _ _ _ _ _ _ _ _ _
11. This can happen if an artery going to the brain is clogged. _ _ _ R _ _ _ _ _
12. These arteries supply the heart with oxygen and nutrients. _ _ _ O _ _ _ _ _
13. A bad habit that is a major risk factor for heart disease. S _ _ _ _ _ _ _ _
14. A sweet food that's good for you and for your heart. _ _ _ I _
15. An uptight, nervous, or anxious condition. S _ _ _ _ _ _



Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah-Patel, MPH, RD, Program Coordinator

Farrah Northcott, MS, RD, Nutrition Specialist

Bessie Tseng, Secretary

Contributing Teachers from ABC Unified School District

Cari Angulo, 3rd grade, Hawaiian Elementary School

Renee Baker, 1st grade, Burbank Elementary School

Lora Ballard, 5th grade, Niemes Elementary School

Anna Champlin, 4th grade, Niemes Elementary School

Ranida Delarosa, 4th grade, Burbank Elementary School

Martha Downs, 1st grade, Willow Elementary School

Karen Farley, 1st grade, Burbank Elementary School

Luz Frias, 2nd grade, Niemes Elementary School

Vicki Furgeson, 4th grade, Aloha Elementary School

Nuvia Garcia, 6th grade, Juarez Elementary School

Debby Hakola, 3rd grade, Hawaiian Elementary School

Michelle Joyce, 5th grade, Juarez Elementary School

Ji Lim, Kindergarten, Burbank Elementary School

Diana Munoz, Kindergarten, Willow Elementary School

Martha O'Hara, 3rd grade, Melbourne Elementary School

RoseMarie Roybal, 5th grade, Hawaiian Elementary School

Danielle Saldavia, 6th grade, Aloha Elementary School

Tammy Talvy, 2nd grade, Furgeson Elementary School

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator

Caryn Fetzer, Teacher Advisor, 2nd grade, Rio Hondo Elementary School

Product characters taken from dole5aday.com





Fresh Fruit & Vegetable Program



■ **Spinach Worksheets** ■

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

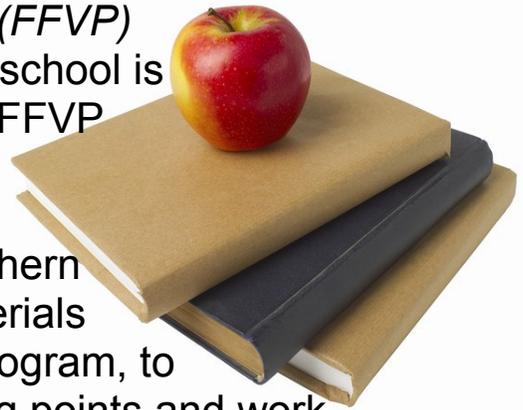


Table of Contents

Taste Test Teaching Points for K-2nd Grades.....	3
Taste Test Teaching Points for 3rd-5th Grades.....	4
K5: S is for Spinach Worksheet.....	5
K5: Making the Right Food Choices Worksheet.....	6
1st: Spinach and Health Worksheet.....	7
1st: Adding Fruits & Vegetables Worksheet.....	8
2nd: Spinach Worksheet.....	9
2nd: Eat a Rainbow Worksheet.....	10
3rd: Spinach Paragraph Worksheet.....	11
3rd: Eat Your Colors Worksheet.....	12
4th: Spinach Worksheet.....	13
4th: Paragraph Practice Worksheet.....	14
5th: Spinach Worksheet.....	15
5th: Paragraph Practice Worksheet.....	16
Glossary of Nutrients.....	17



Taste Test Teaching Points Spinach

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Spinach
- Materials:** FFVP Spinach Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Many plants are grown for their leaves. Leafy plants are referred to as greens. They include spinach, kale, collards and mustard. Spinach is a small leafy green vegetable. It is soft with leaves that are oval to arrow-shaped. You can eat both the leaves and stems.

Spinach originally came from Persia (now Iran). Our name for spinach came from the Persian word “ispanai” which means “green hand” which later became “spanachia” (Latin) and today, spinach. People long ago named it ‘the prince of vegetables’. The green leafy vegetable made its way to China as a gift from the King of Nepal.

When spinach was introduced in Italy, it became the favorite vegetable of a famous Italian family. When the daughter, whose name was Catherine de Medici, left her home in Florence Italy to marry King Henry II of France, she brought along her own cooks who could prepare spinach in the many different ways that she liked. Since this time, dishes prepared on a bed of spinach are referred to as “à la Florentine”.

European settlers brought spinach as they settled in the New World.

The cartoon character Popeye was introduced in 1929. Popeye was very strong. He was strong because he ate spinach every day. For many years, spinach was the third most popular children’s food after turkey and ice cream. What is your favorite food?

Today, California is the leading producer of fresh and processed spinach in the United States. Processed spinach means the spinach is canned, frozen or puréed for baby food. Look for fresh, leafy, spinach in the produce section of the grocery store.

The number of people eating fresh spinach has increased. This is mostly due to the pre-cut, bagged spinach that is available today.

