



## Easy Ways to 5-A-Day

### Lesson

#### Goals

Students will find new ways to add fruits and vegetables to their everyday diets.

#### Objectives

Students will discuss easy ways to add 5-A-Day to commonly eaten meals and prepare a rainbow fruit salad.

#### Standards

*Science: Life Science*

GR.5-S.2-GLE.2

*Comprehensive Health: Physical & Personal Wellness*

GR.K-S.2-GLE.1

GR.1-S.2-GLE.1

GR.2-S.2-GLE.1

GR.3-S.2-GLE.1

GR.4-S.2-GLE.1

GR.5-S.2-GLE.2

GR.6-S.2-GLE.4

**Total Time** – 60 minutes

#### Materials

- Copies of meal images (end of lesson)
- Crayons, markers or colored pencils
- Seed catalogues (optional)
- Glue and scissors
- Cooking kits
- Journals

#### Method

**Introduction** (10 minutes)

1. Introduce the activity by talking about the USDA Food Guide Pyramid. Explain to students that they should eat at least five servings of fruit and vegetables each day. Ask if anyone knows what a serving is.
2. One serving is (it is helpful to show what these look like with measuring cups):
  - a. 1 medium-sized fruit
  - b.  $\frac{3}{4}$  cup 100% fruit or vegetable juice
  - c.  $\frac{1}{2}$  cup fresh, frozen or canned fruit (in 100% juice) or vegetables
  - d. 1 cup raw leafy vegetables

#### Did you know?

Bananas are the most popular fruit in the US. Americans eat an average of 28 pounds of bananas per person per year. That equals about 112 bananas per person per year.

Today Americans are consuming 900% more broccoli than 20 years ago.

3. Explain that eating a low-fat diet that includes **five to nine daily servings** of fruits and vegetables is key to developing a healthy lifestyle. Colorful fruits and vegetables provide a wide range of vitamins, minerals, fiber and phytochemicals (phytochemicals are chemical compounds that occur naturally in plants that give fruits and veggies their color, such as beta-carotene), which our bodies use to stay healthy and energetic. They also help us maintain a healthy weight, protect us against the effects of aging and reduce the risk of cancer, heart disease, high blood pressure and other chronic diseases.

#### **Activity (25 minutes)**

1. Ask the class to name fruits and vegetables that they like and eat often. Write their ideas on the board. Have them think about common meals they have and what fruits and vegetables are in those meals.
2. Tell the class: *Today we are going to find out how easy it is to add 5-A-Day to common meals that you and I like to eat.*
3. Hand out the meal images to the students. Have each student (or group of students) draw (or cut and paste images from the seed catalogues) fruits and/or vegetables they would like to add to their food to make a healthy meal. Some ideas are below:
  - a. Pizza: green or red bell peppers, pineapple, broccoli, jalapeños, mushrooms, fresh tomatoes, onions
  - b. Burrito: beans, spinach, red or green bell peppers, mushrooms, zucchini, avocado, tomatoes, cilantro, jalapeños
  - c. Oatmeal: dried fruit, raisins, blueberries, strawberries, bananas
  - d. Sandwich: lettuce, spinach, tomatoes, sprouts, avocado, cucumber
  - e. Spaghetti: green or red bell peppers, zucchini, eggplant, tomatoes, peas, green beans
4. Discuss other ways to make these common foods even healthier: limit the amounts of meat and cheese and choose products made with whole grains.
5. Ask the students: *What were the main points of the exercise?* (Learning to think about eating healthier; learning that fruits and vegetables don't have to be eaten separately but it's easy to add them to things; learning that there are already veggies in many things we are already eating; etc.)

