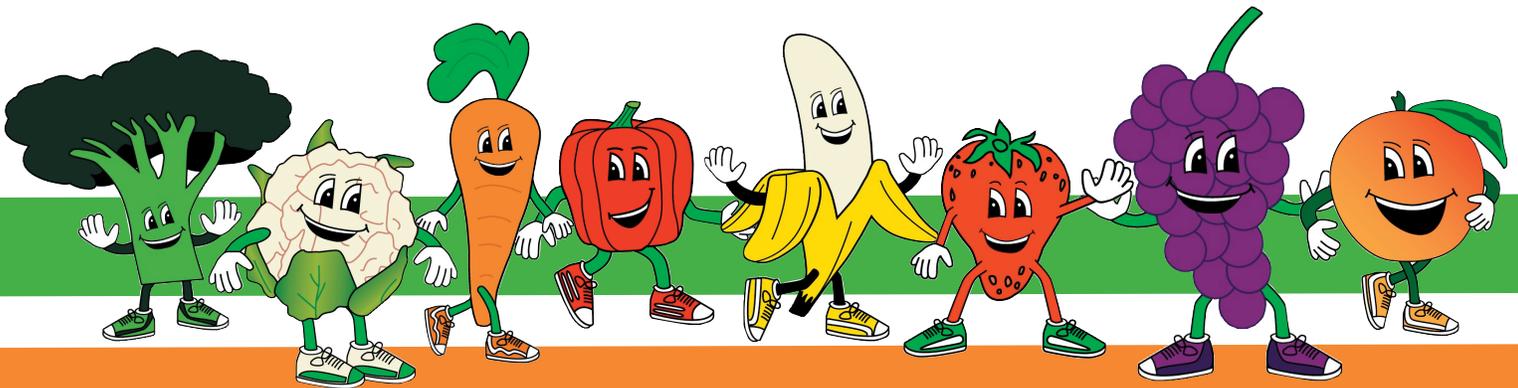




Nebraska Fresh Fruit & Vegetable Program

Grade 3



Grade 3

Focus on Fruits, Vary Your Veggies

Math Objectives

- Represent fractions concretely and symbolically (halves, fourths, thirds, sixths and eights).
- Develop flexibility in solving problems by selecting strategies and using mental computations, estimation, calculators or computers and paper and pencil.
- Collect, organize and display data (including circles, graphs and tables) to solve problems.

English Language Arts Objective

- Use word reference material (e.g. dictionary, glossary) to confirm decoding skills, verify spelling and extend meanings of words.

Materials Needed

- Poster of MyPyramid
- Calculators

Teacher Resources

- *What foods are in the fruit group?*
- *What foods are in the vegetable group?*
- *MyPyramid for Kids*
- *Anatomy of MyPyramid*
- *Teaching MyPyramid*

Handouts

- *It's in the Dictionary*
- *Sarah's Birthday Lunch*
- *Who Has What Fruit?*

Focus

Ask the students how they think that their class is doing with eating fruits and veggies. Are they eating enough fruits and veggies? Ask the students to think about the number of fruits and veggies they ate yesterday. Did they eat fruits and veggies from the USDA Fresh Fruit and Vegetable program? If so, which ones did they choose? Did they eat a fruit or veggie at lunch or at home? Have them raise their hands if they ate one fruit or veggie, two fruits or veggies, three fruits or veggies, etc. Ask a student to write the numbers on the board as the children raise their hands. Make a pie graph on the board or have each student graph how many fruits and veggies he or she ate.

Teacher Input

Using the teacher resources *What foods are in the fruit group?*, *What foods are in the vegetable group?* and all three MyPyramid resources, talk to the students about what the different color bands represent on the MyPyramid poster. Emphasize the red and green bands, which represent the fruit and veggie groups, respectively.

