

Challenge Part 3

The Fruit and Vegetable Challenge

Lesson Duration: 60 minutes

Equipment and Materials:

Equipment: LCD and Computer for PowerPoint
Flip Chart
Markers for Flip Chart

Visual Aids: Fruits and Vegetables Galore!
USDA HealthierUS School Challenge Food/Nutrient Guidance,
April 2006
Fruits and Vegetables Menu Worksheet
PowerPoint Slide Handouts for Participants

Lesson Outcome:

At the end of this lesson, the learner will be able to

1. define good sources of vitamin C;
2. discuss the need for a variety of fruits and vegetables in the diet, the main nutrients found in fruits and vegetables, and their benefits in a healthful diet;
3. state the criteria for fruits and vegetables and their frequency in menus for the HealthierUS School Challenge; and
4. incorporate fruits and vegetables into school menus to become a HealthierUS School Challenge elementary school.

Instructional Materials and Learning Activities:

1. PowerPoint Presentation: Challenge 3: Fruits and Vegetables, USDA HealthierUS School Challenge Food/Nutrient Guidance, April 2006. (45 minutes)
2. Fruits and Vegetables menu worksheet, and brainstorming and generation of ideas for incorporating fruits and vegetables into the menu and gaining student acceptance. (15 minutes)

Evaluation:

1. Class discussion, menu, brainstorming activities.