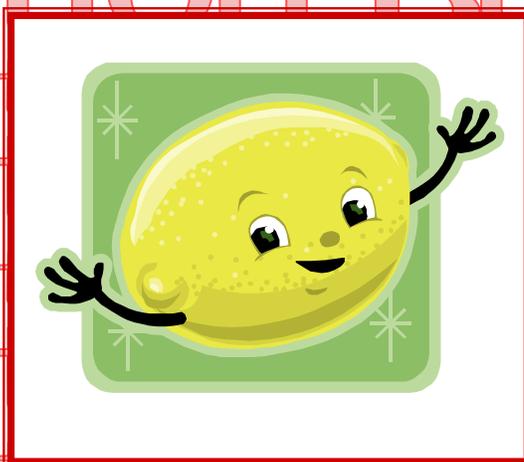


Food Group: Fruits
Lesson 2



Worksheet: How Much Fruit Do You Need?

1) Materials:

- Worksheet “How Much Fruit Do You Need?”
-One copy per child
- Crayons or markers for the children to color the worksheet
- Start and end worksheet for each child
- One set of serving size cutouts for each child –to save time pre-cut the cutouts and place them in an envelope or baggie for each child
- Glue or tape
- Visuals to show the actual serving sizes :
Light bulb Tennis ball
7 cotton balls Golf ball

3) Activity:

Have the children color and complete the worksheet on fruit serving sizes

When everyone has completed the worksheet go through it together naming the serving sizes for the fruit group.

Have the children complete the end side of the first worksheet and collect the worksheets

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children they will learn about the how much fruit they need in their diet
- Hand out the start and end worksheet and have each child write their name on it
- Show them the serving size examples and have them complete the start side. (allow 1-2 minutes to complete)
- Hand out the worksheet and supplies
- Go through the directions of the worksheet together

4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

end

Circle which one is a serving size of 1 medium apple

- 7 cotton balls
- golf ball
- Light bulb
- tennis ball
- fist

Circle which one is a serving size of $\frac{1}{2}$ cup of grapes

- 7 cotton balls
- golf ball
- Light bulb
- tennis ball
- fist

Circle which one is a serving size of $\frac{1}{4}$ cup of raisins

- 7 cotton balls
- golf ball
- Light bulb
- tennis ball
- fist

start

Circle which one is a serving size of $\frac{1}{2}$ cup of grapes

- 7 cotton balls
- golf ball
- Light bulb
- tennis ball
- fist

Circle which one is a serving size of $\frac{1}{4}$ cup of raisins

- 7 cotton balls
- golf ball
- Light bulb
- tennis ball
- fist

Circle which one is a serving size of 1 medium apple

- 7 cotton balls
- golf ball
- Light bulb
- tennis ball
- fist

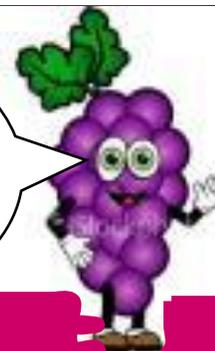
Serving Size Cut-Outs (each row is for one child)



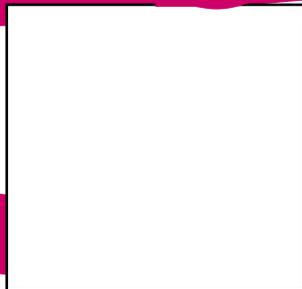


Hi! I'm Liza and I need your help to figure out how much fruit I should be eating. Follow the path and solve the clue to find out which serving size cutout matches the description. Then glue the cutout down in the space next to the fruit!

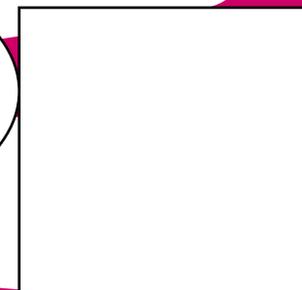
1/2 cup serving of me is the same size as this item that gives off light



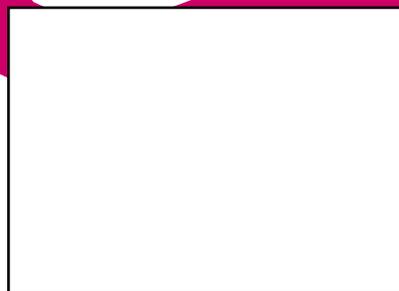
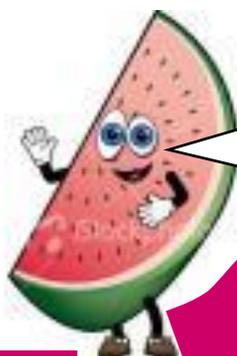
1/2 cup serving of me cut up is the same as 7 of these soft, snowball like items



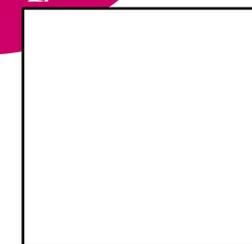
A medium one of me is the same size as this bright yellow item

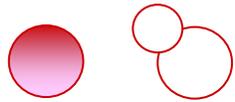


1 cup of me cut up is the same as this part of your body



1/4 cup of us is the same as this item you hit with a club





Evaluation & Report Form

Capsule 5
Fruits



Chapter: _____ **Report Filled Out By:** _____ **Type of site:** _____

Target Group: (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

_____ Entire School _____ Church group _____ Specific grade level (what grade) _____ After school group
_____ Community partner _____ One on One Mentorship _____ Other: _____

Audience:

New Nutrition Buddies

(If unknown include all Buddies as new)

Number in age group

Birth to 5 _____ 6 to 10 _____
11 to 14 _____ 15 to 18 _____ **Totals=** _____

Returning Nutrition Buddies

(If unknown include all Buddies as new)

Number in Age Group

Birth to 5 _____ 6 to 10 _____
11 to 14 _____ 15 to 18 _____ **Totals=** _____

_____ Percentage of youth who receive reduced or free lunches (must be at least 50%) _____ Family Audience Taught (if applicable)

Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule based on the worksheet you collected from them

Based on your observations rank the child(ren)'s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session.

Beginning _____

Comments:

0-little to no knowledge – 10-know it all!

Completion _____

Comments:

List any comments you have on this capsule and/or ways it could be improved:

Please send completed forms to MN FCCLA PO Box 131386 Roseville MN 55113