Talking points:

- Each band of color shows us different types of foods we should eat each day to help us grow and have more energy to play.
- The green band represents veggies and the red band represents fruits.
- It is especially important for health to choose veggies that are dark green and orange. Examples of dark green veggies include broccoli, spinach and dark green lettuce. Examples of orange veggies are squash, sweet potatoes and carrots.
- Fruits do not always need to be fresh; they also can be canned, frozen or dried. Expand students' knowledge of these different forms by having them provide examples.
- Fruits and veggies have a lot of vitamins, minerals and fiber, which help us to stay healthy.
- *MyPyramid for Kids* suggests daily servings equivalent to 1½ to 2½ cups of vegetables and 1½ to 2 cups of fruit for children in third grade.

Practice and Assessment

Distribute the *It's in the Dictionary* handout. Direct students to look at the fruits and veggies listed at the bottom of the page. Ask them if there are any fruits and veggies that they have never heard of or tasted. What are they? Ask them if there are fruits and veggies that they have eaten from the USDA Fresh Fruit and Vegetable Program at school. Instruct them to circle the fruits and veggies that they have eaten from the USDA Fresh Fruit and Vegetable Program. Instruct the students to fill in the fruits and veggies between the guidewords listed in each block. Remind the students that there is one extra veggie.

Distribute and complete the *Sarah's Birthday Lunch* handout.

Distribute the *Who Has What Fruit?* handout. Students can work in pairs or individually.

Name _____

It's in the Dictionary

Directions: There are twelve dictionary pages below. Each page has two guidewords listed at the top. Choose from the list of fruits and vegetables at the bottom of this page to fill in each dictionary page. Write the name of each fruit and vegetable on the correct dictionary page. If there is more than one fruit or vegetable on a page, write the words in alphabetical order. There is one fruit or vegetable that does not fit into a page.

Apple _____ Banana

1

Beans _____ Celery

2

Cherries _____ Cucumber

3

Dates _____ Grapefruit

4

Green Beans _____ Kale

5

Lettuce _____ Mushrooms

6

Onion _____ Plum

7

Potato _____ Raisin

8

Raspberry _____ Snow Peas

9

Spinach _____ Sweet Potato

10

Swiss Chard _____ Tomato

11

Turnip _____ Watermelon

12

tangerines
limes
quince
tangelos
sweet corn
cabbage
collard greens

avocados
oranges
apricots
jicama
eggplant
broccoli
cranberries

corn
string beans
endive
zucchini
garlic
baby carrots
huckleberries

pumpkin
star fruit
beets
parsnips
rhubarb
water chestnuts
melons

radishes
figs
ugli fruit
mango
watercress
peas
red pepper

What vegetable did not fit into the dictionary? _____

It's in the Dictionary

Directions: There are twelve dictionary pages below. Each page has two guidewords listed at the top. Choose from the list of fruits and vegetables at the bottom of this page to fill in each dictionary page. Write the name of each fruit and vegetable on the correct dictionary page. If there is more than one fruit or vegetable on a page, write the words in alphabetical order. There is one fruit or vegetable that does not fit into a page.

<p><u>Apple</u> <u>Banana</u></p> <p>apricot avocado baby carrots</p> <p>1</p>	<p><u>Beans</u> <u>Celery</u></p> <p>beets broccoli cabbage</p> <p>2</p>	<p><u>Cherries</u> <u>Cucumber</u></p> <p>collard greens corn cranberries</p> <p>3</p>	<p><u>Dates</u> <u>Grapefruit</u></p> <p>eggplant endive figs garlic</p> <p>4</p>
<p><u>Green Beans</u> <u>Kale</u></p> <p>huckleberries jicama</p> <p>5</p>	<p><u>Lettuce</u> <u>Mushrooms</u></p> <p>lime mango melons</p> <p>6</p>	<p><u>Onion</u> <u>Plum</u></p> <p>orange parsnips peas</p> <p>7</p>	<p><u>Potato</u> <u>Raisin</u></p> <p>pumpkin quince</p> <p>8</p>
<p><u>Raspberry</u> <u>Snow Peas</u></p> <p>radishes red pepper rhubarb</p> <p>9</p>	<p><u>Spinach</u> <u>Sweet Potato</u></p> <p>star fruit string beans sweet corn</p> <p>10</p>	<p><u>Swiss Chard</u> <u>Tomato</u></p> <p>tangelos tangerines</p> <p>11</p>	<p><u>Turnip</u> <u>Watermelon</u></p> <p>ugli fruit water chestnuts watercress</p> <p>12</p>

