

FRUITS AND VEGETABLES

Indicator

- Researches nutritional information about a fruit or vegetable.

Teacher information

- Properly defined, a fruit is the part of a flowering plant that holds its seeds. This means that foods we may consider to be vegetables (like tomatoes) are actually fruits. Most fruits are high in sugar and vitamins, but contain low levels of protein.
- Vegetables can come from a variety of plant parts—including the leaves, roots, seeds and stems. Most vegetables are a low-calorie source of vitamins and minerals, including vitamins A and C, calcium and iron.
- The students will need access to the Internet or other resources (like encyclopedias) to complete the questions. This could be done in pairs. When the questions have been completed, the answers should be shared with the class. A class “super-fruit” or “super-veggie” could be nominated!

Additional activities

- In small groups, create a television commercial that encourages people to eat fruits and vegetables.
- Plan and hold a class party that features fruit and vegetable recipes made by the students.

Answers

Answers will vary



Fruits and Vegetables

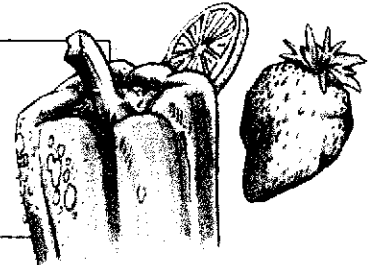
Use the Internet or other resources to investigate the qualities of a fruit or vegetable. If you are using the Internet, you can type this question into a search engine: "Why is (name of fruit or vegetable) good for us?" Use your research to complete the information below.

1. Check or write in the name of the fruit or vegetable you choose to research.

fruits: bananas apples oranges other _____

vegetables: spinach peppers eggplants other _____

2. Write a list of the nutrients this fruit or vegetable contains; e.g., types of vitamins or minerals, fiber.



3. Circle one of these nutrients. Explain some of the health benefits it gives us.

4. Write two interesting healthy facts about your fruit or vegetable.

- _____
- _____

5. Describe a simple, healthy recipe for young children that features your fruit or vegetable.

Name of recipe:

Ingredients:

Method:

HEALTH CHALLENGE

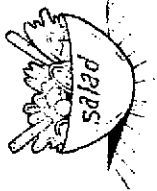
If you don't enjoy eating vegetables very much, find some healthy recipes that make them more tasty. There are loads of these on the Internet!



BALANCED DIET PLAN

Name

Date

water				
milk, yogurt, cheese				
meat, poultry, fish, legumes, eggs, nuts				
fruit				
vegetables				
bread, pasta, rice, cereal, noodles				
	Breakfast	Lunch	Dinner	