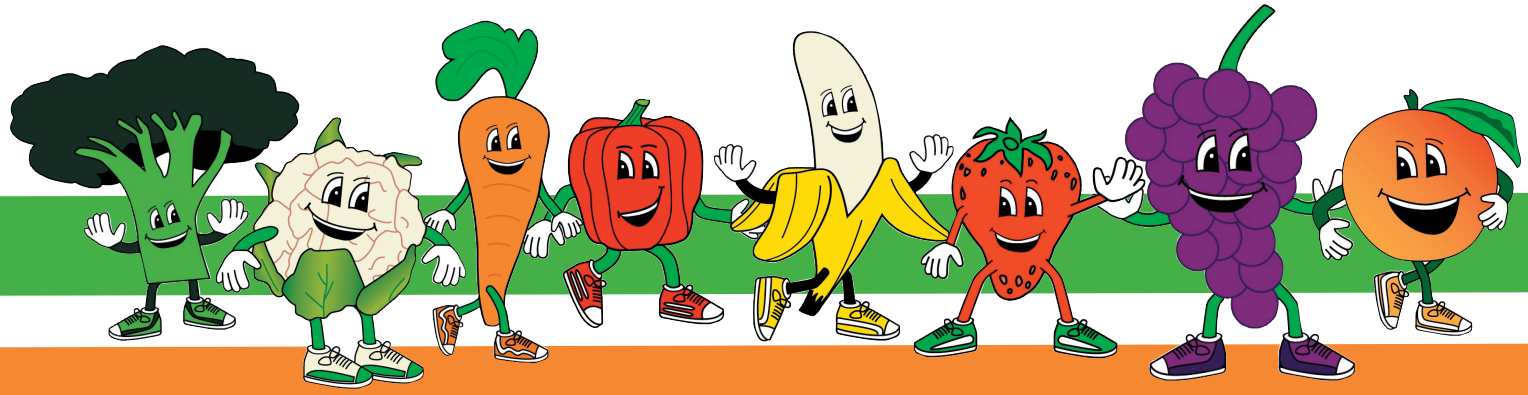
Nebraska
Fresh Fruit & Vegetable Program

Grade 1



Grade 1

The Color of Fruits and Veggies

Math Objectives

- Develop a sense of whole numbers through 99.
- Develop fluency with single-digit addition and corresponding differences using strategies such as modeling, composing and decomposing quantities, using doubles and making tens.
- Create and extend patterns, identify the pattern unit and translate into other forms.

Materials Needed

- *Fruit and Veggie Word Cards* - cut along dotted lines and laminate for long-term use
- Paper bag

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

- *How Many Fruits and Veggies?*
- *Fruit and Veggie Math Workout*
- *The White Carrot and the Purple Potato*

Focus

Write the following words on the board: blue/purple, green, white, yellow/orange and red. Place all of the *Fruit and Veggie Word Cards* in a paper bag. Direct each student to select a card from the bag. Go over the pronunciation of the fruit or veggie on each card. Ask students to match the color of the fruit or veggie with the colors listed on the board. Write the name of the item under the correct color. Continue with the activity until all the cards have been used.

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 the importance of eating a variety of colorful fruits and veggies every day.

Talking points:

- The five fruit and veggie color groups are blue/purple, green, white, yellow/orange and red.
- Fruits and veggies are grouped by color based on the part that we eat. For example, bananas are in the white group because we eat the white fruit, not the yellow skin;

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina Nutrition Services

watermelon is in the red group because we eat the red fruit, not the green rind; and green apples are in the green group because we eat the green skin as well as the white flesh.

- Each color group gives us different vitamins and minerals that our bodies need to stay healthy.
- Each unique plant nutrient (phytonutrient) found within a color group plays a special role in protecting our bodies from illness.
- It is important to eat fruits and veggies from each color group every day.
- Eating a variety of different fruits and veggies from within each color group is another way to make sure we get many of the nutrients we need for good health.

Practice and Assessment

To emphasize the variety of colorful fruits and veggies available, distribute the handout *The White Carrot and the Purple Potato*. Direct the students to fill in the answers.