- | | | | | |
|----------------|-------------|---------------|-----------------|------------|
| tangerines | avocados | corn | pumpkin | radishes |
| limes | oranges | string beans | star fruit | figs |
| quince | apricots | endive | beets | ugli fruit |
| tangelos | jicama | zucchini | parsnips | mango |
| sweet corn | eggplant | garlic | rhubarb | watercress |
| cabbage | broccoli | baby carrots | water chestnuts | peas |
| collard greens | cranberries | huckleberries | melons | red pepper |

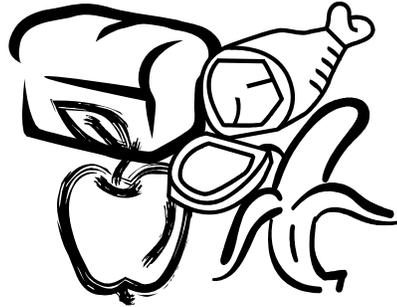
What vegetable did not fit into the dictionary? zucchini

Name _____

Sarah's Birthday Lunch

Sarah is planning to have a special birthday lunch with her friends. At her birthday lunch, she will have ham and cheese sandwiches, fresh fruit, baked chips and birthday cake. She needs to buy the following items to prepare her special meal:

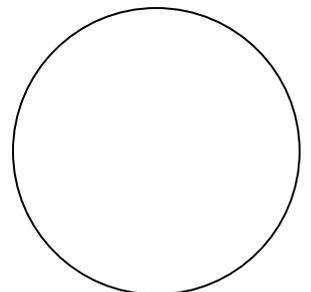
Sliced ham	\$1.89
Sliced cheese	\$2.20
Whole-wheat bread	\$1.99
Fresh fruit	\$2.69
Baked chips	\$2.89
Birthday cake	\$3.88



1. Estimate how much Sarah has to pay for her birthday lunch. Round off to the nearest dollar to get the estimated cost of the meal. If there is no sales tax, what is the estimated cost of the meal? Show your work. Circle the correct answer.
 - a. \$10.00
 - b. \$12.00
 - c. \$14.00
 - d. \$16.00
 - e. \$18.00
2. Show at least three different combinations of bills to illustrate how much money Sarah must have to buy the food items.

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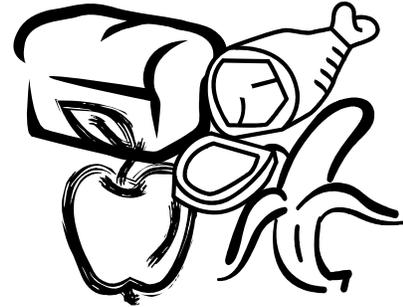
3. Using a calculator, find the exact cost of Sarah's birthday meal. \$ _____
4. If Sarah invites seven friends to her party, how much will the meal cost for each person at the party (include Sarah)? _____
5. On the circle below, show how you would divide Sarah's cake for Sarah and her seven friends. How many pieces do you have? _____
6. How much of the cake did each person have to eat? _____



Sarah's Birthday Lunch

Sarah is planning to have a special birthday lunch with her friends. At her birthday lunch, she will have ham and cheese sandwiches, fresh fruit, baked chips and birthday cake. She needs to buy the following items to prepare her special meal:

Sliced ham	\$1.89	(\$2.00)
Sliced cheese	\$2.20	(\$2.00)
Whole-wheat bread	\$1.99	(\$2.00)
Fresh fruit	\$2.69	(\$3.00)
Baked chips	\$2.89	(\$3.00)
Birthday cake	\$3.88	(\$4.00)



1. Estimate how much Sarah has to pay for her birthday lunch. Round off to the nearest dollar to get the estimated cost of the meal. If there is no sales tax, what is the estimated cost of the meal? Show your work. Circle the correct answer.

