

Fresh Fruit and Vegetable Program Nutrition Education

Tips for Using Education Materials Provided by the Arizona Nutrition Network



You are being provided with nutrition education materials to supplement the Fresh Fruit and Vegetable Program. In order to help you use these materials, the following tips have been written. This will enable you to incorporate nutrition education into the school day without spending a great deal of time in preparation. Enjoy!

Attention Educators! Some of the resources emphasize all forms of fruits and vegetables. Please use this information, but remember that only fresh fruits and vegetables can be purchased for the program.

Ideas for kick-off event at the beginning of the school year

Let your students know that their school has been chosen to participate in this unique program which will include many different fruits and vegetables for them to try throughout the school year. Take this opportunity to jump into nutrition education by letting them know some of the benefits of eating more fruits and vegetables:

- Provide your body with nutrients needed to grow, play, and think
- Help keep you from getting sick
- Contain many vitamins and minerals. See link for more information.
http://www.fruitsandveggiesmorematters.org/?page_id=53
- We need to eat a variety- that's why more matters. Did you know there are over 200 varieties of fruits and vegetables?

Inform students that the poster (shown below) is being put up in the cafeteria as a reminder to eat more fruits and vegetables throughout the day. Pencils can be distributed as part of the kick-off. Also, let students know that additional resources will be provided during the school year to help them learn more about fruits and vegetables.

If time allows, coordinate a school-wide event and include a variety of fresh fruits and vegetables for sampling. Students can create art to display, put on a puppet show with the fruits and vegetable puppets, etc. Let the students help you plan some exciting activities.



Fruits & Veggies—More Matters® poster- display the poster in the cafeteria

- Show students the logo on the poster and discuss where they may have seen this before.
- Send students on a scavenger hunt in their refrigerators and pantries and see how many items carry this logo. Have them report back to the class.
- Initiate a short discussion on what the logo means to the students.

Fruits & Veggies—More Matters pencils- distribute to each student in the school as part of the program kick-off at the beginning of the school year.



Produce Identification Poster- display one poster in each classroom

- The poster can be used to educate younger students on the different colors and shapes of fruits and vegetables.
- The poster can be a great way for younger students to learn the differences between fruits and vegetables.
- Students can count the different fruits and vegetables on the poster they have eaten.
- Assign each student a different fruit or vegetable from the poster and have them research where it is grown, how it is normally eaten (cooked, raw, juiced, etc.), share with the class if they have ever tried it before and what it tasted like, what vitamins and minerals it contains, etc.



Kiwifruit Fact Sheet- Give one fact sheet to each student and instruct them to take it home to their parents.



- Provide kiwifruit for the students to try on the day this handout is reviewed.
- Show the students a whole kiwifruit and how to choose a good kiwifruit- there should be no bruises or wrinkles and it should be a little soft.
- Discuss the health benefits of kiwifruit- it has vitamin C and potassium. More details are on the fact sheet.
- Ask students if they have tried kiwifruit before and who has eaten the skin. What are their thoughts and opinions?
- Show students the recipe and ask them to take it home and have their parents help them prepare it for breakfast.
- Older students can investigate more about kiwifruit online. Great information is on the Fruits & Veggies—More Matters website: <http://www.fruitsandveggiesmorematters.org/>.

Fruits & Veggies—More Matters Backpacks- 3 back packs will be given to each school. Please share among classrooms.

- This educational resource is designed for students in preK-2nd grades. It comes with a backpack, five puppets, storybook and teacher's guide. The storybook and puppets are a fun way to educate students on the importance of fruits and vegetables. Classroom activities are clearly presented in the teacher's guide and activity sheets are ready to copy, making this resource very easy to use in the classroom setting.
- Let some of the older students get involved by getting them to put on the puppet show using the puppets and storybook.
- Use the puppets for fruit and vegetable nutrition education throughout the year. They can tell stories, share facts, or be a "spokesperson" for the Fresh Fruit and Vegetable Program.



Fruits & Veggies—More Matters Creative Pockets Kit- 3 kits will be given to each school.

Please share among classrooms.

- Creative Pockets is designed for students up to age 7. The kit includes an apron with over-sized pockets to hold teaching cards, flashcards, and reproducible masters.
- This is a great resource for teaching students about a variety of fruits and vegetables using simple activities and lessons.



Websites with fruit and vegetable information:

www.fruitsandveggiesmorematters.org

The fruit and vegetable database will be particularly useful for the snack program.

www.eatwellbewell.org

Many resources including fruit and vegetable newsletters, recipes, fact sheets, games, and activities can be found throughout this website.

<http://www.mypyramid.gov/>

This website is a great resource for educating students on where fruits and vegetables belong in MyPyramid and how many cups of each should be eaten every day.

Any questions regarding the materials or websites?

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