Spinach is in the green color food group. Eating 2 cups of raw spinach in a salad, will give you all of the vitamin A you will need for the day. It also gives you more than 4 times the Vitamin K you need for the day.

Spinach is the richest plant source of folate. Folate plays an important role in making new body cells. Other foods you can eat that contain folate are avocados, milk, oranges and peanuts.

Would you like to taste spinach now?

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Spinach

Grades: 3rd to 5th Grade

Title of Lesson: Spinach

Materials: FFVP Spinach Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Many plants are grown for their leaves. Leafy plants are referred to as greens. They include spinach, kale, collards and mustard. Spinach is a small leafy green vegetable. It is soft with leaves that are oval to arrow-shaped. You can eat both the leaves and stems.

Spinach originally came from Persia (now Iran). Our name for spinach came from the Persian word “ispanai” which means “green hand” which later became “spanachia” (Latin) and today, spinach. People long ago named it ‘the prince of vegetables’. The green leafy vegetable made its way to China as a gift from the King of Nepal.

When spinach was introduced in Italy, it became the favorite vegetable of a famous Italian family. When the daughter, whose name was Catherine de Medici, left her home in Florence Italy to marry King Henry II of France, she brought along her own cooks who could prepare spinach in the many different ways that she liked. Since this time, dishes prepared on a bed of spinach are referred to as “à la Florentine”.

European settlers brought spinach as they settled in the New World.

The cartoon character Popeye was introduced in 1929. Popeye was very strong. He was strong because he ate spinach every day. For many years, spinach was the third most popular children’s food after turkey and ice cream. What is your favorite food?

Today, California is the leading producer of fresh and processed spinach in the United States. Processed spinach means the spinach is canned, frozen, or puréed for baby food. Look for fresh, leafy, spinach in the produce section of the grocery store.

Spinach will not grow in hot weather. It is a cool weather crop. Once harvested, it will perish very quickly. When taken from the field, rapid cooling is essential.

The number of people eating fresh spinach has increased. This is mostly due to the pre-cut, bagged spinach that is available today.

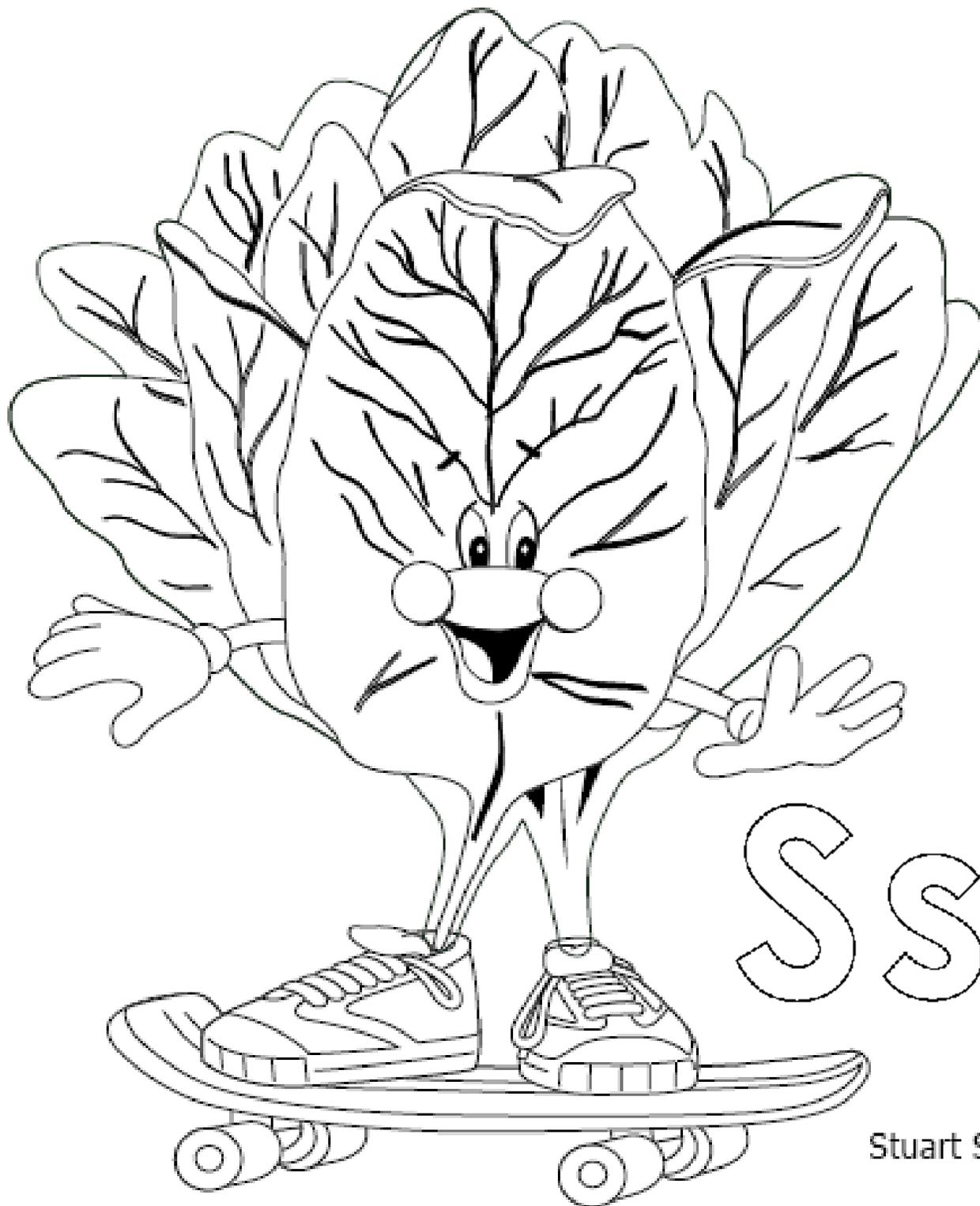
Spinach is in the green color food group. Eating 2 cups of raw spinach in a salad, will give you all of the vitamin A you will need for the day. It also gives you more than 4 times the Vitamin K you need for the day.

