

Food Group: Fruits
Lesson 1



Worksheet: What Foods Are In The Fruit Group?
Activity: Sample food from the fruit group

1) Materials:

- Worksheet “What Foods Are In The Fruit Group?”
-One copy per child
- Optional-Overhead transparency of the crossword puzzle to make it easier to go through together
- Samples of foods from the fruit group: (including but not limited to) ****Remember to check for food allergies****

Apples	Strawberries
Oranges	Limes
Mangos	Cantaloupe
Kiwi Fruit	Raspberries
Blueberries	Peaches
Pears	Plums
Raisins	Star Fruit
- Blank sheet of paper for each child

3) Activity:

Go through the worksheet together naming the foods in the fruit group.

You may want to complete the crossword puzzle together using an overhead transparency of the puzzle

As they name the foods allow them to sample them.

At the end have them make another list of foods in the fruit group on the end sheet.

Collect this to compare to their first list to show evidence of their learning

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 fruit group of the food pyramid today
- Hand out a blank sheet of paper to each child and have them tear it in half writing start on one and end on the other
- Ask the child(ren) to quickly list the foods they think are in the fruit group. Have them write their list on the start sheet of paper and hand it in. (allow only 1-2 minutes for this)
- Hand out the worksheet
- Remember to praise the child(ren) for their great list

4) Wrap-Up

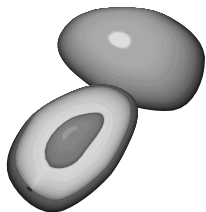
- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

What Foods Are In The Fruit Group?

Crossword Clues

Across

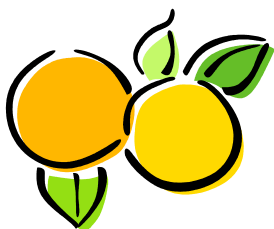
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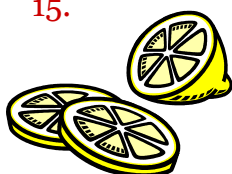
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4.



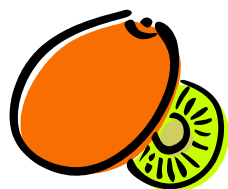
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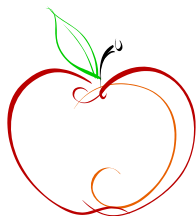
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7.



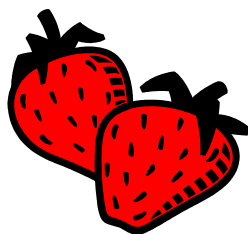
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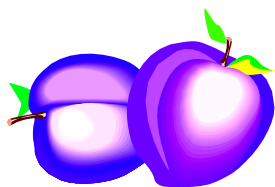
12.



18.

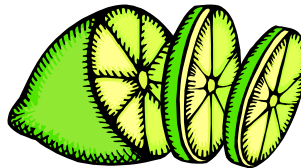


13.



Down

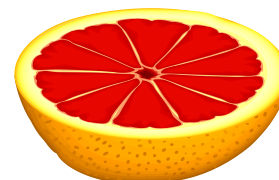
1.



2.



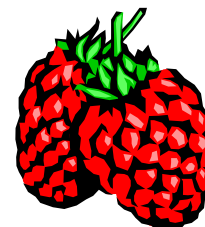
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8.



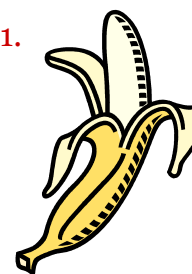
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10.



