

Lesson 4: Fruit & Veggies: Half Your Plate

Activity Bin Materials and Instructions

Storage Bin Size Needed: 16" (L) x 11" (W) x 6" (H), (15 Quart size). Label all items as noted, and place in the bin.

Lesson Activity	Materials Needed	Instructions*
Bin labels	<ul style="list-style-type: none"> White easy peel labels 	<ol style="list-style-type: none"> Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, Activity Bin Labels</i>. Print the outside bin and inside lid labels on the white easy peel labels. Put the outside bin label on the outside of the bin and put the inside lid label on the underside of the bin lid.
All activities	<ul style="list-style-type: none"> Call bell 	<ol style="list-style-type: none"> Purchase call bells for all activity bins (8 total). Put 1 call bell in each bin.
Welcome and Reflect	<ul style="list-style-type: none"> Back page of the <i>Plan, Shop, Save</i> worksheet 1 large manila envelope 	<ol style="list-style-type: none"> Print 3 copies of the back page of the <i>Lesson 3: Plan, Shop, Save</i> worksheet, and laminate them. Place in a large manila envelope. Label the envelope "Lesson 4: Laminated worksheets from previous lesson".
Saving money when buying fruits and vegetables	<ul style="list-style-type: none"> List of in-season fruits and vegetables 1 large manila envelope 	<ol style="list-style-type: none"> Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, In-Season Fruits and Vegetables</i> Download the list of in-season fruits and vegetables. You may need to edit this list based on what in-season produce is available in your area. Print and laminate 6 copies of the list. Place in a large manila envelope. Label the envelope "Lesson 4: In-season fruits and vegetables".

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Why do we need variety?	<ul style="list-style-type: none"> • Fruit and vegetable color card templates • 1 piece of the following colors of paper <ul style="list-style-type: none"> ○ Green ○ Orange ○ Red ○ White ○ Yellow ○ Blue ○ Purple • 1 medium, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, Fruit and Vegetable Color Cards</i>. 2) Download the fruit and vegetable color card templates. 3) Print 1 copy of each fruit and vegetable color card on its own color paper (for example, the Green card should be printed on green paper). 4) Laminate the cards. 5) Put the cards in a sealable plastic bag. 6) Label the bag "Lesson 4: Fruit and vegetable color cards".
MyPlate – Make half your plate fruits and vegetables	<ul style="list-style-type: none"> • <i>MyPlate</i> poster • Painter’s tape 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, MyPlate Posters</i>. 2) Print and laminate a copy of the MyPlate poster in English and/or Spanish depending on your needs. 3) Painter’s tape can be used to hang the MyPlate poster during class to avoid damaging walls or other surfaces.
Food safety with fruits and vegetables	<ul style="list-style-type: none"> • Pictures of raw sprouts • 1 large, manila envelope 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, Pictures of Raw Sprouts</i>. 2) Print and laminate 2 copies of each picture of raw sprouts. Place in the envelope. 3) Label the envelope "Lesson 4: Raw sprouts".
Let’s be active!	<ul style="list-style-type: none"> • Music • Equipment to play music 	<ol style="list-style-type: none"> 1) Pack upbeat music with a moderately fast tempo. 2) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Music</i> for examples of music with the appropriate tempo for this segment. 3) Pack equipment to play the music so that participants can hear it (CD player, speakers, etc.).

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Let's cook!	<ul style="list-style-type: none"> • Laminated recipe scripts for: <ul style="list-style-type: none"> ○ Cabbage Stir-Fry ○ Fruit Salad ○ Garden Vegetable Soup ○ Apple Salad ○ Vegetarian Collard Greens ○ Black-Eyed Pea and Collard Greens Soup ○ Summer Italian Vegetables ○ Winter Italian Vegetables • 1 large, sealable plastic bag • Hair ties • 1 small, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, Recipe Scripts</i>. 2) Print the recipe scripts for all of the lesson's recipes, and laminate them. 3) Label the large, sealable plastic bag "Lesson 4 Recipe Scripts." Put the recipe scripts in the bag. 4) Purchase a large pack of hair ties. Store them in a small, sealable bag in the bin. DO NOT store hair ties with food or food preparation equipment.
Parenting tip – Let's talk about our kids and juice	<ul style="list-style-type: none"> • 2 cup clear plastic liquid measuring cup 	<ol style="list-style-type: none"> 1) Purchase a 2 cup clear liquid plastic measuring cup. 2) With a permanent, thin tip marker, draw a line at the ½ cup, ¾ cup, 1 cup and 1½ cup measurements.

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Create a meal	<ul style="list-style-type: none"> • 6 small boxes of crayons or colored pencils • 2 large, sealable plastic bags • Fruit and vegetable pictures <ul style="list-style-type: none"> ○ Fruits <ul style="list-style-type: none"> ▪ Apple ▪ Applesauce ▪ Avocado ▪ Banana ▪ Blueberries ▪ Canned peaches ▪ Canned Pears ▪ Cantaloupe ▪ Dried apples ▪ Dried apricots ▪ Fruit cocktail ▪ Grapefruit ▪ Grapes ▪ Kiwi ▪ Lychee ▪ Mango ▪ Nectarine ▪ Orange ▪ Orange juice ▪ Pear ▪ Pineapple ▪ Raisins ▪ Star fruit ▪ Strawberries ▪ Watermelon 	<ul style="list-style-type: none"> ○ Vegetables <ul style="list-style-type: none"> ▪ Asparagus ▪ Baby carrots ▪ Baked potato ▪ Broccoli ▪ Cabbage ▪ Cauliflower ▪ Celery ▪ Corn ▪ Corn on the cob ▪ Green pepper ▪ Green beans ▪ Green peas ▪ Lettuce ▪ Mashed potatoes ▪ Snow peas ▪ Spinach ▪ Sweet potato ▪ Tomato ▪ Tomato juice ▪ Tossed salad greens ▪ Winter squash ▪ Zucchini <ol style="list-style-type: none"> 1) Purchase boxes of crayons or colored pencils from a local or online retailer. 2) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, Fruit and Vegetable Dairy Council Food Models/Pictures</i>. 3) Print and laminate each picture with the food picture on the front and the Nutrition Facts Label on the back. 4) Place all of the fruit food pictures in a sealable plastic bag. Label the bag “Lesson 4: Fruit food pictures”. 5) Place all of the vegetable food pictures in another sealable plastic bag. Label the bag “Lesson 4: Vegetable food pictures”.

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Preview of the next lesson	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active Let's Cook!</i> cookbook • Post-it notes or page flags 	<ol style="list-style-type: none"> 1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook, "Recipes for Grains". 2) Using Post-its, flag the recipes for <i>Lesson 5: Make Half Your Grains Whole: Rice Salad, Black Bean and Couscous Salad, Grilled Quesadilla with Vegetables, and Pasta Salad.</i>
Additional activity: Juice comparison	<ul style="list-style-type: none"> • Juice and juice drink food labels <ul style="list-style-type: none"> ○ Capri Sun ○ Simply Orange juice (100% juice) ○ Welch's Simple Truth Juice (100% juice) ○ Odwalla Juice ○ Naked Juice ○ Crystal Light ○ Fuze ○ Minute Maid juice ○ V8 Splash ○ V8 Fusion ○ Del Monte Canned juice ○ Orangina ○ Izze ○ Kool-Aid ○ Frozen concentrate juice can • 1 medium, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, Juice and Juice Drink Labels.</i> 2) Print and laminate each picture with the food picture on the front and the Nutrition Facts Label on the back. 3) Place in a sealable plastic bag. 4) Label the bag "Lesson 4: Juice comparison activity".

Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.