Spinach is the richest plant source of folate. Folate plays an important role in making new body cells. Other foods you can eat that contain folate are avocados, oranges, milk, and peanuts

Would you like to taste spinach now?

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

S is for spinach.



Stuart Spinach ©



Spinach



Making the Right Food Choices

Directions:

Draw and color 3 nutritious foods and 3 less nutritious foods in the appropriate boxes below.



Nutritious Foods

Less Nutritious Foods





Spinach



Draw a picture of a spinach garden.

Spinach helps my body because _____

Do you want to be healthy, strong, and energetic? Yes No

Draw a circle around the nutritious foods that help keep your body healthy.

Apples	Pears	Kiwifruit	Oranges
Broccoli	Chocolate Bar	Milk	Soda
Potato Chips	Carrots	Candy	Pears

Make a list of nutritious foods you will try to eat more often to help keep your body healthy and strong.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

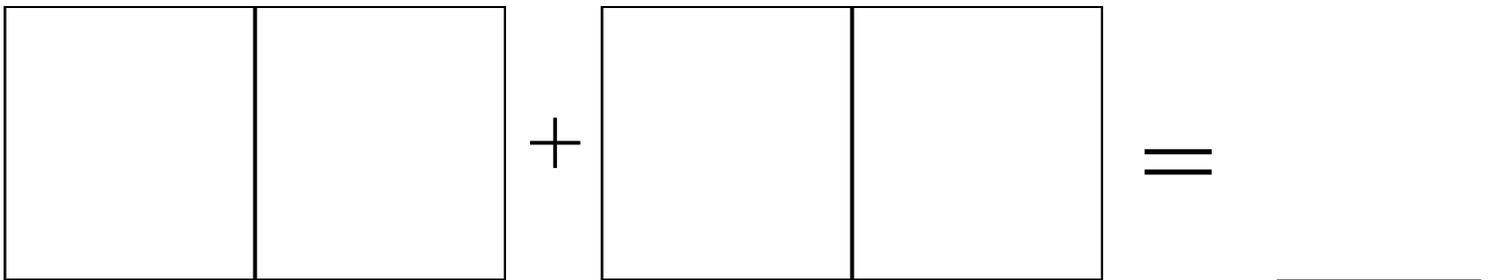


Adding Fruits and Vegetables



Are there more apples or broccoli? _____

Directions: Fill in each box with one of your favorite kind of fruit or vegetable and solve the math problem.





Spinach



Draw a picture of spinach.

Write 6 adjectives that describe spinach. Remember to use your five senses (sight, smell, taste, touch, & sound). Then, using your list of adjectives write at least 3 sentences about spinach.

1. _____ 2. _____ 3. _____
 4. _____ 5. _____ 6. _____

Use the Nutrition Facts Label to fill in the nutrition information about Spinach.

Spinach Nutrition Facts

Serving Size	_____
Calories	_____
Calories from Fat	_____
Dietary Fiber	_____
Vitamin A	_____
Vitamin C	_____

Spinach



Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)*	
Calories 7	Calories from Fat 1
<hr/>	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
<hr/>	
Vitamin A 56%	Vitamin C 14%
Calcium 3%	Iron 5%

Source: www.nutritiondata.com



Eat a Rainbow!



Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day- red, yellow/orange, white, green, and blue/purple!



Red: Help you have a strong heart and a good memory.



Yellow/ Orange: Help you have good vision, a strong heart, and keep you from getting sick.



Green: Help you have strong bones and teeth and good vision.



Today's fresh fruit/vegetable is:



The color of this fruit/ vegetable is:



Eating this color can help my body by:



Other fruits and vegetables that are the same color are:



I plan to eat _____ cups of fruits and vegetables every day.



Spinach



Paragraph Practice!

Eating spinach is a great way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy!

Draw a picture of spinach above

Directions: Write a descriptive paragraph about spinach. Remember to use descriptive words and adjectives.



Directions: Read your paragraph to a friend.



Eat a variety of colored **FRUITS & VEGETABLES!**

Different colors help the body in different ways!

Directions: First, read the names of fruits and vegetables in the boxes below. Next, think of what color that produce is, and then color the box with that color. Finally, list the produce according to their color.