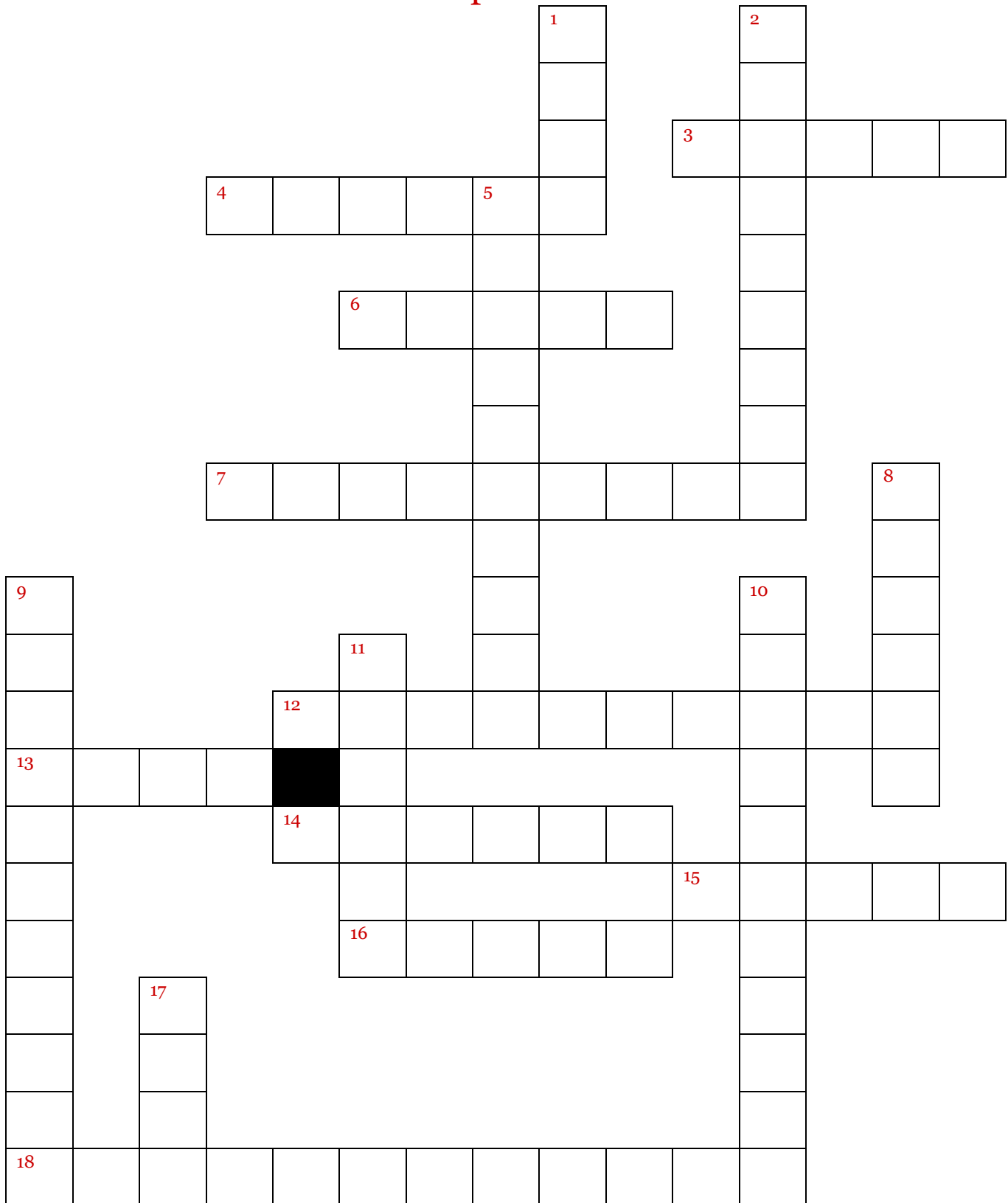
11.



12.



Fruit Group Crossword Puzzle



Clues KEY

Across

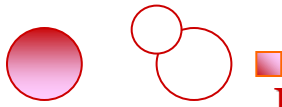
3. Mango
4. Orange
6. Peach
7. Kiwifruit
12. Cantaloupe
13. Plum
14. Raisin
15. Lemon
16. Apple
18. Strawberries

Down

1. Lime
2. Starfruit
5. Grapefruit
8. Grape
9. Raspberries
10. Blueberries
11. Banana
17. Pear

Crossword Puzzle KEY

								¹ L		² S					
								I		T					
								M	³ M	A	N	G	O		
		⁴ O	R	A	N	⁵ G	E			R					
							R			F					
				⁶ P	E	A	C	H		R					
							P			U					
							E			I					
		⁷ K	I	W	I	F	R	U	I	T					
							R						⁸ G		
													R		
⁹ R								U							
A								I				¹⁰ B		A	
S												L		P	
					¹¹ B										
				¹² C	A	N	T	A	L	O	U	P	E		
¹³ P	L	U	M		N						E			S	
B					¹⁴ R	A	I	S	I	N			B		
E						N					¹⁵ L	E	M	O	N
R															
						¹⁶ A	P	P	L	E		R			
R												R			
I												I			
E												E			
¹⁷ P															
E															
A															
¹⁸ S	T	R	A	W	B	E	R	R	I	E	S				



Evaluation & Report Form



Capsule 4
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)

_____ Community partner _____

_____ After school group

_____ 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=** _____

_____ Total number of youth that participated

_____ 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 using the lists they created (Ex. They listed 4 foods in the group at the beginning but learned 6 more foods while completing the worksheet)

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

Beginning _____

Completion _____

Comments:

Comments:

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