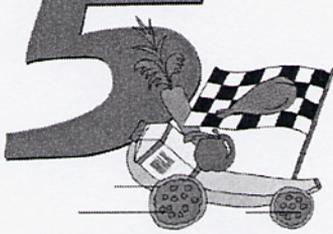


# FUEL UP

with



New Jersey School Lunch Program  
Race to Good Nutrition

## RACE WEEK #3

### Take the Fruit Loop!!

- BASIC LESSON:** This week introduces the fruit group. Foods from this group are an excellent source of soluble fiber and important vitamins and minerals. Many of the foods in this group are critical to good nutrition – for example, citrus fruits are our most important source of vitamin C.
- TEACHER PREP:** Please read page 20 of the Food Guide Pyramid document
- THE RACE:** Encourage students to try a wide variety of sweet and delicious fruits and to keep on track in the race by daily eating the five components of the school lunch.
- CHECKPOINT:** Students will be racing to the Fruit Loop checkpoint.
- PRIZE:** The prize for this week is a tropical fruit flex straw.
- PARENTS:** A letter/newsletter describing the fruit group is included.

# Take the Fruit Loop!!

## Fueling your body for the race to good nutrition



### LESSON Content

- Introduction to Fruit Group (health)
- Advertisement Writing Exercise (language arts)
- Where fruits grow (science)
- Fruit Bowl Scrabble (language arts)
- Fruit Loop Game (physical activity)



### LEARNING Objectives

- Students will become familiar with fruits (health)
- Students will learn where fruits grow (science)
- Students will be able to name and correctly place foods in the group to which they belong in the Pyramid (health)
- Children will learn countries/cultures of origin of certain fruits (social studies)



Lesson TIME: 30 minutes per lesson  
Preparation TIME: 15 minutes to review lesson, make copies of handouts  
And assemble needed supplies



### MATERIALS Needed

- The Food Guide Pyramid Poster
- Melon Seed Bingo Sheets (K-4)
- Fruit Bowl Scrabble Sheets (3-4 and 5-6)
- Color Crayons (K-4)
- Magazines, scissors, glue (G5-6)

### NJ CORE CURRICULUM Content Standards for Comprehensive Health & Physical Fitness

The lessons in this week meet Section 2.1 Strand C as follows:

2.1 C (1 + 2) for Kindergarten thru second grade

2.1 C (1 + 2) for grades 3-4

2.1 C (1,2,4) for grades 5-6



## **The Fruit Group (health & art)**

### **Lesson #1:**

#### **Materials:**

Food Guide Pyramid poster  
Melon Seed Bingo Sheets (Support Materials)  
Types of Plants (Support Materials)  
Pencils, blank paper  
Crayons

#### **Lesson:**

Using the Food Guide Pyramid poster, ask students to name the fruits pictured

Ask students to name the colors of each fruit  
Ask students how many servings of fruit they should eat daily  
Ask students to name their favorite fruit  
Ask students to name a fruit that they would eat with breakfast  
Ask students to name a fruit that they would eat with lunch  
Ask students to name a fruit that they would eat with dinner  
Ask students to name a fruit that they would eat as a snack  
Ask students to name a fruit that they have never eaten before  
Ask if they would be willing to eat that fruit. Encourage them to ask their parents to buy and serve that fruit.

Ask the children to draw a picture of their favorite fruit and color it. Help them write the name of the fruit on their picture.

**Play Melon Seed Bingo with the children to help them learn which foods belong to the fruit group.**

### **Lesson #2 – Fruit Advertisement Jingle (language)**

#### **Materials:**

Chalk board, chalk

#### **Lesson:**

Ask children to sing advertisements that they know from television. Now, the class will work together to write an advertisement jingle for fruit. Explain that the elements of an advertisement are:

Name the product being sold  
Tell something informative or interesting about the product  
Explain why people should chose the product

If you would like, you can bring a fruit to class, allow the class to taste it, and then write a commercial or advertisement for it. The jingle or ad should be no more than 3-5 lines.

For example:

Kiwis are hairy, juicy and sweet.  
They are full of vitamins and delicious to eat!

### **Lesson #3 – Where do fruits grow? (Science and art)**

Fruits grow on bushes, vines, trees and woody stems. Berries grow on bushes. Grapes and watermelons grow on vines. Apples, oranges and pears grow on trees. Bananas and pineapples grown on woody stems.