#### **Snack & Conclusion (25 minutes)**

1. Prepare a snack with a variety of colorful fruits (or vegetables) and whole grains. Crunchy Burrito Banditos is attached as a recipe.
2. Discuss with the class or have the students write in their journals: *What are a few easy ways to eat a rainbow every day?*

#### **Assessment Tools**

- Participation
- Journals

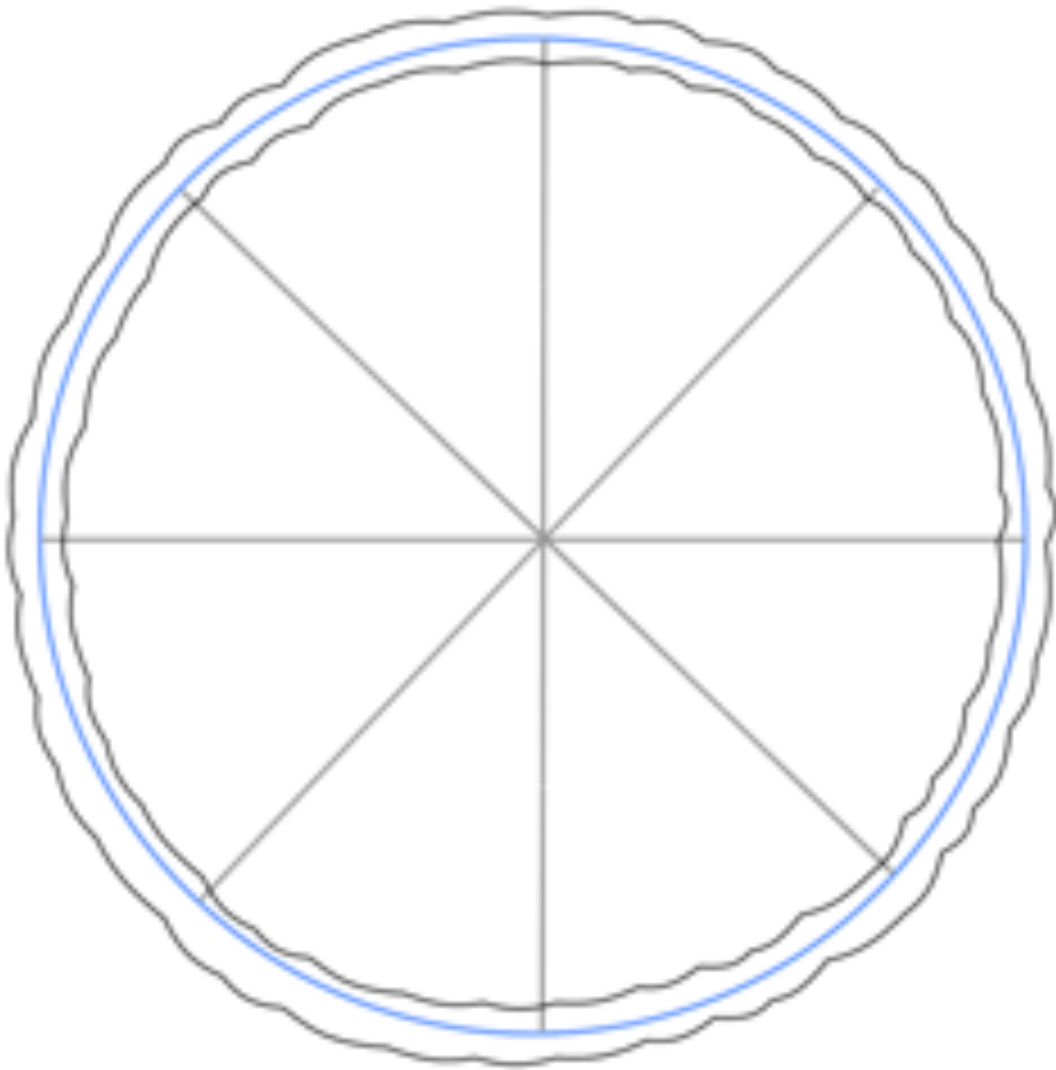
## **Crunchy Burrito Banditos**

- ½ cup shredded carrots
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 2 green onions, thinly sliced (optional)
- 4 ounces shredded low fat cheddar cheese
- 4 small whole-wheat tortillas
- 1 cup torn Greenleaf lettuce, bite-size pieces
- ½ cup of your favorite salsa

Preparation (10-15 minutes): In a mixing bowl, combine carrots, broccoli, cauliflower, and onions with cheese. Add the salsa and toss lightly. Place mixture and ¼ cup lettuce down the center of the tortilla. Wrap each tortilla around the vegetable mixture. Cut in half. Provide extra salsa to use as a dip.

