



## Assembly Extending Lesson: Fruits & Vegetables Grades 6-12

### Fruits & Vegetables, Snacking Ad Appeal

#### I. **NEP Objectives:**

- A. G1-A: Children/youth will improve their intake of fruits and vegetables.
- B. G1-D: Children/youth will know the relationship between eating fruits and vegetables and health.
- C. G1-B: Children/youth will know the recommended number of daily servings of fruits and vegetables.
- D. G1-C: Children/youth will indicate an intention to eat more fruits and vegetables.

#### II. **Educational Standards:**

- A. 11.3 Food Science and Nutrition
- B. 1.6 Speaking and Listening
- C. 10.1 Concepts of Health
- D. 10.2 Concepts of Health

#### III. **Content**

- A. Students will learn about the importance of fruits and vegetables to their health.
- B. Name a variety of fruits and vegetables.

#### IV. **Materials**

- A. MyPyramid poster
- B. Name the fruits and vegetables
- C. Word search
- D. Current event article with comprehension questions
- E. Recipe: Fruit Smoothie and Vegetable Pizza

#### V. **Activities**

- A. Name the fruits and vegetables: Divide the class into groups and have each group name as many fruits and vegetables that they can. TO make it more difficult, give the class a time limit.
- B. Word Search: one sheet per student
- C. Current Events article: Have the students read the article and answer the questions individually and discuss as a class.
  - a. Have each group briefly report their observations about the slogans.
- D. Recipe: Fruit Smoothies and Vegetable Pizza