#### **Materials:**

Types of Plants (Support Materials)

Pencils, paper, crayons

#### **Lesson:**

Ask children to name their favorite fruit. Help them identify where this fruit grows. Next have each child draw a picture of their favorite fruit and where it grows. For example, if a child loves mangoes, have them draw a mango tree with a dangling mango hanging from the branches. Help them write the name of the fruit on their picture.

### **Lesson #4 – Fruit Loop Game (physical activity)(Support Materials)**

**The Fruit Group** (health & art)

**Lesson #1:**

**Materials:**

Food Guide Pyramid poster  
Melon Seed Bingo Sheets (Support Materials)  
Types of Plants (Support Materials)  
Pencils, blank paper  
Crayons

**Lesson:**

Using the Food Guide Pyramid poster, ask students to name the fruits pictured

Ask students how many servings of fruit they should eat daily

Ask students to name their favorite fruit

Ask students to name a fruit that they have never eaten before

Ask if they would be willing to eat that fruit. Encourage them to ask their parents to buy and serve that fruit.

Ask students to write down a fruit that they would eat with breakfast

Ask students to write down a fruit that they would eat with lunch

Ask students to write down a fruit that they would eat with dinner

Ask students to write down a fruit that they would eat as a snack

Ask the children to draw a picture of their favorite fruit and color it. Have them write the name of the fruit on their picture.

**Play Melon Seed Bingo with the children to help them learn which foods belong to the fruit group.**

**Lesson #2 – Fruit Advertisement Jingle** (language)

**Materials:**

Chalk board, chalk

**Lesson:**

Ask children to sing advertisements that they know from television. Now the class will work together to write an advertisement jingle for fruit. Explain that the elements of an advertisement are:

Name the product being sold

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For example:

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They are full of vitamins and delicious to eat!

### **Lesson #3 – Where do fruits grow? (Science and art)**

Fruits grow on bushes, vines, trees and woody stems. Berries grow on bushes. Grapes and watermelons grow on vines. Apples, oranges and pears grow on trees. Bananas and pineapples grown on woody stems.

#### **Materials:**

Types of Plants (Support Materials)

Pencils, paper, crayons

#### **Lesson:**

Ask children to name their favorite fruit. Help them identify where this fruit grows. Next have each child draw a picture of their favorite fruit and where it grows. For example, if a child loves mangoes, have them draw a mango tree with a dangling mango hanging from the branches. Ask them write the name of the fruit on their picture.

### **Lesson #4 – Fruit Loop Game (physical activity)(Support Materials)**

### **The Fruit Group** (health, art and language)

#### **Lesson #1:**

##### **Materials:**

Food Guide Pyramid poster  
Fruit Bowl Scrabble (Support Materials)  
Pencils, blank paper  
Crayons

##### **Lesson:**

Using the Food Guide Pyramid poster, ask students to name the fruits pictured

Ask students how many servings of fruit they should eat daily

Ask students to name their favorite fruit

Ask students to name a fruit that they have never eaten before.

Ask them if they would be willing to eat that fruit. Encourage them to ask their parents to buy and serve that fruit.

Ask students to write down a fruit that they would eat with breakfast

Ask students to write down a fruit that they would eat with lunch

Ask students to write down a fruit that they would eat with dinner

Ask students to write down a fruit that they would eat as a snack

Ask the children to draw a picture of their favorite fruit and color it. Have them write the name of the fruit on their picture.

**Play Fruit Bowl Scrabble with the children to help them learn which foods belong to the fruit group.**

#### **Lesson #2 – Fruit Advertisement Jingle** (language)

##### **Materials:**

Paper & pencils

##### **Lesson:**

Ask children to sing advertisements that they know from television. Next, divide students into groups of two to work together to write an advertisement jingle for fruit. Explain that the elements of an advertisement are:

Name the product being sold

Tell something informative or interesting about the product

Explain why people should choose the product

Ask each group to write down which fruit they are going to advertise. Then write down what they think is usual, interesting or informative about the fruit and why they think people should eat it. This will help them get started writing their jingle.

Tell them that their jingle should be no more than five lines (sentences).

For example:

Apples come in red and green

Eat lots of them

And you'll be lean!

