

Fruit and Veggie Hoops

I. Objectives

1. Students will be able to name at least one fruit and vegetable from each color group.
2. Students will be able to say why it is important to eat fruits and vegetables.
3. Students will be able to state how many fruits and vegetables we need a day.

II. Introduction

- a. Tell the students that all people need we need 5 cups of fruits and vegetables a day.
- b. State that fruits and vegetables provide us with many gifts to help us stay healthy.
 - i. Fruits and vegetables help us to fight off colds and the flu.
 - ii. Help you to remember facts for school.
 - iii. Keep your heart strong.
 - iv. Give you energy to go out and play.
 - v. Helps you to have good hair and skin.
 - vi. Keeps your eyes sharp so you don't need glasses.
- c. State that vegetables and fruits come in a variety of colors.
 - i. Red-apples, radishes
 - ii. Green-spinach, kiwi
 - iii. White-banana, potato
 - iv. Yellow/Orange- orange, carrots
 - v. Blue/Purple-blueberries, eggplant
- d. Tell them that MyPlate states to make half of our plate fruits and vegetables.
- e. State to the students that you can pack them as snacks and eat them with meals.
- f. Tell the students that fruits and vegetables come in a variety of ways.
 - i. Fresh
 - ii. Frozen
 - iii. Canned
 - iv. Tell them that fresh and frozen without added sugars and sauces are the best for us. The added sugars and sauces add extra things that we do not need to our food.
- g. Tell the students that when eating fruits and vegetables eat like the rainbow.

III. Materials

- a. 5 colored hula hoops
 - i. Red, green, white, blue/purple and yellow/orange
- b. Paper
- c. Markers/pens/pencils

IV. Procedure

- a. Set the hoops up around the room so that they are far apart from each other.
- b. Place paper and markers at each hoop.
- c. Tell the students that they are to walk around the room and when you say either fruit freeze or veggie veg they are to stop at the nearest hoop.
- d. When in the hoop they are to think as a group and come up with a fruit and a vegetable of that color and write it down.
 - i. If the vegetable or fruit they are thinking of is already on the list they cannot use it.
- e. Repeat this until the children have stopped six times.
- f. Once they have stopped six times write all of fruits and vegetables on the board.
- g. Read this list out loud and have them raise their hands if they will try the food or if they like the food and have students take turns tallying up the amount of children raising their hand.

V. Wrap Up

- a. Remind students that they need to have 5 cups of fruits and vegetables a day.
- b. Ask them what colors do fruits and vegetables come in and respond appropriately.
- c. Remind them that the fruits and vegetables help us to stay strong and healthy.
- d. State that they should eat the rainbow because each color offers different gifts for our bodies.