

Lesson 4: Fruit & Veggies: Half Your Plate

Activity Bin Contents 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"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 4: Fruits & Veggies: Half Your Plate, Activity Bin Labels</i>. 2) Print the outside bin and inside lid labels on the white easy peel labels. 3) 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"> 1) Purchase call bells for all activity bins (8 total). 2) 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"> 1) Print 3 copies of the back page of the <i>Lesson 3: Plan, Shop, Save</i> worksheet, and laminate them. 2) Place in a large manila envelope. 3) Label the envelope "Lesson 4: Laminated worksheets from previous lesson".
Save money when buying vegetables and fruits	<ul style="list-style-type: none"> List of in-season vegetables and fruits 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, In-Season Vegetables and Fruits</i> 2) Download the list of in-season vegetables and fruits. 3) You may need to edit this list based on what in-season produce is available in your area. 4) Print and laminate 6 copies of the list. 5) Place in a large manila envelope. 6) Label the envelope "In-season vegetables and fruits".

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Why do we need variety?	<ul style="list-style-type: none"> • Vegetable and fruit 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, Vegetable and Fruit Color Cards</i>. 2) Download the fruit and vegetable color card templates. 3) Print 1 copy of each vegetable and fruit 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 “Vegetable and fruit color cards”.
MyPlate – Make half your plate vegetables and fruits	<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.
Keep vegetables and fruits safe	<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 “Raw sprouts”.

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Let's cook!	<ul style="list-style-type: none"> • <i>Let's Cook! Station Set-up and Recipe Scripts</i> for: <ul style="list-style-type: none"> ○ Cabbage Stir-Fry ○ Fruit Salad ○ Garden Vegetable Soup ○ Apple Salad ○ Collard Greens ○ Black-Eyed Pea and Collard Greens Soup ○ Summer Italian Vegetables ○ Winter Italian Vegetables • 1 plastic accordion folder • 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, Let's Cook! Station Set-Up and Recipe Scripts</i>. 2) Print the Let's Cook! Station Set-Up and Recipe Scripts for all of the lesson's recipes. 3) Label the plastic accordion folder "Let's Cook! Station-Set up and Recipe Scripts for Lesson 4." Put the Station Set-Up and Recipe Scripts in the accordion folder. 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 • Dairy Council food models: <ul style="list-style-type: none"> ○ Fruit Group (25) <ul style="list-style-type: none"> ▪ Apple ▪ Applesauce ▪ Avocado ▪ Banana ▪ Blueberries ▪ Canned peaches ▪ Canned Pears ▪ Cantaloupe ▪ Dried apple rings ▪ Dried apricots ▪ Fruit cocktail ▪ Grapefruit ▪ Grapes ▪ Kiwifruit ▪ Lychee ▪ Mango ▪ Nectarine ▪ Orange ▪ Orange juice ▪ Pear ▪ Pineapple ▪ Raisins ▪ Star fruit ▪ Strawberries ▪ Watermelon 	<ul style="list-style-type: none"> ○ Vegetable Group (23) <ul style="list-style-type: none"> ▪ Baby carrots ▪ Baked potato ▪ Broccoli ▪ Cabbage ▪ Cauliflower ▪ Celery ▪ Corn ▪ Corn on the cob ▪ French fries ▪ Green pepper ▪ Green beans ▪ Green peas ▪ Hashbrowns ▪ 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.</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 “Dairy Council Food Models: Fruit Group (25)” 5) Place all the vegetable food pictures in another sealable plastic bag. Label the bag “Dairy Council Food Models: Vegetable Group (23)”.

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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</i>: Rice Salad, Black Bean and Couscous Salad, Grilled Quesadilla with Vegetables, and Pasta Salad.

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<p>Juice comparison (Additional activity)</p>	<ul style="list-style-type: none"> • 1 medium, sealable plastic bag <p>Fruit juice and beverage product labels (9):*label used in more than 1 category</p> <p><u>Water as first ingredient</u></p> <ul style="list-style-type: none"> • CranGrape juice cocktail* • Capri Sun* • V8 Fruit Splash* • Sunny D original* • Sunny D strawberry* <p><u>Not 100% fruit juice</u></p> <ul style="list-style-type: none"> • Sunny D original* • Sunny D strawberry* • CranGrape juice cocktail* • Capri Sun* • V8 Fruit Splash* • Jumex* <p><u>100% fruit juice</u></p> <ul style="list-style-type: none"> • 100% cranberry juice • Frozen orange concentrate* • Orange juice with calcium <p><u>“Made from concentrate”</u></p> <ul style="list-style-type: none"> • Frozen orange concentrate* • CranGrape juice cocktail* • V8 Fruit Splash* <p><u>“High fructose corn syrup”</u></p> <ul style="list-style-type: none"> • Sunny D original* • Sunny D strawberry* • V8 Fruit Splash* • Jumex* 	<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 juice and beverage product labels.</i> 2) Print and laminate each picture with the product label on the front and the Nutrition Facts Label on the back. 3) Place in a sealable plastic bag. 4) Label the bag “Juice comparison activity - Fruit juice and beverage product labels”.
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Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.

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