Distribute the *How Many Fruits and Veggies?* handout. Refer to the fruit and veggie lists grouped by colors. As a class, answer the questions on the handout.

Distribute the *Fruit and Veggie Math Workout* handout and instruct students to complete it.

Sweet Corn	Broccoli
Peas	Green Pear
Red Pear	Peach
Red Apple	Carrot
Green Apple	Radish
Lettuce	Yellow Apple

Sweet Potato	Blueberry
Potato	Apricot
Green Beans	Strawberry
Collards	Red Grapes
Orange	Spinach
Banana	Green Pepper

Zucchini	Asparagus
Kiwi	Watermelon
Green Grapes	Red Pepper
Plum	Raisins
Eggplant	Avocado
Green Grapes	Cabbage

Celery	Cucumbers
Okra	Mushrooms
Cantaloupe	Lemon
Mango	Pineapple
Butternut Squash	Pumpkin
Cherries	Tomato

Fruit and Veggie Word Card Answers

Blue/Purple

FRUIT
blueberry
plum
raisins

VEGETABLES
eggplant

Green

FRUIT
kiwi
green grapes
green pear
green apple

VEGETABLES
broccoli
peas
lettuce
green beans
collards
spinach
green pepper
zucchini
asparagus
avocado
cabbage
celery
cucumbers
okra

White

FRUIT
banana

VEGETABLES
potato
mushrooms

Yellow/Orange

FRUIT
yellow apple
apricot
orange
cantaloupe
lemon
mango
pineapple

VEGETABLES
sweet corn
carrot
sweet potato
butternut squash
pumpkin

Red

FRUIT
red pear
red apple
strawberry
red grapes
watermelon
cherries

VEGETABLES
radish
red pepper
tomato

Name_____

How Many Fruits and Veggies?

1. How many FRUITS are in the BLUE/PURPLE group?

2. How many VEGETABLES in the BLUE/PURPLE group?

3. How many FRUITS are in the GREEN group?

4. How many VEGETABLES are in the WHITE group?

5. How many FRUITS are in the WHITE group?

6. How many VEGETABLES are in the YELLOW/ORANGE group?

7. How many ROUND FRUITS are in the YELLOW/ORANGE group?

8. How many FRUITS are in the RED group?

9. Which group has the most number of VEGETABLES?

10. Which group has the least number of FRUITS?

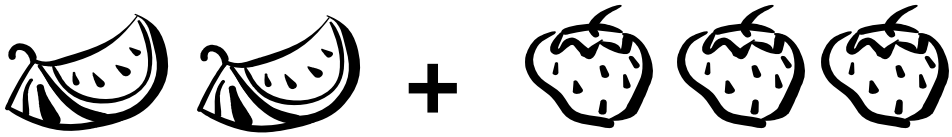
11. What is your favorite FRUIT? What color is it?

