

SHOW & TELL: HOW YOU TRY FOR 5!

LESSON PLAN

This lesson plan serves as a *flexible guide* to support student engagement in learning about and trying different fruits and veggies.

OBJECTIVES

As a result of this lesson, students will:

- Understand what it means to **Try for 5** fruits and veggies everyday
- Identify ways to Try for 5 that are fun and creative
- Recognize that fruits and veggies come in many different forms (fresh, frozen, canned, dried, etc.)
- Demonstrate interest in trying new fruits and vegetables

TEACHING TASKS

RESOURCES & GUIDING QUESTIONS

1. Introduce the Lesson

Use the **guiding questions** to help students start thinking about fruits and veggies

Key messages:

- *There are so many different kinds of fruits and vegetables from A to Z. (Use [A to Z Poster](#) to point out different fruits and veggies)*
- *It is important to Try for 5 or more fruits and veggies every day. **ALL** forms of fruits and veggies count (fresh, frozen, canned, dried, etc.)*
- *Fruits and veggies help “PowerUp” our body and brain, and help you:*
 - *feel good*
 - *feel strong*
 - *think/learn better*
 - *grow up healthy*
- *“Trying for 5” is about being curious and exploring your senses – look at it, smell it, touch it and taste it.*
 - *The idea is to try something new. It’s okay if you like it or don’t – it’s a fun adventure and you never know what you might discover. Keep trying! You may find that you like roasted veggies more than raw veggies.*

- Name a green fruit or vegetable (or a red, orange or yellow, purple or blue, white or brown).
- What is your favorite fruit or vegetable? In the morning? At lunch or the evening? For a snack?
- Where have you seen fruits and vegetables? (in a garden, a can, the kitchen, freezer, grocery store, farmers market, food shelf, etc.)
- Why do you think eating fruits and vegetables are important?
- Tell us about a time you tried a new fruit or vegetable.
- It can be fun to try new foods and sometimes a little scary, too. Tell us about a fruit or veggie that you used to not like at first, but now you do.

2. SHOW & TELL Activity

- SHOW** the **Get Super Powers** Video
- Assign students to explore their surroundings and find fruits and/or vegetables in any form:** fresh, canned, frozen, dried or mixed (such as in soups, stews, salsas or sauces). To inspire students to

- [Video: Get Super Powers](#)
- [A to Z List of Ideas](#)

generate ideas, you may choose to use the [A to Z List of Ideas](#).

- * If your school is providing veggies for in-person tasting, **SHOW** the **Time to Try** Section of the School Challenge Kickoff Video

- *Note:* Encourage hand washing before they go on the adventure! Bring to the next class gathering or in real time.

- * [Video: School Challenge Kickoff: Time to Try section](#) (from 4:45-11:25 min.)

c. Encourage students to SHOW and TELL a veggie. They can snap a photo of it or bring the real thing.

- *Name the fruit and/or vegetable?*
- *How is it spelled?*
- *What color is it?*
- *Why did you choose it?*
- *What does it look like?*
- *How/where does it grow (trees, bush, plant, in the ground, geographic area, etc.)?*

d. When appropriate, invite the student(s) to demonstrate trying what they found. There are many ways to “try” a new food without actually taking a bite, such as: smelling, touching, licking, or even kissing it!

- *Have you ever tried it before?*
- *What does it smell like?*
- *What does it taste like? Or what do you think it will taste like?*
- *Can you give it a thumbs up or thumbs down*
- *Is there a favorite recipe your family makes with this fruit or veggie?*

3. Reinforce that 5 fruits and veggies everyday help power your body and your brain, and trying something new can be fun and exciting.

- *Why should we Try for 5 fruits and veggies every day?*
- *Tell us which new fruit or veggie you’d like to try.*

4. Wrap Up

Wow! You’ve shown us that Trying for 5 can be creative and fun! I’m so proud of how curious and adventurous you all are in trying different fruits and veggies. There are so many colorful and yummy/delicious ways to Try for 5!

RESOURCES YOU MIGHT FIND HELPFUL FOR THIS LESSON:

- [A to Z Poster](#): Explore fruits and vegetables with all letters of the alphabet
- Student Tracker [Print](#) or [Digital](#): Optional way for students to track how they Try for 5 and Move More each day
- [Voting Ballot](#): Taste test fruits and veggies and vote on the favorites
- [Have Fun Trying Handout](#): Spark curiosity by exploring new fruits and veggies
- [School Challenge Video: Half Way Point](#): See how other kids like to Try for 5 (and move more, too)
- [School Challenge Video: Celebration](#): Hear other students’ favorite ways to PowerUp to get students thinking about their own favorites
- [PowerUp Activity Book](#): Fun activities for students
- [PowerUp Family Magazines](#): Inspiration, recipes, activities, facts and more for kids and families
- [School Challenge Family Webpage](#): More activities and resources for kids and families

This lesson helps to meet the HECAT Standards: Healthy Eating Health Behavior Outcomes, including:

HBO 3: Eat an abundance of fruits/veggies every day

HBO 10: Prepare foods in healthful ways