OR:

Grapes! Green and purple

Red and blue

They're full of good

nutrition just for you!

### **Lesson #3 – Where do fruits grow? (Science)**

Fruits grow on bushes, vines, trees and woody stems. Berries grow on bushes. Grapes and watermelons grow on vines. Apples, oranges and pears grow on trees. Bananas and pineapples grown on woody stems.

#### **Materials:**

Types of Plants (Support Materials)

Where Fruits Grow & answer sheet (Support Materials)

Fruiting plant matching sheet

#### **Lesson:**

Give each child a copy of “Where Fruits Grow” and ask them to match the fruit with the type of plant on which it grows.

### **Lesson #4 – Fruit Loop Game (physical activity)(Support Materials)**

**The Fruit Group** (health and language)

**Lesson #1:**

**Materials:**

- Food Guide Pyramid poster
- Fruit Bowl Scrabble & answer sheet (Support Materials)
- Pencils, blank paper
- Crayons

**Lesson:**

Using the Food Guide Pyramid poster, ask students to name the fruits pictured

Ask students how many servings of fruit they should eat daily

Ask students to name their favorite fruit

Ask students to name a fruit that they have never eaten before

Ask if they would be willing to eat that fruit. Encourage them to ask their parents to buy and serve that fruit.

Ask students to write down a fruit that they would eat with breakfast

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Ask students to write down a fruit that they would eat with dinner

Ask students to write down a fruit that they would eat as a snack

**Play Fruit Bowl Scrabble with the children to help them learn which foods belong to the fruit group.**

**Lesson #2 – Fruit Advertisement Jingle** (language)

**Materials:**

- Paper and pencils

**Lesson:**

Ask children to sing advertisements that they know from television. Next, divide students into groups of two to work together to write an advertisement jingle for fruit.

Explain that the elements of an advertisement are:

Name the product being sold

Tell something informative or interesting about the product

Explain why people should chose the product

Ask each group to write down which fruit they are going to advertise. Then write down what they think is usual, interesting or informative about the fruit and why they think people should eat it. This will help them get started writing their jingle.

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They're full of good

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### **Lesson #3 – Where do fruits grow? (Science and art)**

Fruits grow on bushes, vines, trees and woody stems. Berries grow on bushes. Grapes and watermelons grow on vines. Apples, oranges and pears grow on trees. Bananas and pineapples grown on woody stems.

#### **Materials:**

Parts of a Plant (Support Materials)

Where Fruits Grow & answer sheet (Support Materials)

Paper & crayons

Encyclopedia

#### **Lesson:**

Give each child the Where Fruits Grow handout (see Support Materials) and ask them to match the fruit with the type of plant on which it grows.

Ask each student to select a fruit. Look up the fruit in the encyclopedia. Draw the fruit and the plant on which it grows. Pay attention to details when drawing the plant. For example, oranges and apples each grow on trees but the leaves of the trees on which they grow are distinctly different. When the assignment is complete, ask students to share their work and explain how to recognize the plant on which the fruit grows – even when there is no fruit on the plant. Again, as an example, how to distinguish the leaves of an orange from those of an apple tree.

### **Lesson #4 – Fruit Loop Game (physical activity)** **(see materials section)**

#### **Optional Lesson (Language)**

Pass out the Fruit Bowl Scrabble sheets and have students unscramble the letter to discover each fruit. (see Support Materials)

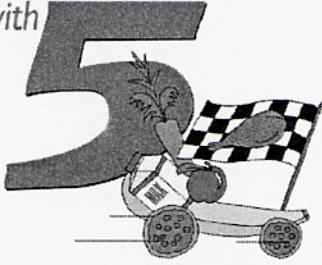
# SUPPORT MATERIALS

Week #3

Fruit Loop

# FUEL UP

with



New Jersey School Lunch Program  
Race to Good Nutrition



Dear Parent,

This week in the NJ Race to Good Nutrition, we will be learning about fruits. Fruits are an important source of vitamins, minerals and fiber. Some nutrients, like vitamin C, are found primarily in fruits.

Encourage your child to eat fruit everyday. The School Lunch Meal includes one serving of fruit. If your child eats the School Lunch Meal, urge them to be sure to eat their fruit. If you pack their lunch, be sure to include fresh fruit each day.