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# Pizza





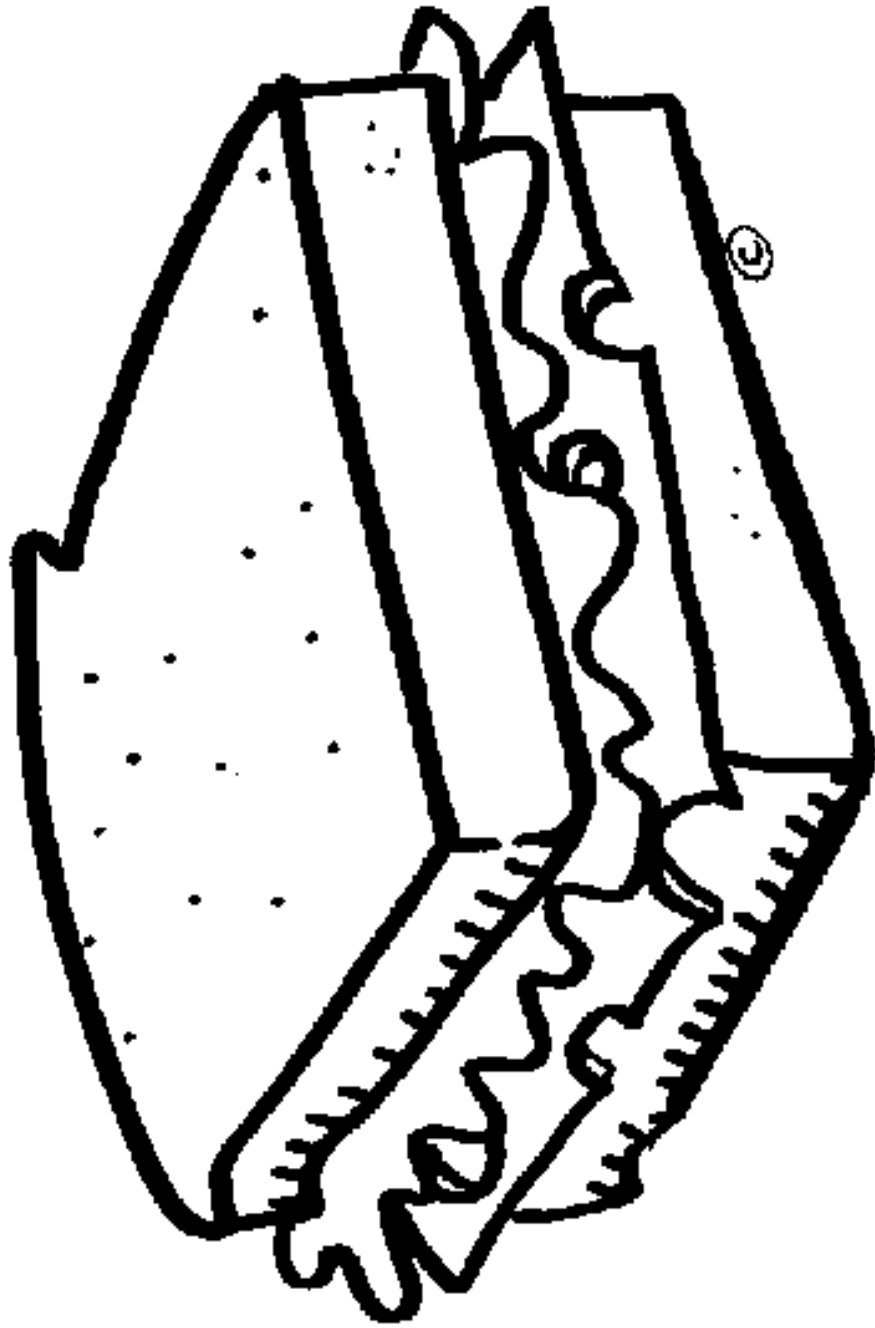
## **Burrito**



# Oatmeal



**Sandwich**



**Spaghetti**

