Learning Objective:
Students will learn about different fruits and vegetables of all colors to add to their diet.

Materials Required:

Estimated Time Required:
30 minutes for entire lesson
20 minutes for handout

Teaching Instructions:
Classroom Wall Hanging Chart
1: Cut food cards and place Velcro dots on the back of each one. Separate fruits and vegetable cards from the stack.
2: Display the More Matters chart in the classroom.
3: Distribute the fruit and vegetable cards to the students.
4: Ask the students to walk up to the chart one at a time and show the class their card. Ask them to name the food, to say whether it is a fruit or a vegetable, then stick the card on the chart under the correct column/color.

Individual Student Activity
1: Have students complete the “Fruits and Vegetables” handout.
MyPyramid For Kids
Eat Right. Exercise. Have Fun.
MyPyramid.gov

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

<table>
<thead>
<tr>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Milk</th>
<th>Meat &amp; Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make half your grains whole</td>
<td>Color your plate with all kinds of great-tasting veggies. What’s green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</td>
<td>Fruits are nature’s treats — sweet and delicious. Go easy on juice and make sure it’s 100%.</td>
<td>Move to the milk group to get your calcium. Calcium builds strong bones. Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</td>
<td>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried. It’s nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</td>
</tr>
</tbody>
</table>

Find your balance between food and fun
- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!

Facts and sugars — know your limits
- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other calorie sweeteners.

Oils
- Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.
Write the names of four FRUITS and four VEGETABLES in the columns below. Color the fruits and vegetables.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
<td>4.</td>
</tr>
</tbody>
</table>

Eat 5 servings every day!
Eat 5-A-Day the Rainbow Way
Eat your colors every day to stay healthy and fit.

**Blue/Purple**
- blackberries
- blueberries
- black currants
- dried plums
- elderberries
- purple figs
- purple grapes
- plums
- raisins
- eggplant

**Green**
- avocados
- green apples
- green grapes
- honeydew melon
- kiwifruit
- limes
- green pears
- artichokes
- arugula
- asparagus
- broccoli
- broccoli rabe
- brussels sprouts
- Chinese cabbage (napa/bok choy)
- green beans
- green cabbage
- celery
- chayote squash
- cucumbers
- leafy greens
- leeks
- lettuce
- green onion
- okra
- peas
- green pepper
- snow peas
- spinach
- sugar snap peas
- zucchini

**White**
- bananas (inside)
- brown pears (inside)
- white nectarines
- white peaches
- cauliflower
- garlic
- ginger
- jicama
- mushrooms
- onions
- parsnips
- white potatoes
- shallots
- turnips

**Yellow/Orange**
- yellow apples
- apricots
- cantaloupe
- yellow figs
- grapefruit
- golden kiwifruit
- lemon
- mangoes
- nectarines
- oranges
- papayas
- peaches
- yellow pears
- persimmons
- pineapples
- tangerines
- yellow watermelon
- yellow beets
- butternut squash
- carrots
- yellow peppers
- yellow potatoes
- pumpkin
- rutabagas
- yellow summer squash
- sweet corn
- sweet potatoes
- yellow tomatoes
- yellow winter squash

**Red**
- red apples
- blood oranges
- cherries
- cranberries
- red grapes
- pink/red grapefruit
- red pears
- pomegranates
- raspberries
- strawberries
- watermelon
- beets
- red cabbage
- red peppers
- radishes
- radicchio
- red onions
- rhubarb
- tomatoes