HINT: Use a dictionary to find a fruit or vegetable that you do not recognize.

Raisins	Orange	Banana	Grapes	Strawberry	Peach	Onion	Beets	Carrots	Asparagus
Dark Lettuce	Lemon	Broccoli	Pumpkin	Potato	Jicama	Zucchini	Spinach	Blackberry	Apple
Plums	Pineapple	Corn	Peas	Cabbage	Peppers	Blueberry	Tangerine	Cherry	
Apricot	Turnip	Cranberry	Raspberry	Eggplant	Mushrooms	Avocados	Celery		

***Look below to find out how each colored vegetable may help your body stay healthy. ***

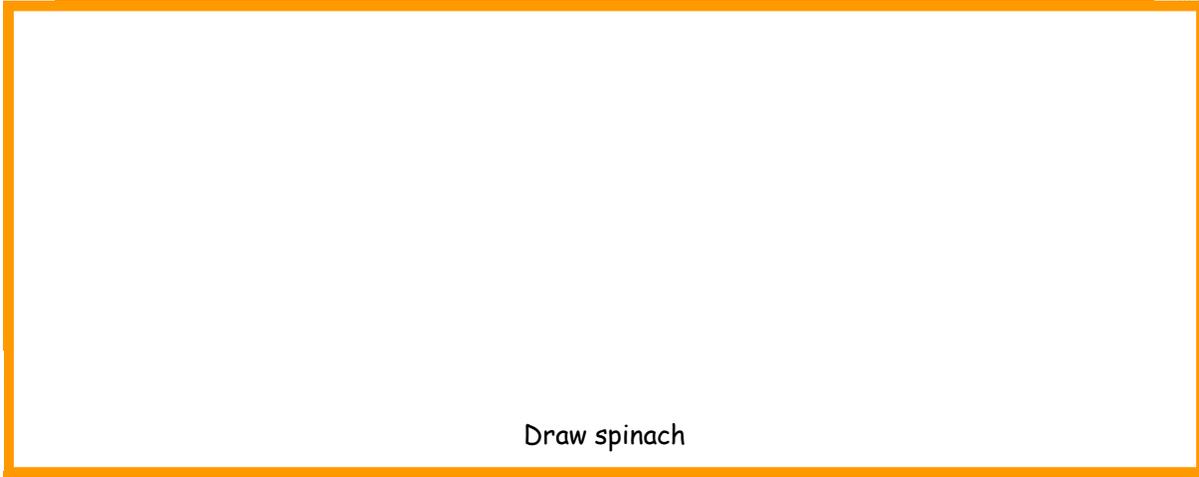
<p><u>RED</u></p> <p>Help keep your heart healthy and your memory sharp.</p> 	<p><u>YELLOW & ORANGE</u></p> <p>Help keep your heart and vision healthy, and help your body fight sickness and disease.</p> 	<p><u>GREEN</u></p> <p>Help keep your vision healthy and your bones and teeth strong.</p> 	<p><u>WHITE</u></p> <p>Help keep your heart healthy.</p> 	<p><u>BLUE</u></p> <p>Help keep your memory sharp.</p> 
---	---	--	---	---

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____





Spinach



Describe spinach: _____

What I learned about spinach: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____



Nutrition Questions

Spinach is an excellent source of vitamin A and vitamin C. Vitamin A can help keep your vision clear. Vitamin C can help fight off colds.

1. Name two other fruits or vegetables that you have tasted this year that are high in vitamin A.

2. Why do you think it important to eat fruits and vegetables every day? _____

Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)	
Calories 7	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Vitamin C 14%
Calcium 3%	Iron 5%

Source: www.nutritiondata.com





Spinach



Paragraph Practice!

Eating spinach is a great way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy!

Draw a picture of spinach above

Directions: Write a descriptive paragraph about spinach. Remember to use descriptive words and adjectives.

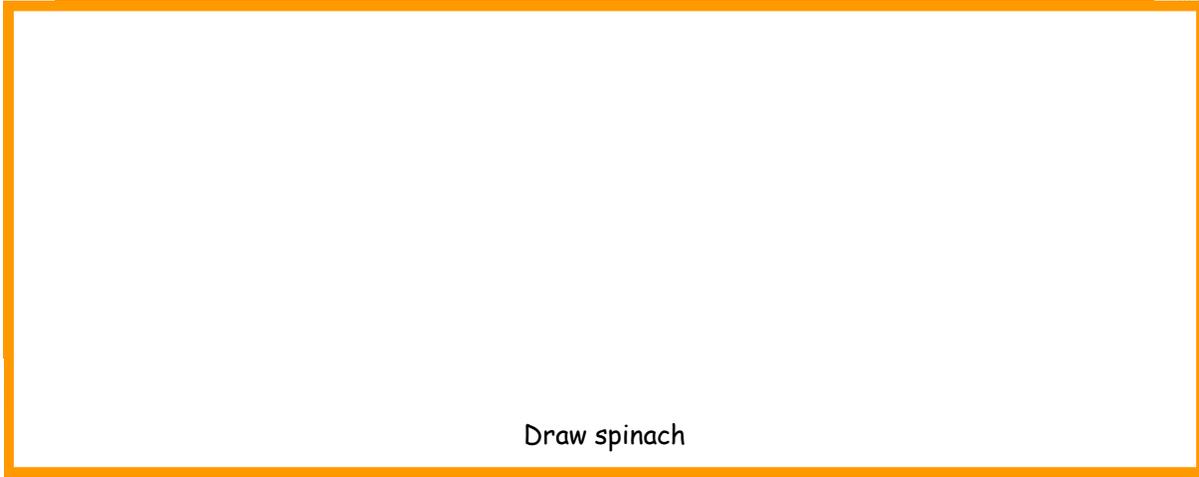


Directions: Read your paragraph to a friend.