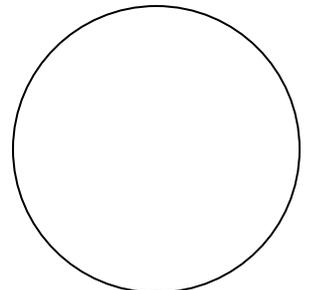
$2.00 + 2.00 + 2.00 + 3.00 + 3.00 + 4.00 = 16.00$

- a. \$10.00
- b. \$12.00
- c. \$14.00
- d. \$16.00**
- e. \$18.00

2. Show at least three different combinations of bills to illustrate how much money Sarah must have to buy the food items.

<p>3 five-dollar bills 1 one-dollar bill</p>	<p>1 ten-dollar bill 1 five-dollar bill 1 one-dollar bill</p>	<p>16 one-dollar bills</p>
--	--	-----------------------------------

3. Using a calculator, find the exact cost of Sarah's birthday meal. **\$15.54**
4. If Sarah invites seven friends to her party, how much will the meal cost for each person at the party (include Sarah)? **\$1.94** **$\$15.54/8 = \$1.94$**
5. On the circle below, show how you would divide Sarah's cake for Sarah and her seven friends. How many pieces do you have? **8**
6. How much of the cake did each person have to eat? **1/8**



Name _____

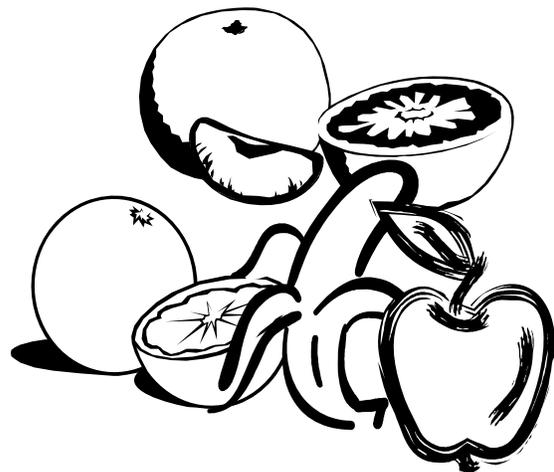
Who Has What Fruit?

Directions: Four friends, Austin, Juan, Andrea and Tashieka are eating fruit. Each person has a different fruit. Use the clues to match the person with their fruit. If a choice can be removed by reading the clues, write NO in that space on the chart. Write YES in the right place on the chart to show which fruit each person has.

	Banana	Apple	Orange	Grapefruit
Austin				
Juan				
Andrea				
Tashieka				

Clues

1. Austin's favorite fruit is round.
2. The name of Juan's fruit has two syllables.
3. Tashieka sat next to her friend who had a red fruit.
4. Juan sat next to his friend who has a fruit with three syllables in its name.
5. The name of Tashieka's fruit is not a compound word.
6. Austin enjoys watching his friend eat grapefruit.
7. Andrea likes to squeeze her fruit to get the juice.
8. The name of Andrea's fruit is not a compound word.
9. Austin sat next to his friend who has a fruit with an orange-colored peel.
10. Andrea's fruit was smaller than Juan's fruit.



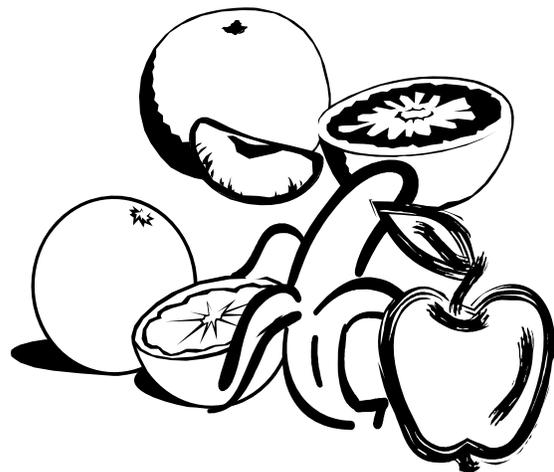
Who Has What Fruit?

