



Enjoying our Healthy Harvest

4th Grade Curriculum

Master Lesson Plan

Length of Session: 30 minutes

Summary:

As an extension of the study of Oregon during 4th grade, students will learn about the nutritional value of fruits and vegetables, how to select and clean produce grown in Oregon, then do a simple preparation and taste it. The first session should be hand washing technique and practice: *High Speed Hand Washing*. The following lessons focus on one specific fruit or vegetable. Six sessions are recommended.

Objectives:

- Youth learn how to choose fruits and veggies at the market
- Youth will show where specific produce is grown in Oregon
- Youth will identify important nutrients in the produce
- Food safety: Youth practice how to clean hands for food preparation and eating
- Food safety: Youth assist with cleaning produce properly (to prevent spread of bacteria that causes illness)
- Simple preparations are practiced
- Youth taste a variety of fruits and vegetables

Suggestions for Facilitator:

- Introduce fruit or veggie of the day (have a variety of colors over the series)
- Nutrition Message: Eat a variety of fruits and veggies every day.
- Use Fruits and Veggies – More Matters™ (FVMM) wheel to find selection, storage and handling and nutrients (look for 10% of calcium, iron,

Vitamin A or C to indicate it is a good source) and 2.5 grams of fiber.

- Demonstrate cleaning: At a sink under running, cool water or with a assistant slowly pouring a pitcher of water into dish tub in a demo area. Enlist an assistant from the youth to pour the water while cleaning produce.
- Food sample: Select a simple preparation from healthyrecipes.oregonstate.edu or other reputable recipe source for youth to prepare and taste
- As you demonstrate cleaning, incorporate the following questions:

Discussion Questions:

- ☆ Fruits & Veggies have lots of colors. Can you name a fruit from every color of the rainbow?
- ☆ Can you name a vegetable from every color of the rainbow?
- ☆ What do I need to look for when shopping for this fruit/veggie?
- ☆ Why is important to wash your hands and the produce? (prevent spread of bacteria that cause illness)

Materials Needed:

- High Speed Hand Washing* Lesson
- FVMM Fruit & Veggie Wheel for each youth to use and then keep
- Catch a Rainbow Every Day* poster
- MyPyramid* poster
- Equipment for the preparation and serving of the sample
- Ingredients for the recipe/sampling – if fresh is not available use frozen or canned

- Paper plates for sampling
- Paper plate & utensil for each youth for tasting
- The Nutrition Messages are:* hand out
- Kettle of Good Nutrition* hand out

Parent Handouts:

- FVMM Drawing Contest Recipe Cards
- Oregon’s Healthy Harvest Recipe Cards
- Healthyrecipes.oregonstate.edu postcard
- We Wish You Well mini-poster.

Activity: Simple Preparation

Find a recipe that has no more than 5 ingredients to demonstrate (with student helpers) or can be prepped by a student in individual portions at their desk. Use healthyrecipes.oregonstate.edu or Food Stamp Nutrition Connection web sites. Note: If you are moving from classroom to classroom for your lessons be aware that it can be inconvenient to move a hot skillet – choosing a recipe that requires no cooking might be a consideration too.

Activity: Sampling

When multiple varieties of a food are available in the market, bring 3-5 varieties. Label large paper plates with variety and prep sample slices (during hand washing) for students to come up and taste. You could also add dried or canned samples too. Tell students that they have similar nutrient values. Students can write the name of the variety on their plates, come forward in small groups, and then return to their seats for sampling. Recommended for this is an Apple Festival or a Pear Party.

Optional activity: Use *The Nutrition Messages are:* hand out each lesson. As students complete their activity they can use this hand out to reinforce writing and

spelling. Be sure that nutrition message is on the board. Those that complete the task throughout the series earn a nutrition reinforcement (pencil).

Discussion Questions:

- ☆ Could you make this recipe at home?
- ☆ Which sample did you prefer? Why?
- ☆ Can you name some of the areas that (name of fruit or veggie) grows in Oregon?
- ☆ What food group is (name of fruit or veggie) in?
- ☆ How many colors of fruit have you had today?
- ☆ How many colors of veggies have you had today?
- ☆ Who can spell vegetable aloud?

Self-evaluation

- Use the Kettle of Good Nutrition to reflect on the lessons. Make a bulletin board when the series ends with nutrition and healthy eating tips from the students.

Other Support Materials

- SP 50-876 Nutrients You Need, Revised April, 06
- “Benefits of fruits and vegetables depend on quality as well as quantity” Raab, Carolyn, August/September 07 OSU Extension FCD NewsTips
- *High Speed Hand Washing* Lesson Plan, Hyde, Glenda and Beth Wilson, April, 07
- *The Nutrition Messages are:*, Brungardt, Emily and Glenda Hyde, November, 08
- *Kettle of Good Nutrition*, Brungardt, Emily and Glenda Hyde, November, 08
- <http://www.fruitsandveggiesmatter.gov/month/index.htm>