Breakfast is a great time to include fruit. You can cut up raw fruits like peaches, berries or banana and add it to cereal or yogurt. You can put apple or banana slices on peanut butter and toast. You can blend fruit with milk for a fruit smoothie shake.

Fruits make a delicious and fresh dessert. If your child is overweight, you might consider giving them fruit for dessert rather than higher calories items like cake, cookies or pastries.

This week's prize is a tropical fruit flexible straw. Remember to encourage your children to eat all five food groups at lunch each day.

And this week, just for fun for the whole family, why not try a new fruit that you have never eaten before. Whether it is a new variety of apple or an exotic imported fruit, it is fun to learn about new foods.

# FUEL UP

with



New Jersey School Lunch Program  
Race to Good Nutrition



## This Week's Fruit Loop Recipe:

We usually think of eating fruits raw. But cooking them can release wonderful aromas and delicious sweet tastes.

The following two recipes are SO simple and SO delicious that you will want to make them everyday! They are so simple that a child can make them. They are so tasty that you can even serve them for fancy occasions.

### Baked Bananas

Serves 4

- Preheat the oven to 325 degrees (you can even use a toaster oven)
- Slice one banana in half and place of an ovenproof baking dish.
- Sprinkle with 1 teaspoon of chopped nuts and/or coconut
- Place in the oven and bake until tender and golden – about 15 minutes
  
- Cool slightly. Divide each half into halves to make a total of 4 servings.
- Place each serving on a small bread plate or saucer.
- Sprinkle with powdered cocoa or drizzle each serving with ¼ teaspoon  
Chocolate syrup.

### Baked Apples

Serves 4

- Preheat the oven to 325 degrees (you can even use a toaster oven)
- Slice 2 apples in half (use Rome Beauty, Gravenstein or Granny Smith)
- Remove the core
- Place the halves cut side down in an ovenproof baking dish
- Place in the oven and bake until tender – about 25 minutes
  
- Cool slightly. Place each half cut side up on a small bread plate or saucer.
- Sprinkle with cinnamon. Top each serving with 1 Tablespoon of vanilla yogurt.

# Melon Seed Bingo

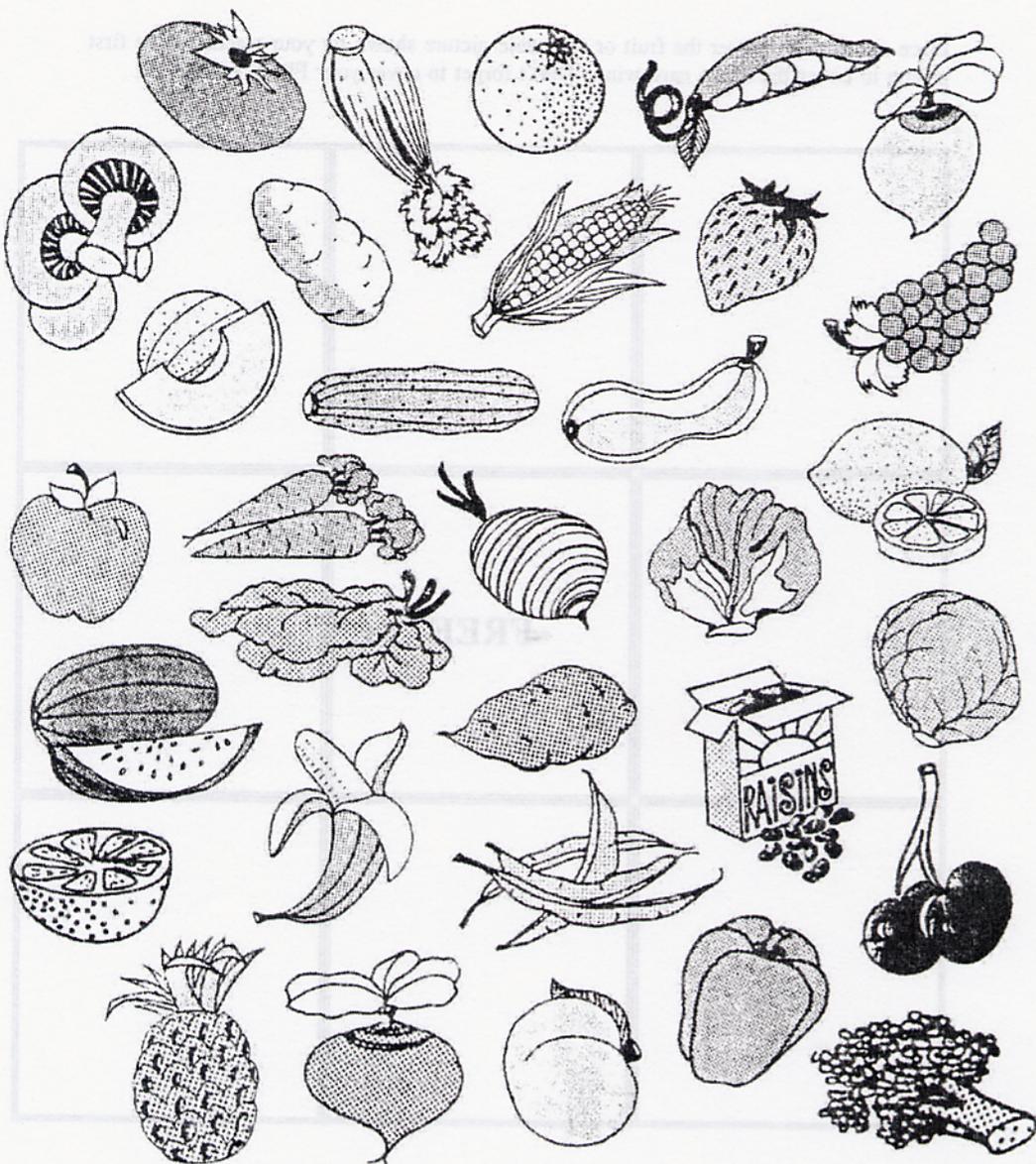
Place a melon seed over the fruit or vegetable picture shown by your teacher. The first person to cover the entire card wins. Don't forget to cover your FREE space first!

