

Colorful Fruits and Veggies

Many red fruits and vegetables contain important nutrients and **phytonutrients** that help to keep your heart healthy. Examples of red fruits and vegetables with high contents of vitamin C and/or fiber are listed.

Red bell peppers, guavas, radishes, papayas, raspberries, pomegranates, and tomatoes.

Some orange fruits and vegetables

are known for having beta carotene. Beta carotene is converted to vitamin A in your body, which is important for your vision, immune system, and skin. These listed are sources of beta carotene.

Pumpkins, apricots, carrots, oranges, cantaloupes, sweet potatoes, and mangoes.

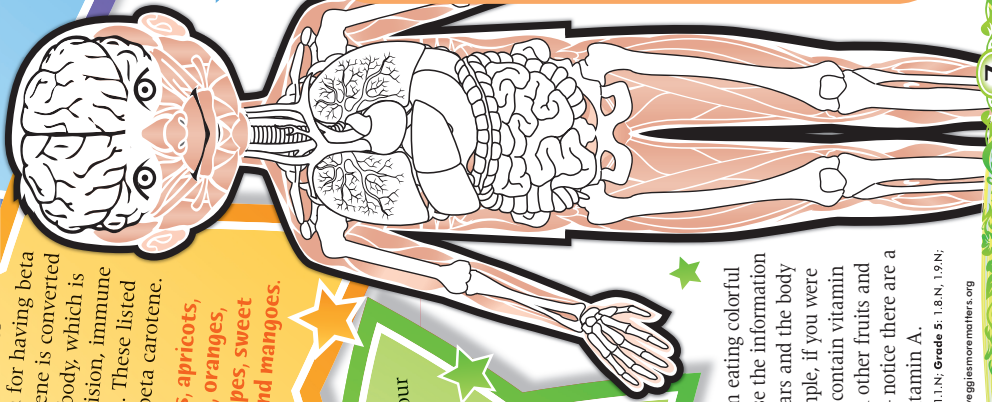
Several green vegetables

and fruits can be a good source of potassium, fiber and/or calcium. Potassium helps your heart beat correctly and assists your muscles in contracting. Fiber helps with digestion and calcium helps build strong bones.

Broccoli, kale, artichokes, collard greens, spinach, pears, and kiwifruit.

Many blue and purple fruits and vegetables contain phytonutrients that protect against cancer. These fruits and vegetables can improve memory and keep your heart healthy. These fruits and vegetables are a good source for vitamin C.

Blackberries, plums, purple asparagus, purple onions, and blueberries.



Activity

Our bodies benefit from eating colorful fruits and vegetables! Use the information located in the colorful stars and the body at right to illustrate each of these benefits. For example, if you were to eat carrots, color the eyes orange because carrots contain vitamin A which supports healthy eyes and vision. Research other fruits and vegetables to find out what nutrients they contain – notice there are a variety of colors that can also be a good source of vitamin A.

Standards: Science – Grade 3: 3a; Nutrition and Physical Activity – Grade 4: 1.1.N; Grade 5: 1.8.N, 1.9.N; Grade 7 and 8: 1.2.N, 1.7.N
Sources: MyPlate www.myplate.gov; Fruits and Veggies More Matters www.fruitsandveggiesmatters.org



Design Your Meal Activity

- Materials:**
- Newspaper ads
 - Paper plate
 - Magazine
 - Scissors
 - Glue

The MyPlate food icon shows us how to create a healthy meal, including specific proportions of the five food groups: fruits, vegetables, protein, grain, and dairy. Fill half your plate with a colorful rainbow of fruits and vegetables. Using a grocery store ad, cut out healthy foods you like from each of the food groups. Glue the food onto the plate in the appropriate place to create YourPlate!

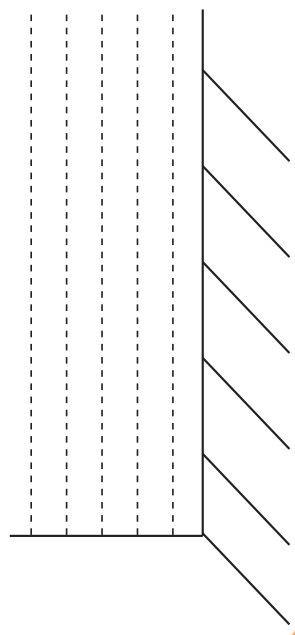
Dig Deeper: Calculate the total cost of your meal using the advertised price. Visit www.foodapedia.gov to calculate the nutritional value of the meal.

Standards: Health Education – Grade 4: 1.2.N, 7.3.N; Grade 5: 1.1.N, 5.1.N

Activity Class Survey

Survey your class to determine food preferences. First, select one of the five food groups: fruits, vegetables, protein, dairy, grains. The food group you select will determine the theme for your survey. Next, think of at least five different foods that are in your selected food group. For example, if you chose fruits you might list peach, cherry, mango, grapes, and kiwifruit. Survey your classmates, asking which of these five foods they prefer. Create a bar graph in the space provided to illustrate your results.

Survey
(Write in the food group you selected.)



Standards: Mathematics – Grade 4: Statistics, Data and Probability 1.3; Mathematical Reasoning 2.3; Grade 5: Statistics, Data and Probability 1.2; Mathematical Reasoning 2.3; Grade 6: Statistics, Data and Probability 2.1, 2.2; Mathematical Reasoning 2.3
© 2020 California Foundation for Agriculture in the Classroom. All rights reserved.