12. What is your favorite VEGETABLE? What color is it?

Name_____

Fruit and Veggie Math Workout

1. You have 2 slices of **RED** watermelon and 3 **RED** strawberries. How much **RED** fruit do you have all together?

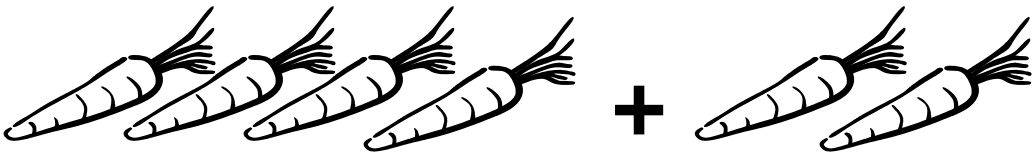


+ = _____

2. Finish the pattern.

_____

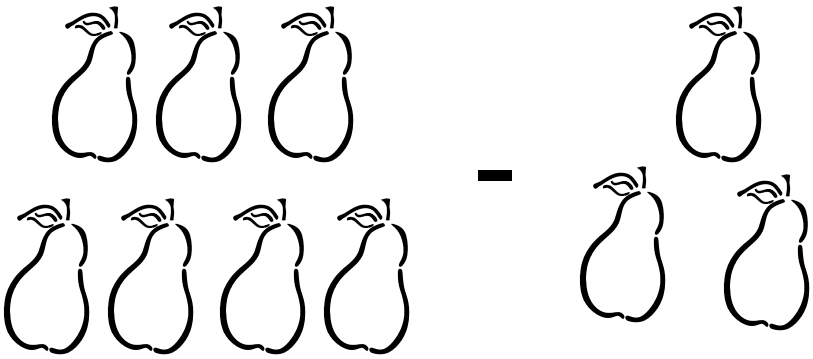
3. You picked 4 **ORANGE** carrots from the garden. There are 2 **ORANGE** carrots left in the garden. How many carrots are there all together?



+ = _____

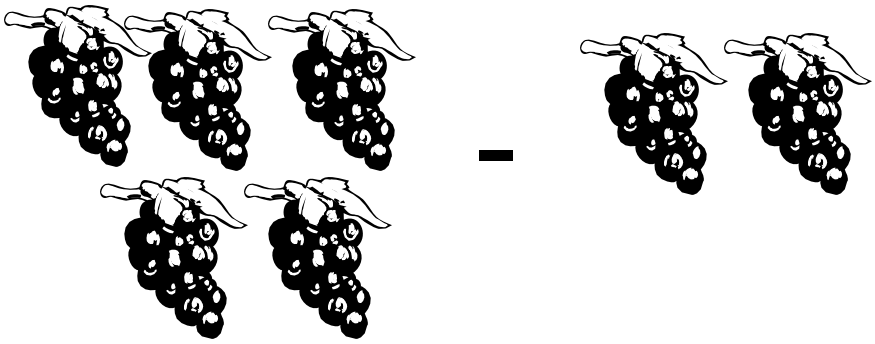
4. Draw an **ORANGE or YELLOW** vegetable.

5. You had 7 **GREEN** pears. You and your friends ate 3 **GREEN** pears. How many are left?



- = _____

6. There are 5 bunches of **PURPLE** grapes on the vine. You pick 2 bunches of **PURPLE** grapes. How many are left?



- = _____

7. You had 4 **WHITE** potatoes to wash. Your mom gave you 2 more **WHITE** potatoes to wash. How many do you have all together?

+ = _____

8. Write 3 ways you can eat potatoes.

The White Carrot and the Purple Potato

Fruits and veggies come in many different colors. For example, there are orange carrots and there are white potatoes. Did you know that carrots also can be white and potatoes can be purple? Fruits and veggies come in many surprising colors!

Directions: The sentences below describe some of the different colors of fruits and veggies. Fill in the blanks using the color hints next to each sentence.

Apples can be red, green or _____. (Hint: the color of a canary)

Asparagus can be green or _____. (Hint: the color of milk)

Berries can be red or _____. (Hint: the color of the ocean)

Cabbage can be purple or _____. (Hint: the color of a leaf)

Cauliflower can be white, green or _____. (Hint: the color of a jack-o'-lantern)

Eggplant can be purple, green or _____. (Hint: the color of snow)

Grapes can be green, purple or _____. (Hint: the color of a fire truck)

Onions can be red or _____. (Hint: the color of a cloud)

Pears can be red, yellow or _____. (Hint: the color of grass)

Peppers can be green, red, orange or _____. (Hint: the color of the sun)

Plums can be purple or _____. (Hint: the color of a stop sign)

Potatoes can be white, purple or _____. (Hint: the color of a clown nose)

Squash can be green, orange, white or _____. (Hint: the color of a school bus)

Tomatoes can be green, purple, yellow, red or _____. (Hint: the color of a goldfish)

Grade 1

Fruit and Veggie Diary

Math Objectives
- Collect, organize, describe and display data using line plots and tallies.
- Sort and classify objects by two attributes.

English Language Arts Objectives
- Use preparation strategies to anticipate vocabulary of a text and to connect prior knowledge and experiences to new text.
- Select and use new vocabulary and language structures in both speech and writing contexts.
- Use words that describe, name characters and settings (who, where) and tell action and events (what happened, what did _____ do) in simple texts.
- Use specific words to name and tell action in oral and written language.