	<b>FREE</b>	

Courtesy of  
5-a-Day for Better Health K-6 Curriculum  
Marion County Health Department  
Indianapolis, Indiana

# Melon Seed Bingo Pictures

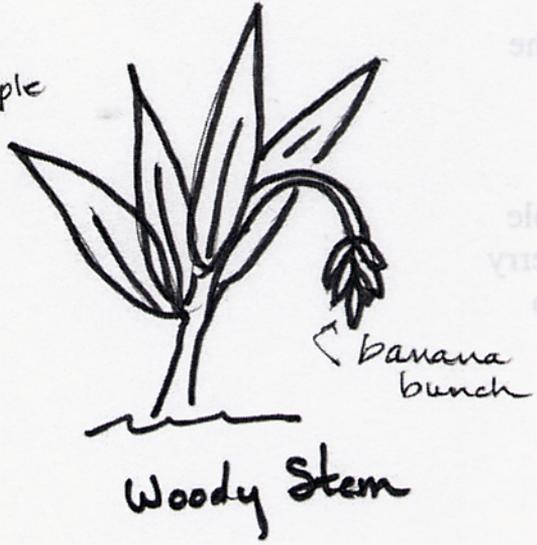
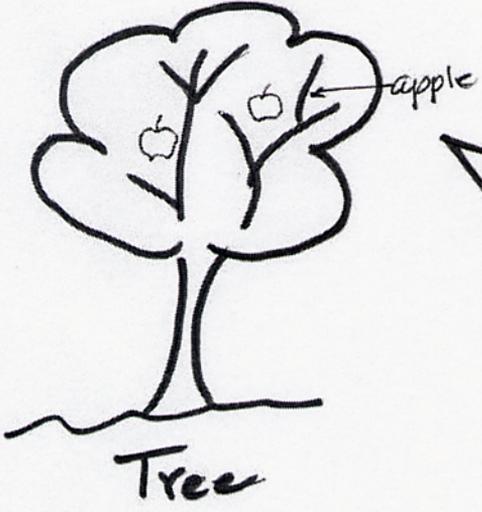
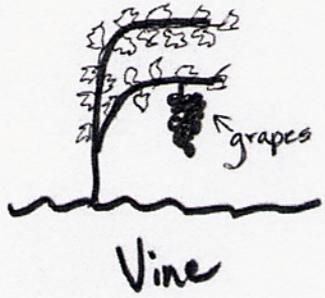
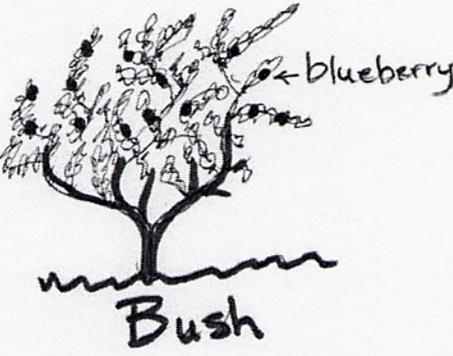
**DIRECTIONS:** Cut out eight different fruits and vegetables. Glue them on the blank spaces of your bingo card.