Spinach



Draw spinach

Describe spinach: _____

What I learned about spinach: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____



Nutrition Questions

Spinach is an excellent source of vitamin A and vitamin C. Vitamin A can help keep your vision clear. Vitamin C can help fight off colds.

1. Name two other fruits or vegetables that you have tasted this year that are high in vitamin A.

2. Why do you think it important to eat fruits and vegetables every day? _____

Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)	
Calories 7	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Vitamin C 14%
Calcium 3%	Iron 5%

Source: www.nutritiondata.com





Spinach



Paragraph Practice!

Eating spinach is a great way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy!

Draw a picture of spinach above

Directions: Write a descriptive paragraph about spinach. Remember to use descriptive words and adjectives.



Directions: Read your paragraph to a friend.



Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah-Patel, MPH, RD, Program Coordinator

Farrah Northcott, MS, RD, Nutrition Specialist

Bessie Tseng, Secretary

Contributing Teachers from ABC Unified School District

Cari Angulo, 3rd grade, Hawaiian Elementary School

Renee Baker, 1st grade, Burbank Elementary School

Lora Ballard, 5th grade, Niemes Elementary School

Anna Champlin, 4th grade, Niemes Elementary School

Ranida Delarosa, 4th grade, Burbank Elementary School

Martha Downs, 1st grade, Willow Elementary School

Karen Farley, 1st grade, Burbank Elementary School

Luz Frias, 2nd grade, Niemes Elementary School

Vicki Furgeson, 4th grade, Aloha Elementary School

Nuvia Garcia, 6th grade, Juarez Elementary School

Debby Hakola, 3rd grade, Hawaiian Elementary School

Michelle Joyce, 5th grade, Juarez Elementary School

Ji Lim, Kindergarten, Burbank Elementary School

Diana Munoz, Kindergarten, Willow Elementary School

Martha O'Hara, 3rd grade, Melbourne Elementary School

RoseMarie Roybal, 5th grade, Hawaiian Elementary School

Danielle Saldavia, 6th grade, Aloha Elementary School

Tammy Talvy, 2nd grade, Furgeson Elementary School

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator

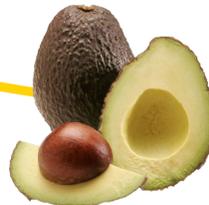
Caryn Fetzer, Teacher Advisor, 2nd grade, Rio Hondo Elementary School

Product characters taken from dole5aday.com





Fresh Fruit & Vegetable Program



■ **Tomato Worksheets** ■

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

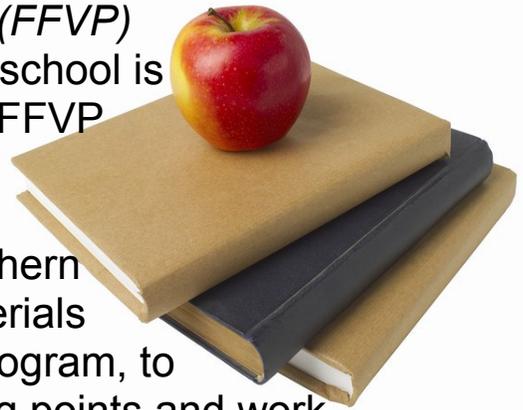


Table of Contents

Taste Test Teaching Points for K-2nd Grades.....	3
Taste Test Teaching Points for 3rd-5th Grades.....	4
K5: T is for Tomato Worksheet.....	5
K5: Tomato Writing Practice Worksheet.....	6
1st: Tomato Color & Count Worksheet.....	7
1st: Practice with Adjectives Worksheet.....	8
2nd: Tomato Survey & Sentence Worksheet.....	9
2nd: Making a Plan Worksheet.....	10
3rd: Tomatoes Description Worksheet.....	11
3rd: Making a Plan Worksheet.....	12
4th: Tomato Facts Worksheet.....	13
4th: Making a Plan Worksheet.....	14
5th: Tomato Facts Worksheet.....	15
5th: Making a Plan Worksheet.....	16
The Key is in Your Hands.....	17



Taste Test Teaching Points Tomato

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Tomatoes
- Materials:** FFVP Tomato Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

The word “tomato” is derived from the Nahuati (Aztec language) word, tomatl, meaning “something round and plump.”

Tomatoes can be red, yellow/orange or green. The yellow/orange tomato is sweeter than the red or green tomato. Have you ever tasted a yellow/orange tomato?

