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

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

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

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

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<th>Across</th>
<th>Down</th>
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<td>3.</td>
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1. Lime slices
2. Starfruit pieces
3. Pears
4. Oranges
5. Grapes
6. Bananas
7. Kiwi
8. Apple slices
9. Blueberries
10. Melon
11. Strawberries
12. Plums
13. Raisins
14. Dates
15. Lemon slice
16. Apple
Fruit Group Crossword Puzzle

1. [Empty]
2. [Empty]
3. [Empty]
4. [Empty]
5. [Empty]
6. [Empty]
7. [Empty]
8. [Empty]
9. [Empty]
10. [Empty]
11. [Empty]
12. [Empty]
13. [Empty]
14. [Empty]
15. [Empty]
16. [Empty]
17. [Empty]
18. [Empty]

Capsule 4
Fruits
## 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

1L
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2S
T

3M
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N
G
O

4O
R
A
N

5G
E
R

6P
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C
H
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P
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E
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7K
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U
I
T

8G
R
R

9R
U

10B
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11B
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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 = _______

_____ 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)

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 = _______

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. o-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:

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