Directions: Four friends, Austin, Juan, Andrea and Tashieka are eating fruit. Each person has a different fruit. Use the clues to match the person with their fruit. If a choice can be removed by reading the clues, write NO in that space on the chart. Write YES in the right place on the chart to show which fruit each person has.

	Banana	Apple	Orange	Grapefruit
Austin	NO	YES	NO	NO
Juan	NO	NO	NO	YES
Andrea	NO	NO	YES	NO
Tashieka	YES	NO	NO	NO

Clues

1. Austin's favorite fruit is round.
2. The name of Juan's fruit has two syllables.
3. Tashieka sat next to her friend who had a red fruit.
4. Juan sat next to his friend who has a fruit with three syllables in its name.
5. The name of Tashieka's fruit is not a compound word.
6. Austin enjoys watching his friend eat grapefruit.
7. Andrea likes to squeeze her fruit to get the juice.
8. The name of Andrea's fruit is not a compound word.
9. Austin sat next to his friend who has a fruit with an orange-colored peel.
10. Andrea's fruit was smaller than Juan's fruit.



Grade 3

Put a Rainbow in Your Day

Math Objectives

- Develop fluency with multiplication from 1x1 to 12x12 and division up to two-digit by one-digit numbers using strategies for multiplying and dividing numbers.
- Use area or region models and set models of fractions to explore part-whole relationships.

English Language Arts Objectives

- Use correct capitalization and punctuation, underlining book titles, period after initials and abbreviated titles and appropriate contractions.
- Use correct subject/verb agreement.

Materials Needed

- Poster paper
- Crayons

Teacher Resources

- *What foods are in the fruit group?*
- *What foods are in the vegetable group?*
- *Fruit and Veggie Nutrients*
- *Making Sense of Fruit and Veggie Nutrients*
- *Fruit and Veggie Colors*

Handouts

- *Put a Rainbow in Your Day Questionnaire*
- *Put a Rainbow in Your Day Math*
- *Put a Rainbow in Your Day Sentences*
- *Rainbow Shopping*

Focus

Pass out copies of the *Put a Rainbow in Your Day Questionnaire*. You can read the questions to the students or have the students read it to themselves. Ask the students to check if they agree or disagree with the sentences.

Teacher Input

Using the teacher resources *What foods are in the fruit group?*, *What foods are in the vegetable group?*, *Fruit and Veggie Nutrients*, *Making Sense of Fruit and Veggie Nutrients* and *Fruit and Veggie Colors*, discuss with students how eating a lot of fruits and veggies every day helps them to stay healthy.

Talking points:

- Fruits and veggies have many vitamins, minerals, fiber and phytonutrients (fight-o-nutrients) to help us do better in school, have more energy to play, keep us from getting sick and help our bodies to work better.
- The different types of phytonutrients found in veggies and fruits are grouped by color. There are five color groups: red, green, yellow/orange, blue/purple and white.
- The red group includes fruits and veggies such as tomatoes, watermelon, cranberries, strawberries, red apples and red cabbage.
- The green group includes fruits and veggies like broccoli, green cabbage, romaine lettuce, kiwifruit and honeydew melon.
- The yellow/orange group includes fruits and veggies like carrots, sweet potatoes, cantaloupe, apricots, oranges, tangerines, pineapple and yellow raisins.
- The blue/purple group includes fruits and veggies such as blueberries, blackberries, purple grapes, raisins and plums.
- The white group includes fruits and veggies such as cauliflower, bananas, pears, potatoes and turnips.

To expand students' knowledge, consider having them create a poster with additional examples of fruits and veggies that can be found in each of the five color groups. Are any of the fruits and veggies ones that they have eaten in relationship to the USDA Fresh Fruit and Vegetable Program?