# Types of Plants

Blush  
Vine  
Tree  
Wood stem

Apple  
Banana  
Black berry  
Cantaloupe  
Grapes  
Grapefruit  
Honeydew  
Kiwi  
Mango  
Nectarine  
Orange  
Peach  
Pear  
Pineapple  
Strawberry  
Tangelo  
Tomato



# Where Fruits Grow

Beside each fruit below, write the name of the type of plant on which it grows. Does it grow on:

Bush

Vine

Tree

Wood stem

Apple

Banana

Black berry

Cantaloupe

Grapes

Grapefruit

Honeydew

Kiwi

Mango

Nectarine

Orange

Peach

Pear

Pineapple

Strawberry

Tangelo

Tomato

# Where Fruits Grow

## Answer sheet

Beside each fruit below, write the name of the type of plant on which it grows. Does it grow on:

Bush  
Vine  
Tree  
Woody stem

Apple	tree
Banana	woody stem
Black berry	bush
Cantaloupe	vine
Cherries	tree
Grapes	vine
Grapefruit	tree
Honeydew	vine
Kiwi	bush
Mango	tree
Nectarine	tree
Orange	tree
Peach	tree
Pear	tree
Pineapple	woody stem
Strawberry	bush
Tangelo	tree
Tomato	vine (Yes! Tomatoes are really a fruit!)

# FRUIT BOWL SCRABBLE

Unscramble the letters to discover a fruit.

MUPL

WIKI

NANBAA

CHEAP

GESRAG

PLEAP

GANORE

BREWSTRARIES

NANCEETI

RECHRY

LATANCOPIE

# FRUIT BOWL SCRABBLE

## Answer Sheet

Unscramble the letters to discover a fruit.

MUPL	Plum
WIKI	Kiwi
NANBAA	Banana
CHEAP	Peach
GESRAG	Grapes
PLEAP	Apple
GANORE	Orange
BREWSTRARIES	Strawberries
NANCEETI	Nectarine
RECHRY	Cherry
LATANCOPIE	Cantaloupe

# FRUIT LOOP GAME

Divide the class into two teams. The object of the game is to be the first team to match the color with the fruit.

Materials:

Cut 3x5 cards in half. Make two sets of cards – one set of 30 cards for each group. On 15 cards write the names of the fruits. On the other 15 cards write the names of colors. For example, one card will say “cherry” and another will say “red.” See below.

Put each set of cards in a container (hat, bowl, can) and mix them up. Set the containers on a table or chair approximately 10 feet from the start line.

Teams line up at a start line. There is NO TALKING during this part of the game.

The first player on each team runs to the container and draws a card. They then run to their team and tag the next player who in turn runs to the container and draws a card. This continues until all players have run to the container twice and each player has two cards.

As soon as all players on a team have two cards each, that team can begin to speak to each other. They must trade cards until each player has a card with a fruit and its matching color. The first team to finish all the matches, wins the game.

You will need 15 cards with the following fruit names:

cherry	apple	banana	grapes
plum	strawberry	grapefruit	cantaloupe
orange	watermelon	pear	pineapple
peach	kiwi	blueberries	

You will need 15 cards with color names as follows:

3 with red	2 with white	2 with purple	2 with pink
2 with orange	1 with yellow	1 with blue	2 with green

Teacher’s answer COLOR KEY

Cherry red	Apple red or green
Banana white	Grapes purple or green
Plum purple	Strawberry red
Grapefruit pink	Cantaloupe orange
Orange orange	Watermelon red
Pear white	Pineapple yellow
Peach pink	Kiwi green
Blueberries blue	