Materials Needed
- Hole punch
- Scissors for each student
- Yarn or string
- Overhead projector

Teacher Resources
- *What foods are in the fruit group?*
- *What foods are in the vegetable group?*
- *Fruit and Veggie Colors*

Handouts
- *My Fruit and Veggie Snack Diary*
- *Fresh Fruit and Veggie Snacks*

Focus
Challenge students to name all the fruits and veggies they have eaten as part of the USDA Fresh Fruit and Vegetable Program. Do this quickly - limit the time to one or two minutes. Write the names of the fruits and veggies on the board. After the list is on the board, ask students if each item is a fruit or veggie and to which color group it belongs: blue/purple, green, white, yellow/orange or red.

Teacher Input
Using the teacher resources *What foods are in the fruit group?*, *What foods are in the vegetable group?* and *Fruit and Veggie Colors*, review the importance of eating a variety of colorful fruits and veggies every day. The student-generated fruit and veggie list can be used as a tool to:

Nebraska Fresh Fruit and Vegetable Program
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- Discuss the protective role of each unique plant nutrient (phytonutrient) found within a color group. For example, which color group is known for protecting our vision? Which color group promotes heart health?
- Talk about what colors might be poorly represented within the list. In other words, are there fruits and veggies from all color groups listed? If not, students can name fruits and veggies to fill in the color gaps.
- Discuss whether a variety of fruits and veggies from within each color group are being eaten. Is there room for improvement? What one new fruit or veggie is each student willing to try?

Practice and Assessment

Distribute the *My Fruit and Veggie Snack Diary* handout to each student. Have students cut out the pages and put them in the correct order. Punch a hole through the upper-left-hand corner and have children tie the diary with yarn or string. Every day for a week, have students write all the fruits and veggies they ate that day as part of the USDA Fresh Fruit and Vegetable Program at school. At the end of the week, ask students to name the fruits and veggies they ate. Talk about the variety of colors of fruits and veggies.

Turn the information from the *Fruit and Vegetable Diaries* into a graphing activity. Ask students to total the number of fruits and veggies the class ate for the USDA Fresh Fruit and Vegetable Program during the week. Ask them to total the number of items in each color group: blue/purple, green, white, yellow/orange and red. Help the class present this information in the form of a graph for your classroom wall. Use different color squares to represent the different colors of fruits and veggies. This activity could be continued for several weeks and the types and colors of fruits and veggies could be compared over time.

Prepare a transparency and distribute the *Fresh Fruit and Veggie Snacks* handout. Place the transparency on the overhead. Read along and instruct the students to fill in the blanks. Ask students to read the completed sentences after filling in the blanks. Instruct students to come up with a few sentences that describe who, when, where, what and how. For example, Mandy eats red strawberries on her cereal for breakfast. Write these sentences on the board.

1. Cut out the pages on the dotted lines.
2. Put them in the correct order.
3. Have your teacher make a hole through the circle.
4. Tie the pages together.
5. Write the fruits and vegetables you eat each day for your school snack. Write the color of each fruit and vegetable.

My Fruit and Veggie Snack Diary

Name:_____

MONDAY

Fruits	Vegetables

TUESDAY

Fruits	Vegetables

WEDNESDAY

Fruits	Vegetables

THURSDAY

Fruits	Vegetables

FRIDAY

Fruits	Vegetables

Name_____

Fresh Fruit and Veggie Snacks

Once upon a time there was a little girl named Mandy. Mandy was in the first grade. In Mandy's school, the students got fresh fruit and veggie snacks every day. Mandy's favorite color was_____. Mandy's best friend was_____.

The fruit that Mandy liked best for a school snack was_____. The color of this fruit was_____. Mandy also liked to eat this fruit at _____. She liked to cut it up and put it on her_____. It tasted _____.

The vegetable that Mandy liked best for a school snack was_____. She liked to eat it with_____. Mandy liked to eat other vegetables for lunch. Her favorite vegetable for lunch was _____. The color of this vegetable was _____.

Why do you think Mandy liked to eat fruits and vegetables so much?