Practice and Assessment

Distribute the *Put a Rainbow in Your Day Math* handout. Direct students to answer the questions. Distribute the *Put a Rainbow in Your Day Sentences* handout. Review the directions with the students. Ask the students to write the corrected sentence.

Additional Activity (additional handouts and/or materials needed)

Distribute the *Rainbow Shopping* handout. Students can take it home or work in pairs to complete the answers.

Name _____

Put a Rainbow in Your Day Questionnaire

Think about the foods that you eat every day. Do you eat a lot of fruits and veggies? For each statement below, check whether you agree or disagree.

- | | Agree | Disagree |
|--|-----------------------|-----------------------|
| 1. MyPyramid suggests that you eat 1 cup of veggies and $\frac{1}{2}$ cup of fruit every day. | <input type="radio"/> | <input type="radio"/> |
| 2. Fruits and veggies have vitamins and minerals. | <input type="radio"/> | <input type="radio"/> |
| 3. Fruits and veggies can be grouped by color. | <input type="radio"/> | <input type="radio"/> |
| 4. Bananas belong to the yellow/orange group. | <input type="radio"/> | <input type="radio"/> |
| 5. Grouping fruits and veggies by color is an easy way to remember to eat a variety of fruits and veggies. | <input type="radio"/> | <input type="radio"/> |
| 6. Strawberries belong in the red group. | <input type="radio"/> | <input type="radio"/> |
| 7. Eating fruits and veggies from each of the 5 color groups and being active will help you stay fit. | <input type="radio"/> | <input type="radio"/> |
| 8. I eat colorful fruits and veggies every day. | <input type="radio"/> | <input type="radio"/> |



Put a Rainbow in Your Day Questionnaire

Think about the foods that you eat every day. Do you eat a lot of fruits and veggies? For each statement below, check whether you agree or disagree.

- | | Agree | Disagree |
|--|----------------------------------|----------------------------------|
| 1. MyPyramid suggests that you eat 1 cup of veggies and ½ cup of fruit every day.
MyPyramid suggests that we eat 2 to 2½ cups of vegetables and 1½ to 2 cups of fruit every day. | <input type="radio"/> | <input checked="" type="radio"/> |
| 2. Fruits and veggies have vitamins and minerals.
Fruits and vegetables provide many vitamins and minerals our bodies need to stay healthy. For example, vitamin A helps keep our eyes healthy. It can be found in carrots, cantaloupes and sweet potatoes. | <input checked="" type="radio"/> | <input type="radio"/> |
| 3. Fruits and veggies can be grouped by color.
Fruits and vegetables can be grouped into five colors: blue/purple, green, white, yellow/orange and red. | <input checked="" type="radio"/> | <input type="radio"/> |
| 4. Bananas belong to the yellow/orange group.
Only the skin of the banana is yellow. The part you eat is white, and that is what counts. | <input type="radio"/> | <input checked="" type="radio"/> |
| 5. Grouping fruits and veggies by color is an easy way to remember to eat a variety of fruits and veggies.
Since the different color groups give us different nutrients and other things our bodies need, you should eat from each group every day. You should also try to eat different fruits and vegetables within each group. | <input checked="" type="radio"/> | <input type="radio"/> |
| 6. Strawberries belong in the red group.
Strawberries are in the red group. They are a good source of vitamin C. | <input checked="" type="radio"/> | <input type="radio"/> |
| 7. Eating fruits and veggies from each of the 5 color groups and being active will help you stay fit.
It is not enough to eat your colors every day. Activity is an important part of a healthy lifestyle, too. It helps to keep your muscles strong, helps you to maintain your body weight, and makes you feel good. | <input checked="" type="radio"/> | <input type="radio"/> |
| 8. I eat colorful fruits and veggies every day.
Answers will vary, but stress that "Agree" is the desired answer. Everyone should eat at least 2 to 2½ cups of vegetables and 1½ to 2 cups of fruit every day. | <input type="radio"/> | <input type="radio"/> |



Name _____

Put a Rainbow in Your Day

Math

Directions: Answer the questions by putting the correct number or fraction in the space.
Show your work.