Those fruits and vegetables in the red color group help keep your heart healthy and help you remember things (memory). Can you name some examples of red fruits or vegetables? *Red tomatoes, red apples, pink grapefruit, beets, red peppers, red onions and radishes.*

Many varieties of tomatoes exist and are commonly divided into categories based on shape, use and size (small to large):

Cherry: sweet tomatoes, usually eaten whole in salads

Plum: pear-shaped, more meaty, ideal for tomato products, also called Italian or Roma

Slicing: round or globe-shaped, used mainly for commerce and processed products

Beefsteak: round, juicy, used mainly for sandwiches

Botanically, the tomato is a fruit. If it has seeds, it is a fruit. However, in 1893, the U.S. Supreme Court declared it as a vegetable.

Tomatoes are grown in every state in the United States except Alaska. The tomato is a warm weather perennial plant, sensitive to frost at any stage of growth.

California grows 95 percent of the nation’s tomatoes for processing. Processed tomato products include: ketchup, canned tomatoes, salsa, tomato sauce, tomato soup and tomato paste.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Tomato

Grades: 3rd to 5th Grade

Title of Lesson: Tomatoes

Materials: FFVP Tomato Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

The word “tomato” is derived from the Nahuatl (Aztec language) word, *tomatl*, meaning “something round and plump.”

There are more than 4,000 varieties of tomatoes and are commonly divided into these categories, based on shape, use and size (small to large):

Cherry: sweet tomatoes, usually eaten whole in salads

Plum: pear-shaped, more meaty, ideal for tomato products, also called Italian or Roma

Slicing: round or globe-shaped, used mainly for commerce and processed products

Beefsteak: round, juicy, used mainly for sandwiches

Tomatoes can be red, yellow/orange or green. Those fruits and vegetables in the red color group help maintain heart health, memory function, and urinary tract health. Can you name some examples of red fruits or vegetables? *Red tomatoes, red apples, pink grapefruit, beets, red peppers, red onions and radishes.* **There is also a yellow/orange tomato.** It is sweeter than the red or green tomato and contains more vitamin C and potassium, but no lycopene. Lycopene is found in red tomatoes and many other red fruits and vegetables.

Botanically, the tomato is a fruit. If it has seeds, it is a fruit. However, in 1893, the U.S. Supreme Court declared it as a vegetable.

The tomato is a warm weather perennial plant, sensitive to frost at any stage of growth. Tomatoes are grown in every state in the United States except Alaska. Tomatoes grown for the fresh market are hand harvested at mature green fruit stage.

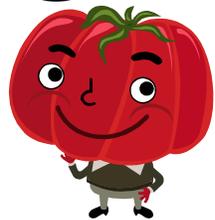
California grows 95 percent of the nation’s tomatoes for processing. Processed tomato products include: ketchup, canned tomatoes, salsa, tomato sauce, tomato soup and tomato paste.

The first tomatoes can be traced back to the Andes in Peru, where they grew wild as cherry-sized berries. **In the mid 1500’s,** Spanish conquistadors carried tomato seeds back to Europe where they were embraced in Italy, Spain and Portugal. **In 17th and 18th century England,** tomatoes were believed to be poisonous. **Thomas Jefferson was one of the first Americans to grow tomatoes** at his Virginia home as early as 1781. What was Thomas Jefferson’s home called? (*Monticello*) Thomas Jefferson was our 3rd president.

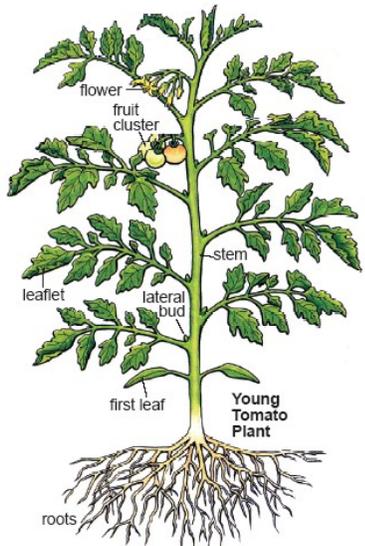
2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing



How do I grow?



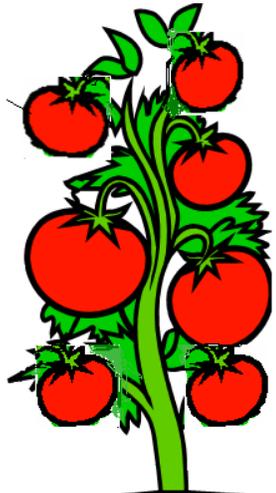
Let's take a look



A/tomato/is/red/
and/juicy.

Practice writing the word "tomato."

tomato / / / / / / / /
/ / / / / / / /



Juicy tomatoes grow on a vine.
Can you count how many
tomatoes are on this vine?





Tomatoes



Did you know?

- Tomatoes grow on a vine.
- One cup of tomatoes is an excellent source of vitamin A and vitamin C.
- California is the nation's tomato capital.



Juicy tomatoes grow on vines. Tomatoes start off green in color and then turn red. How many tomatoes are on this vine?

Color the 5 smaller tomatoes green and the 2 larger tomatoes red.

