

Lesson 7

Fruits Group

Performance Outcomes:

1. States the amount recommended daily for their age in the Grains Group.
2. States the number of cups recommended daily for their age in the Vegetables Group.
3. Identifies the color of MyPyramid for kids assigned to the Fruits Group.
4. Categorizes foods in the Fruits Group.
5. Recognizes the importance of the Fruits Group to lifetime wellness.
6. Recognizes the number of cups recommended daily for their age in the Fruits Group.
7. Recognizes examples of an amount that counts as 1 cup of fruit.

Instructor Activities:

1. Reinforce the amount recommended daily for their age in the Grains Group (USDA, 2005).

Instructor:

What is the amount recommended daily for your age in the Grains Group?

- Children 4-8 years old, 4-5 oz. (make half your grains whole)
- Girls 9-13 years old, 5 oz. (make half your grains whole)
- Boys 9-13 years old, 6 oz. (make half your grains whole)

2. Reinforce the number of cups recommended daily for their age in the Vegetables Group (USDA, 2005).

Instructor:

Discuss the number of cups recommended daily for your age in the Vegetables Group with the person next to you.

- Children 4-8 years old, 1 1/2 cups
- Girls 9-13 years old, 2 cups
- Boys 9-13 years old, 2 1/2 cups

3. Identify the color of MyPyramid for kids assigned to the Fruits Group by referring to the Body Composition poster (USDA, 2005).

Instructor:

Identify the color of the Fruits Group by referring to MyPyramid for kids on the Body Composition poster and telling the person next to you. *Red*

4. Categorize foods in the Fruits Group (USDA, 2005).

Instructor:

- a. Can you name foods categorized in the Fruits Group? *Apples, bananas, and oranges are examples.*
- b. Fruits are nature's treats—sweet and delicious.
- c. Go easy on juice and make sure it's 100% fruit juice.
- d. Fruits may be fresh, canned, frozen, or dried, and may be whole or cut-up.

5. Discuss the importance of the Fruits Group to lifetime wellness (USDA, 2005).

Instructor:

- a. Eating fruits provides health benefits.
 - May reduce the risk for stroke and other cardiovascular diseases.
 - May reduce the risk for type 2 diabetes.
 - May protect against certain cancers.
- b. Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- c. Fruits provide nutrients that are needed for your body to function.
 - Potassium, dietary fiber, vitamin C, and folic acid.

6. Discuss the number of cups recommended daily for their age in the Fruits Group (USDA, 2005).

Instructor:

- a. The amount of fruit you need to eat depends on your age, whether you're a boy or girl, and your level of physical activity.
- b. The number of cups recommended daily for your age in the Fruits Group is:
 - Children 4-8 years old, 1 to 1 1/2 cups
 - Girls 9-13 years old, 1 1/2 cups
 - Boys 9-13 years old, 1 1/2 cups

7. Provide examples of an amount that counts as 1 cup of fruit (USDA, 2005).

Instructor:

- a. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the Fruits Group.
- b. Some common portions include: 1 snack container of applesauce (4 oz.) counts as 1/2 cup of fruit, 1 small box of raisins (1.5 oz.) counts as 1/2 cup of fruit.



Additional Performance Outcomes:

1. Works in a squad cooperatively.
2. Measures and recognizes amounts of food that count as 1 cup from the Fruits Group.
3. Recognizes fractions and categorizes foods in a MyPyramid for kids food group.
4. Creates a poem about the Fruits Group.
5. Recognizes fruits common to different cultural backgrounds.
6. Encourages others to get up and move.
7. Compares the number of cups they ate for one day in the Fruits Group to the MyPyramid for kids recommendations.

Curriculum Infusion

1. *Classroom, physical education, health, science, language arts.* Divide children into squads and pass out a Fitness Pal Activity Card categorized in the Fruits Group to each squad. Allow time for children to read and perform the Fitness Pal.
2. *Classroom, physical education, health, science, math.* Bring applesauce, apples, and measuring cups. Ask children to measure 1 cup of applesauce and compare it to a small apple to visually show children amounts that count as 1 cup from the Fruits Group.
3. *Classroom, physical education, health, science, math.* Ask children to categorize foods in a MyPyramid for kids food group while teaching fractions (cut a melon in half, fourths, eighths, etc.).
4. *Classroom, health, science, language arts.* Ask children to create a poem about the Fruits Group.

Multicultural Infusion

Discuss fruits common to different cultural backgrounds.

Family and Community Involvement

1. Ask children to perform one of the songs from "Move n' with Fitness Pals" CD during halftime of an athletic event. To spice up the performance, have the children choose persons in the audience to join them on center stage (young, old, opponents, etc.). It is a delightful way to get everyone "up and move n'" and involve the community.
2. Send a note home with an illustration of MyPyramid for kids and identify the number of cups recommended for the child's age in the Fruits Group. Ask families to record the number of cups of fruit they ate for one day and compare it to the recommendations.

Appendix:

Refer to A-8 and A-9 in the Appendix section for information about the Fruits Group.