1. Kristen has 8 tomatoes in her garden. She will divide them among her 4 friends. How many tomatoes will she give to each friend? _____



2. Tom picked 10 bunches of cherries. He will share them equally with his friend David. How many bunches of cherries will each of the boys get? _____

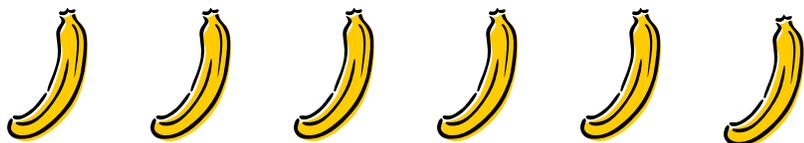


3. Shameka has 3 apples to share with her 6 friends. Divide the apples so each one of her friends can have a piece.



How much of the apple will each of her friends have to eat? _____

4. Jose buys 6 bananas to share with his soccer team. There are 12 boys on the team. How much of a banana will each boy get to eat? _____



5. Houg has 12 strawberries to share with her 3 sisters. If Houg divides the strawberries so that she and her 3 sisters get an equal number, how many strawberries will each girl get? _____



Put a Rainbow in Your Day

Math

Directions: Answer the questions by putting the correct number or fraction in the space.
Show your work.

1. Kristen has 8 tomatoes in her garden. She will divide them among her 4 friends. How many tomatoes will she give to each friend? **2 tomatoes**



2. Tom picked 10 bunches of cherries. He will share them equally with his friend David. How many bunches of cherries will each of the boys get? **5 bunches**

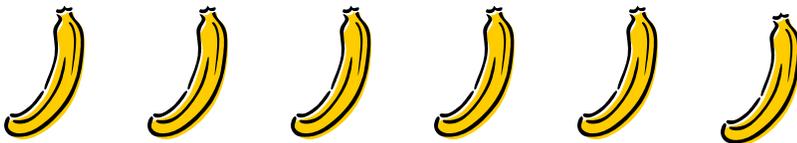


3. Shameka has 3 apples to share with her 6 friends. Divide the apples so each one of her friends can have a piece.



How much of the apple will each of her friends have to eat? $\frac{1}{2}$ **apple**

4. Jose buys 6 bananas to share with his soccer team. There are 12 boys on the team. How much of a banana will each boy get to eat? $\frac{1}{2}$ **banana**



5. Houg has 12 strawberries to share with her 3 sisters. If Houg divides the strawberries so that she and her 3 sisters get an equal number, how many strawberries will each girl get? **4 strawberries**



Name _____

Put a Rainbow in Your Day

Sentences

Directions: Read each sentence. There is at least one mistake in the underlined part of each sentence. The mistake may be spelling, punctuation, capitalization, word usage or in sentence structure. Rewrite the sentence correctly on your own paper.

1. I eat colorful fruits and veggies every day?
2. Broccoli and green apples is part of the green group
3. Choose lots of fruits and veggies for you're daily diet.
4. Have you read the book Fruits and Vegetables by T B murphy.
5. Oranges are grown in the state of florida
6. Fruits and Veggies are a good source of fiber.
7. Know one fruit can give us all of the vitamins that we need.
8. eating a lot of fruits and veggies will help you stay healthy.
9. What does putting a rainbow in your day tell us.
10. One of our favorite veggies that we eat at thanksgiving is from the orange group. What veggie is it?



Put a Rainbow in Your Day

Sentences

Directions: Read each sentence. There is at least one mistake in the underlined part of each sentence. The mistake may be spelling, punctuation, capitalization, word usage or in sentence structure. Rewrite the sentence correctly on your own paper.