Write the equation to figure out how many more small green tomatoes there are than the large red tomatoes.

$$\square - \square = \square$$



Tomato Descriptions

Practice with adjectives

Write some adjectives that describe the tomato that you drew in the box.

Draw a picture of a tomato below

1. smooth

2. _____

3. _____



Directions: Write a complete sentences about tomatoes.
Use one or more of the describing adjectives.

Example: The smooth tomato is good for me.



Tomatoes



Did you know?

- One cup of tomatoes is an excellent source of vitamins A and C.
- Tomatoes contain antioxidants that may decrease the risk of certain cancers and heart disease.

Take A Survey

Ask the students in your class whether or not they like tomatoes.
Record a tally mark for each answer in the yes or no column.

Yes, I like tomatoes.	No, I don't like tomatoes.	Total

Write a complete sentence about one way you will eat tomatoes this week.
(Example: I will eat tomatoes in a salad this week.)



Making a Plan



Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

Boys		
	Age 7-8	Age 9
Fruits	1½ cups	1½ cups
Vegetables	2 cups	2½ cups
Girls		
	Age 7-8	Age 9
Fruits	1½ cups	1½ cups
Vegetables	2 cups	2 cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from www.fruitsandveggiesmorematters.gov

Make a plan for how you will include fruits and vegetables in every meal.

For breakfast, I will eat _____

For lunch, I will choose _____

For dinner, I will eat _____



Each day, I will eat _____ cups of fruits and _____ cups of vegetables.





Tomatoes



Did you know?

- Tomatoes are a high source of vitamins A and C.
- Tomatoes, along with all fruits and vegetables contain antioxidants. Antioxidants help keep our body healthy.
- When a produce item has seeds, most of the time it is called a fruit. In 1893, the U.S. Supreme Court decided that tomatoes are a vegetable even though they have seeds.

What I learned about tomatoes: _____

My Goal!
I will eat _____ cups of tomatoes this week.



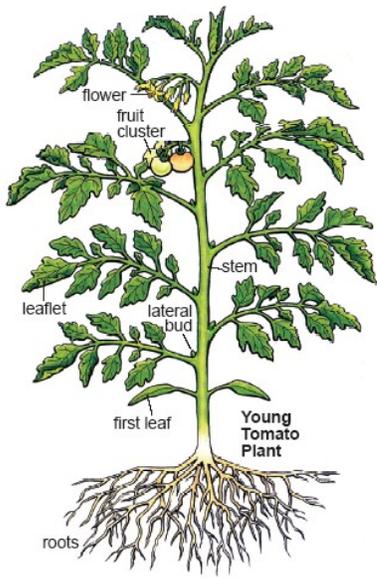
List 3 adjectives to describe tomatoes:

1) _____

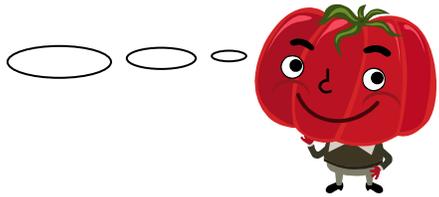
2) _____

3) _____





**How do I grow?
Let's take a look!**



Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

Boys		
	Age 7-8	Age 9
Fruits	1½ cups	1½ cups
Vegetables	2 cups	2½ cups
Girls		
	Age 7-8	Age 9
Fruits	1½ cups	1½ cups
Vegetables	2 cups	2 cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from www.fruitsandveggiesmorematters.gov

Make a plan for how you will include fruits and vegetables in every meal.

For breakfast, I will eat _____

For lunch, I will choose _____

For dinner, I will eat _____



By the end of the day, I will eat _____ cups of fruits
and _____ cups of vegetables.





Tomatoes



Did you know?

Tomatoes are a high source of vitamins A and C.

Tomatoes contain lycopene (*LY-koh-peen*).

Lycopene is a powerful antioxidant that decreases the risk of certain cancers and heart disease.

Antioxidants help prevent damage to cells and they keep the immune system healthy.

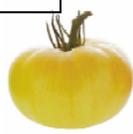
What I learned about tomatoes: _____

My Goal!

I will eat ___ cups of tomatoes this week.

List 3 ways you can eat tomatoes:

- 1) _____
- 2) _____
- 3) _____



Tomato Nutrition Facts

Serving Size: _____

_____ calories _____ grams (g) total fat
 _____ g carbohydrate _____ g dietary fiber
 _____ g sugar _____ g protein
 _____ % calcium _____ % vitamin A
 _____ % vitamin C _____ % iron
 _____ milligrams (mg) sodium

Nutrition Facts

Serving Size: 1 cup, chopped, red tomato (180g)

