

Exploring the Food Pyramid with Professor Popcorn

Five a Day Is the Way! Grade 3: Lesson 3 (3:3)

Objectives

Upon completion of Lesson 3, youth will:

1. Recognize that daily eating a variety of foods, including Vegetable and Fruit Group foods, and being physically active contribute to good health.
2. Identify the position of the Vegetable Group and Fruit Group on the Food Guide Pyramid.
3. Name at least three Vegetable Group and three Fruit Group foods.
4. State one reason why eating foods from the Vegetable Group is important to us.
5. State one reason why eating foods from the Fruit Group is important to us.
6. Identify how to best clean and store fruits and vegetables.

Indiana Academic Standards

Science 3.4.7; Health 3.1.1 and 3.1.2

Health 3.4.4

Health 3.1.2 and 3.1.9

Health 3.1.2 and 3.1.9

Health 3.4.5

Materials Needed

- Professor Popcorn display board
- Visual packet for Grade 3, Lesson 3 (3:3)
- Snack supplies, if making (Lesson/Activity 13)
- Copies of recipes, if using (Lesson/Activity 13)
- Take-home handout "Fruit & Vegetable Scramble" H3:3



Lesson/Activity

1. Interest Approach

Activity: Use Visual 3:3A and show the Food Guide Pyramid.

Have the students place the groups in the correct order.

We need at least three servings from this group – Vegetable.

We need at least two servings from this group – Fruit.

That's five servings every day. For third-graders, it's best if they get seven servings – four of vegetables and three of fruits.

2. Nature's Candy

Activity: Use Visual 3:3B and list why fruit is also known as nature's candy.

- Tastes good
- Tastes sweet
- Fills you up
- Builds your body
- Easy to eat
- Comes in its own wrapper
- Has many different forms
- Eat cold or at room temperature

3. Plant or Animal

Fruits and vegetables come from plants. We eat the skins of many fruits and vegetables, but we discard the skins of others because they are tough or bitter. Can you help Professor Popcorn determine which peels we eat?

Activity: Use Visual 3:3C and have the students identify which peels we eat and which ones we don't. Place a "yes," "no," or "sometimes" beside each food.

- Orange – no
- Apple – sometimes
- Banana – no
- Green beans – yes
- Kiwi – no
- Pineapple – no
- Peach – sometimes
- Onion – no
- Cucumber – sometimes
- Grapes – yes
- Corn – no

4. Forms of Fruits and Vegetables

Activity: Use Visual 3:3D to show forms of fruits and vegetables.

Professor Popcorn has discovered that we eat fruits and vegetables prepared in different ways: fresh, frozen, canned, and dried.

Materials Needed

3:3A – Food Pyramid

Highlight Fruit and Vegetable Groups

3:3B – Nature's Candy

Tastes good
Tastes sweet
Fills you up
Builds body
Easy to eat
Own wrapper
Many different forms
Cold or room temperature

3:3C – Edible Peelings

Orange	Peach
Apple	Onion
Banana	Cucumber
Green beans	Grapes
Kiwi	Corn
Pineapple	

3:3D – Forms

Fresh
Frozen
Canned
Dried

Lesson/Activity

Materials Needed

5. Can You “Pick” the Food?

Activity: Play the “Name the Food” Game.

Divide the group into two teams, then read the following clues. The team that guesses the food gets three points; the winner is the team with the most points.

1. I have a thick skin we peel off.

I am often made into juice.

I have lots of vitamin C.

ORANGE

2. I am small and round.

I am green and sweet.

My name sounds like a letter of the alphabet.

PEA

3. I am a very large fruit, you’ll need two hands to carry me.

I am pink or red inside.

I can have a lot of black seeds.

WATERMELON

4. I am a white, crunchy vegetable.

I am good cooked or raw.

I am a cousin of broccoli.

CAULIFLOWER

5. I have a soft fuzzy skin.

I am juicy inside.

I have a big pit inside.

PEACH

6. I am red and juicy.

I am eaten cold, sliced, or in salsa.

I come in many different sizes.

TOMATO

Lesson/Activity

6. What Makes a Serving of Fruit?

Activity: Using Visual 3:3E, review the Fruit Cheer with the students.

Ask, “Do you remember the Fruit Cheer that Professor Popcorn taught us last year? Here it is again — let’s see how well you remember it:”

Fruit, fruit, fruit in a can,
Half a cup is a serving, man.

Three-quarter cup of juice, juice, juice,
Enough for you, but not a moose.

If apple or orange is on your list,
Pick one the size of your Momma’s fist.

Grapefruits and bananas are quite big,
So just eat half, don’t be a pig.

Raisins, raisins are really sweet,
A quarter cup makes a nice treat!

Activity: Remind students that the Food Pyramid recommends at least two servings of fruit and three servings of vegetables every day. Growing kids should have three servings of fruit and four servings of vegetables. Use Visual 3:3F to show them the serving sizes for fruits.

7. What Makes a Serving of Vegetables?

Activity: Use Visual 3:3G to show serving sizes for vegetables. Explain that the serving sizes for vegetables are a little easier to remember than the serving sizes for fruit: It’s a half cup if they’re cooked and 1 cup if they’re raw.