1. I eat colorful fruits and veggies every day.
2. Broccoli and green apples are part of the green group.
3. Choose lots of fruits and veggies for your daily diet.
4. Have you read the book Fruits and Vegetables by T.B. Murphy?
5. Oranges are grown in the state of Florida.
6. Fruits and veggies are a good source of fiber.
7. No one fruit can give us all of the vitamins that we need.
8. Eating a lot of fruits and veggies will help you stay healthy.
9. What does putting a rainbow in your day tell us?
10. One of our favorite veggies that we eat at Thanksgiving is from the orange group. What veggie is it?



Name _____

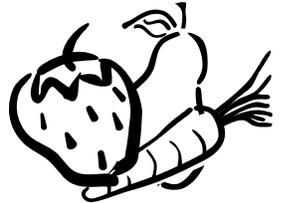
Rainbow Shopping

Part 1

Directions: You are helping out with the food shopping. Your job is to buy the fruits and veggies, but your shopping list got all mixed up. First, unscramble the words to find out what you need to buy. Then, circle the words on your list with crayons, colored pencils or colored pens to show the group in which each fruit and veggie belongs (think about the five color groups).



1. rieserch _____
2. nedcan estotoma _____
3. deird goman _____
4. plepineap iceju _____
5. nanabas _____
6. achspin _____
7. colibroc _____
8. pleganteg _____
9. berblrieuse _____
10. zenfro saep _____



Part 2

Directions: You can find fruits and veggies all over the supermarket because they come in different forms. For example, pineapples can be found in the produce section as fresh fruit, in the dairy case as pineapple juice, in the frozen food section as frozen juice, in the canned goods section and in the dried fruit section. Think about the fruits and veggies below. Depending upon their form, where might you find them in the supermarket? Mark an "X" under the sections where you might find each fruit and veggie.

	Produce	Dairy	Frozen Foods	Packaged/Canned Goods
Grapes				
Cauliflower				
Green beans				
Mushrooms				
Tomatoes				
Potatoes				
Peaches				
Blueberries				
Carrots				
Oranges				

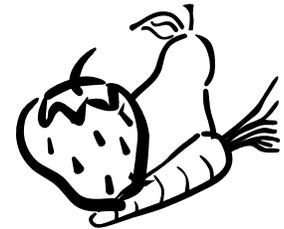
Rainbow Shopping

Part 1

Directions: You are helping out with the food shopping. Your job is to buy the fruits and veggies, but your shopping list got all mixed up. First, unscramble the words to find out what you need to buy. Then, circle the words on your list with crayons, colored pencils or colored pens to show the group in which each fruit and veggie belongs (think about the five color groups).



- | | | |
|-----|-----------------|------------------------|
| 1. | rieserch | <u>cherries</u> |
| 2. | nedcan estotoma | <u>canned tomatoes</u> |
| 3. | deird goman | <u>dried mango</u> |
| 4. | plepineap iceju | <u>pineapple juice</u> |
| 5. | nanabas | <u>bananas</u> |
| 6. | achspin | <u>spinach</u> |
| 7. | colibroc | <u>broccoli</u> |
| 8. | pleganteg | <u>eggplant</u> |
| 9. | berblrieuse | <u>blueberries</u> |
| 10. | zenfro saep | <u>frozen peas</u> |



Part 2

Directions: You can find fruits and veggies all over the supermarket because they come in different forms. For example, pineapples can be found in the produce section as fresh fruit, in the dairy case as pineapple juice, in the frozen food section as frozen juice, in the canned goods section and in the dried fruit section. Think about the fruits and veggies below. Depending upon their form, where might you find them in the supermarket? Mark an "X" under the sections where you might find each fruit and veggie.

	Produce	Dairy	Frozen Foods	Packaged/Canned Goods
Grapes	X			X
Cauliflower	X		X	X
Green beans	X		X	X
Mushrooms	X			X
Tomatoes	X			X
Potatoes	X		X	X
Peaches	X		X	X
Blueberries	X		X	X
Carrots	X		X	X
Oranges	X	X	X	X