3rd-5th Grade Lesson: Fruits

Page 1 can be done with parent/guardian.

Warm Up

- Jog in place for 30 seconds
- 10 lunges
- 10 push ups

Activity: Freeze Dance (5 minutes)

- Play your favorite music and dance. When the music stops, you must freeze.
- Other ways to play.
  - Whomever keeps dancing after the music stops is out. The last person ‘in’ wins.
  - Call out a fruit when the music stops and form that shape with your body.

Nutrition

- Strawberries are the only fruit with seeds on the outside.
- A fruit is part of a plant. It is sweet and has seeds, usually on the inside. Try planting some seeds to grow more plants and get more fruit!
- Other sources of fruit: Explain other sources of fruits:
  - 100% fruit juices
  - no sugar added applesauce
  - frozen fruit
  - fruits canned in 100% fruit juice
  - Fresh fruit is always the healthiest choice.
Activity: Healthy Food

BEANS  CHEESE  CHICKEN
FISH  FRUITS  YOGURT
Get That Tropical Fruit!

Bonus: What is the name of one of the tropical fruits on the other side?

________________________________________
Reflection/Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. Why is it important to eat your fruits?
   __________________________________________________________
   __________________________________________________________

2. What are some of your favorite fruits?
   __________________________________________________________

- Stretch #1: Reach down and touch your toes without bending your legs. Count to 10.
- Stretch #2: Reach arms forward and stretch your back. Count to 10.