

Nutrition Education Activities

Teachers are encouraged to use the fruit or vegetable snack for the day as an opportunity to make connections to daily curriculum:

- Writing
 - Creative writing: descriptive sentences, poetry, short stories
 - Instructional writing: recipes, directions
 - Informational text: gathering information to synthesize an opinion
- Mathematics
 - Use fruits and vegetables as examples in fractions, sharing problems and building wholes from fractional parts
 - Use counting, sorting and classifying of fruits and vegetables to collect, organize and represent data
 - Use fruits and vegetables to explore volume, weighing and measuring
 - Use fruits and vegetables as examples of geometric shapes
- Geography/Social Studies
 - Show on a map the parts of the world the fruit or vegetable is grown
 - Discuss how the fruit or vegetable has been used in different cultures throughout history
 - Discuss if the fruit or vegetable has a special place in cultural celebrations
- Science
 - Discuss how a fruit or vegetable grows (ex: on a tree or on a plant; above ground or below)
 - Study plant development and life cycle
 - Demonstrate seed germination
 - Explore form and function of plant parts
 - Classify fruits and vegetables based on their properties
 - Encourage students to use their five senses to observe and describe different fruits and vegetables