Materials Needed

3:3E – Fruit Cheer

3:3F – A Fruit Serving

1/2 cup canned
3/4 cup juice
fist-sized fruit
1/2 large fruit
1 cup grapes
1/4 cup raisins

3:3G – A Vegetable Serving

1/2 cup cooked
1 cup raw

Lesson/Activity

Materials Needed

8. Five a Day? Or Even More! How Can I Eat That Much?

Activity: Use Visual 3:3H and have the students choose fruits and vegetables from the list to fill in the blanks for each meal.

<p>Breakfast Pancakes Sausage Yogurt (F) _____</p>	<p>Lunch Corn dog (V) _____ Pretzels (F) _____ Oatmeal cookies Milk</p> <p>Snack (F) _____</p>	<p>Dinner Chicken nuggets (V) _____ (V) _____ Ice cream sundae Milk</p>
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3:3H – Find the Servings

Partial menu & food ideas:

- Juice
- Carrots
- Banana
- Applesauce
- Green beans
- Corn

NOTE: Remind the students that they need at least three servings of vegetables and two of fruit each day, and it's best if they have four servings of vegetables and three of fruit.

9. What's So Great About Fruits and Vegetables?

Activity: Use Visual 3:3I to remind the students of the benefits of fruits and vegetables.

Activity: Have the students draw what a person might look like if he or she did not eat fruits and vegetables.

3:3I – What's So Great ...

- Growth
- Cleans teeth
- Healthy skin and blood
- Help fight infections
- Help with digestion
- Fills us up

10. The Hidden Benefits of Fruits — Citrus

Activity: Use the pictures of citrus fruits in Visual 3:3J and explain the importance of vitamin C and citrus in our diet. Have the students identify where these could go in their diet.

3:3J – Citrus Fruits

- Orange
- Lemon
- Grapefruit
- Lime

Citrus fruits are a special group of fruits — oranges, lemons, limes, and grapefruits. They contain lots of vitamin C. Vitamin C is especially important for healing cuts and bruises and helping prevent disease. **Remind students that they need one a day!**

Lesson/Activity

Materials Needed

11. Food Safety Activity

Professor Popcorn has found that fruits and vegetables need to be cleaned before we eat them as a snack.

Ask, “Do you remember that ‘clean’ is one of the four Fight BAC! Rules? What are the other three?”

A. Separate, cook, and chill. (*Show Visual 3:2K.*)

Activity: Divide the class into four groups. From Visual 3:3L, assign each group two fruits and one vegetable. Have the students decide how to best clean these foods before eating them. Have each small group report back to the large group. Discuss.

ANSWER KEY:

Strawberries and Grapes: Rinse under cold water, gently rub off any dirt, air dry on paper towel or in colander:

Apples, Broccoli, Cauliflower, Celery, Kiwi, Oranges, Peaches, Pears:

Rinse under cold water, gently rubbing off any dirt. Check broccoli and cauliflower for bugs. Oranges and kiwi should be peeled before eating.

Carrots: Use vegetable brush under running water.

Bananas: Wash, peel, and eat.

3:2K – Fight BAC! Rules

Clean
Separate
Cook
Chill

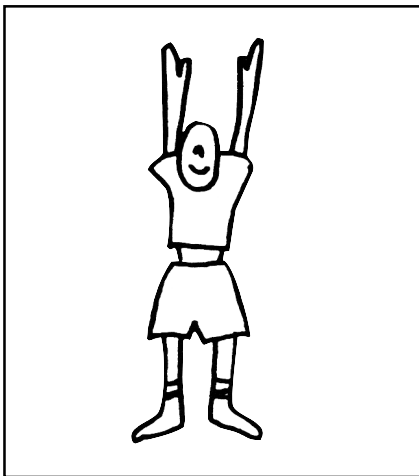
3:3L – Cleaning Fruits and Vegetables

Banana	Celery
Pear	Carrots
Apple	Broccoli
Orange	Cauliflower
Grapes	Kiwi
Peach	Strawberries

12. Physical Activity

Say: “Professor Popcorn likes to hike up and down pyramids.

Let’s see if we can “get into shape” like Professor Popcorn. Can you do these exercises?”



Stretch High

Stretch up slowly. Bring arms high over your head.

- Try stretching up on your toes.
- Try stretching on your heels, sitting, on your back, and on your stomach.



Arm Circles

Stand with arms at sides. Raise arms up even with your shoulders. Do arm circles forward five times, backwards five times. Make big circles, make little circles, do them in front of you, do them over your head.

Lesson/Activity

Materials Needed

13. Snack

Fruit Salad
Apple Kabobs
Fruit Kabobs
Green Swamp with Vegetable Sticks
Veggie Pizzas
Yummy Wummy PB Dip with Fruit Slices

Recipe 3:3
Recipe 3:3
Recipe 3:3
Recipe 3:3
Recipe 3:3
Recipe 3:3

14. Take Home

“Fruit & Vegetable Scramble”

Handout H3:3

ANSWER KEY:

- | | | |
|----------------|---------------|------------|
| 1. strawberry | 6. pineapple | 11. carrot |
| 2. green bean | 7. cucumber | 12. peach |
| 3. broccoli | 8. grapefruit | 13. beet |
| 4. cauliflower | 9. cantaloupe | 14. onion |
| 5. watermelon | 10. zucchini | 15. apple |

BONUS: grapefruit

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