

Chopped Challenge

Essential Question(s):

Why is it important to eat fruits?

How many servings of fruit should someone your age eat in a day?

Background Information:

Eating a well-balanced diet is essential to growth and to maintaining good health. MyPlate is a resource that was developed by the USDA (United States Department of Agriculture) to teach people how to eat better: choosemyplate.gov. There are five food groups that are represented on MyPlate: grains, vegetables, fruits, protein, and dairy. MyPlate suggests that you fill half of your plate with fruits and vegetables. Kids your age should be eating 1 to 1 ½ cups of fruit per day. Why are fruits so important? Fruits contain many nutrients, like vitamin C and fiber, which help your body function properly. For example, vitamin C boosts your immune system to help you fight off germs while fiber helps keep your gut healthy. By eating an adequate amount of fruit each day, you are taking care of your body so that you can prevent yourself from getting sick.

Preparation:

For this activity you will need a variety of fruits, including but not limited to bananas, oranges, kiwis, mangos, and pears. You will also need some peanut butter, plain vanilla yogurt, and nuts/dried fruit.

Procedure:

A. Background:

1. Pick a color and take turns going back and forth naming a red/orange/yellow/green/etc. fruit or vegetable. The game ends when someone names an unrelated fruit/vegetable or takes too long to think of one.
2. Using the image to the right, ask kids what food group each food belongs in.
3. Introduce 5 different fruits to the children by singing the following lyrics to the tune of “Hokey Pokey”:

Objectives: Learners will...

- 1) Be able to identify the different food categories on MyPlate
- 2) Be able to name at least one benefit of eating fruits
- 3) Be exposed to trying new fruits
- 4) Know how many servings of fruit they should be eating per day

Supplies:

- Variety of fruits
- Cutting board
- Kid-friendly knives
- Toothpicks
- Peanut butter or Sun Butter
- Plain vanilla yogurt
- Nuts and dried fruit
- Copy paper, crayons/colored pencils, glue, popsicle sticks, ruler

Standards:

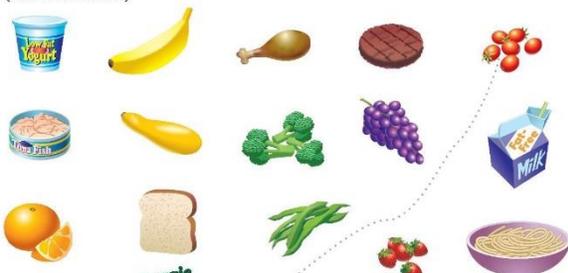
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Welcome to School Lunch!

Eating with friends and trying new foods can be fun. There are many choices from each of the five food groups.

Draw a line from each lunch food to the correct food group friend. (Answers on back.)



Farrah Fruit, Reggie Veggie, Mary Dairy, Jane Grain, Dean Protein



Parents
School meals now have more fruits, vegetables, and whole grains. They are also healthier with less saturated and trans fats and sodium. Join your child for lunch one day and see the changes.

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<http://teamnutrition.usda.gov>

“You put your banana in, you take your banana out; you put your banana in, and you shake it all about. You do the hokey pokey and turn yourself around. That’s what it’s all about.” Repeat this with every fruit, including orange, mango, pear, and kiwi.

B. Main Activity: Chopped!

1. Wash your hands!
2. Assemble a panel of judges for the cooking challenge; additional parents/guardians, older siblings, etc.
3. Set a timer for 15 minutes. Work together to make an appetizing and aesthetic fruit plate for the staff to judge. Kids can be as creative as they want, but the food must be edible.
4. Have kids explain their dish and the idea behind it.
5. Judges will consult and announce their final individual scores, giving constructive criticism when appropriate.
6. Eat and enjoy!

C. Craft: DIY fruit fan

Discussion/Assessment:

- Name one benefit of eating fruits.
- What is equivalent to 1 cup of fruit? If you don’t know, where can you find this information?
- How many servings of fruit should someone your age eat?
- What are the five food groups on MyPlate?

Take Home Message: Fruits play an essential role in our diets by providing us with the nutrients we need to take care of our bodies. Visit choosemyplate.gov if you need a reminder of why fruits are important or how much fruit you should be eating daily; it is also a great resource to help you and your family eat healthier in general.

Fruit Fan

1. Glue popsicle sticks together in the formation of a fan handle.
2. While that is drying, measure the width of the handles to figure out how big you need to cut your fan.
3. Decorate the fan in the desired fruit pattern.
4. Glue the fan to the handle and let it dry for at least 3 minutes.