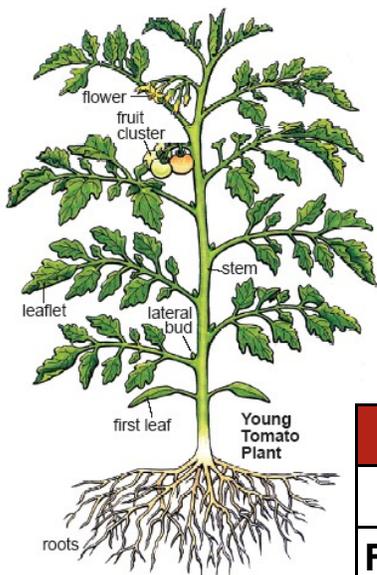
Calories 32

Calories from Fat 3

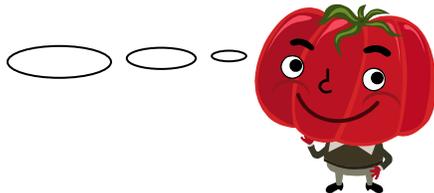
	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 2g	
Vitamin A 30% Vitamin C 38% Calcium 2% Iron 3%	

Source: www.nutritiondata.com





**How do I grow?
Let's take a look!**



Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

Boys			
	Age 9	Age 10	Age 11
Fruits	1½ cups	1½ cups	2 cups
Vegetables	2½ cups	2½ cups	2½ cups
Girls			
	Age 9	Age 10	Age 11
Fruits	1½ cups	1½ cups	1½ cups
Vegetables	2 cups	2½ cups	2½ cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from www.fruitsandveggiesmorematters.gov

Make a plan for how you will include fruits and vegetables in every meal.

For breakfast, I will eat _____

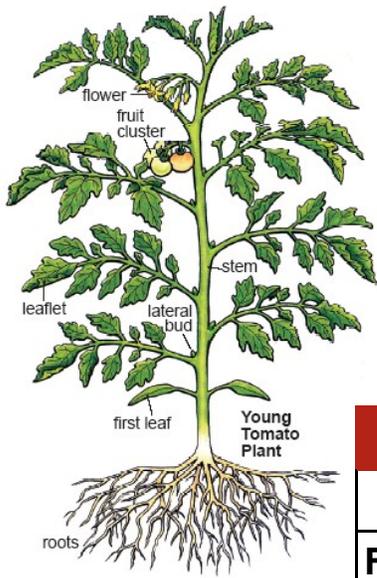
For lunch, I will choose _____

For dinner, I will eat _____

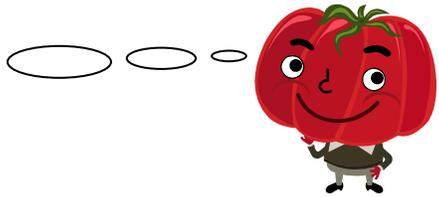


I am currently eating ____ cups of fruit and ____ cups of vegetables. I will need to eat ____ cups of fruit and ____ cups of vegetables to reach my goal.





**How do I grow?
Let's take a look!**



Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

Boys			
	Age 10	Age 11	Age 12
Fruits	1.5 cups	2 cups	2 cups
Vegetables	2.5 cups	2.5 cups	3 cups
Girls			
	Age 10	Age 11	Age 12
Fruits	1.5 cups	1.5 cups	2 cups
Vegetables	2.5 cups	2.5 cups	2.5 cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from www.fruitsandveggiesmorematters.gov

Make a plan for how you will include fruits and vegetables in every meal.

For breakfast, I will eat _____

For lunch, I will choose _____

For dinner, I will eat _____



I am currently eating ____ cups of fruit and ____ cups of vegetables. I will need to eat ____ cups of fruit and ____ cups of vegetables to reach my goal.



You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. The key to a healthy life is in your hands!

1/2 cup of fruit



1/2 cup of vegetables



1 cup of raw leafy greens



1 cup of fruit



1/2 cup of vegetables



1/4 cup of dried fruit



1/2 cup of vegetables



Acknowledgements

This worksheets were adapted from the Harvest of the Month workbook which was created in collaboration with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd through 6th grade workbooks. We would also like to thank Hawthorne and Montebello Unified School District's *Network for a Healthy California* staff for sharing their lessons, creativity, and passion for nutrition education.

Contributing Teachers from ABC Unified School District

Paula Bentley, Kindergarten, Palms Elementary
Christine Casas, 5th Grade, Juarez Elementary
Linda Flores, 1st Grade, Melbourne Elementary
Debby Hakola, 3rd Grade, Hawaiian Elementary
Jeff Ives, 6th Grade, Melbourne Elementary
Sandra Leal, Kindergarten, Niemes Elementary
Meg Marino, 3rd Grade, Hawaiian Elementary
April Ronay, 2nd Grade, Palms Elementary
Sandra Scoltock-Martinez, 5th Grade, Niemes Elementary
Cathy Tenorio, 4th Grade, Melbourne Elementary
Kathi Trosino, 2nd Grade, Palms Elementary
Jenny Yoon, 4th Grade, Willow Elementary

Downey Unified School District *Network for a Healthy California Staff*

Colleen Anderson, RD, Program Coordinator
Danielle Agaloff, Teacher Advisor
Caryn Fetzer, Teacher Advisor

ABC Unified School District *Network for a Healthy California Staff*

Dipa Shah-Patel, MPH, Program Coordinator
Farrah Northcott, RD, Nutrition Specialist
Christine Creighton, MS, Nutrition Specialist
Angie Torres, Nutrition Specialist
Bessie Tseng, Secretary

