



Lesson 2: Fruit

Activity Level: K-2 | Time: 45-60 minutes

PURPOSE

This lesson: Students will explore Nebraska's fruit production and discover the healthy benefits from our locally produced fruits.

Overview of Lesson Series: Students will explore the five food groups and what state-grown foods fit into each group. This club makes a local connection to good nutrition and a healthy lifestyle.

NEBRASKA STATE STANDARD CONNECTION

Kindergarten:

- SC.K.7.2.C Use a model to represent the relationship between the needs of different plants or animals (including humans) and the places they live.
- PE.K.3.4 Communicates the importance of health-related fitness components and nutrition for physical activity.
- PE.K.3.4.a Recognizes that food provides energy for physical activity. (E)

1st Grade:

- SS 1.3.5.b Match resources to their sources (e.g., food from farms, wood from trees, minerals from the ground, fish from the sea).
- PE.1.3.4.a Differentiates between healthy and unhealthy foods.

2nd Grade:

- SS 2.2.2.a List various goods and services that can be produced with the same list of resources (e.g. soil, seed, and labor used to produce animal feed, plastics, cereal, or fuel).
- SS 2.3.4.b Identify patterns of land use (e.g., agricultural, residential, industrial, commercial, educational, recreational).
- PE.2.3.4.a Recognizes the impact of nutrition on physical activity. (E)

ACTIVITY SNAPSHOT

1. Organize and Prepare Supplies
2. Read Background Information
3. Interest Approach
4. Conduct Activities 1 & 2
5. Ask follow up questions and make the connection to agriculture.
 - What food group did we explore today?
 - Does Nebraska grow fruit? If so, what are some examples of fruit we grow in Nebraska?
 - Where can we purchase fruit in Nebraska?
 - Why is fruit important in our daily diet?



- How do we properly wash fruit and why is it important to wash our fruit?
- What can we share with others about what we learned today?

MATERIALS

- Computer with PowerPoint Software
- Food Matters: Fruit PowerPoint
- Measuring Cups
- Fruits that can be washed, enough to share for class to have one cup of fruit each. (Apples, pears, grapes, strawberries, oranges, peaches, blueberries, etc.)
- Plastic 8 oz cups = 1 cup of fruit, 1 per student
- Knife for teacher to cut up fruit.
- Cutting Board
- Towels for drying fruit

WHAT'S THE CONNECTION TO AGRICULTURE?

Fruit can be found growing on trees, vines, or in fields. Fruit is not only important in our diets, but we can find fresh locally grown fruits right here in Nebraska. Nebraska farmers grow a variety of fruits that we can buy at local super markets, produce stands, and orchards. Fruits that we don't grow here must be imported from other states or countries.

PROCEDURES:

1. Organize and Prepare Supplies
See "Materials" above.
2. Background Information
Source: Nebraska Department of Agriculture and ChooseMyPlate.gov

Nebraska grows a variety of fruits right here in our state. We have several orchards in Nebraska that specialize in apples, peaches, strawberries, pears, apricots, blackberries, raspberries, cherries, plums, prunes, and more. Some farms even grow cantaloupes, muskmelons, and watermelons. Most of these fruits are locally grown for farmers markets or for u-pick festivals and events at local orchards. Farmers take pride in producing a local fruit that is fresh and provides a high-quality nutritional value. Most of these fruits are offered during the summer and fall months. Fruits that are not in season or do not grow in Nebraska have to be shipped or trucked from different states or even imported from other countries. For example, tropical fruits such as pineapples, bananas, pomegranates, oranges, lemons, and limes must be imported from other states or countries because Nebraska's climate is not suited for these fruits to grow successfully here.

According to the USDA Dietary Guidelines, the recommended daily fruit serving is 1 to 1½ cups for children 4 to 13 years old. Fruit provides us with the essential nutrients to stay healthy. Fruits are low in fat, sodium, and calories. Fruit is a great source of vitamins and contains no cholesterol.



Fruits Containing:

- Potassium – Promotes healthy blood pressure.
- Fiber – Reduces heart disease and helps digestion.
- Vitamin C – Encourages growth and repair of body tissues, helps heal cuts or wounds.
- Folate (folic acid) – Help develop red blood cells.

Fruit can:

- Reduce risk for heart disease, including heart attack and stroke.
- Protect against certain types of cancers.
- Fruits containing fiber may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Fruits rich in potassium may lower blood pressure and may also reduce the risk of developing kidney stones and help to decrease bone loss.

3. Interest Approach (3-5 Minutes)

- Ask students to review what they discovered during the last lesson. Does food come from animals or plants? *Both.*
- What are the five food groups that we discussed last lesson? *Fruit, vegetables, grains, proteins, and dairy.*
- Ask students for examples of fruit.
- Ask students to brainstorm places they can get fruit from. *Grocery store, garden, orchards, fields.*
- If students say grocery store, ask them how the grocery store gets their fruits that they sell to us? *Possibly from local farms, shipped it in from another state or even imported it from another country.*
- Explain that fruits have lifecycles and grow best in certain areas around the state and world. Fruits come from plants that can grow in Nebraska, but some can't grow here because of our climate, it gets too cold during the winter for plants to survive. We must ship fruits in from other states and countries during the winter and early spring.

4. Learning Activity 1 - Fruit PowerPoint (15-20 Minutes)

Source: choosemyplate.gov and *WonderGrove Kids Youtube*

- Slide 1 – Point out where fruit is located on MyPlate. (Red) Read the story about Paul and Amy Wenninghoff's fruit farm on the Nebraska Myplate poster.
- Slide 2 – Ask students where they think fruit grows. Does it grow in the ground, on trees? Let's find out!
- Slide 3 – Explain that Nebraska grows a variety of fruits right here in our state. We have several orchards in Nebraska that specialize in apples, peaches, strawberries, pears, apricots, blackberries, raspberries, cherries, plums, prunes, and more. Some farms even grow cantaloupes, muskmelons, and watermelons. Most of these fruits are locally grown for farmers markets or for u-pick festivals and events at local orchards. Farmers take pride in producing a local fruit that offers the best fresh quality with a high nutritional value. Most of these fruits are offered during the summer and fall months. Fruits that are not in season or do not grow in Nebraska have to be shipped or trucked from different states or even imported from other countries. For example, tropical fruits such as pineapples, bananas, pomegranates, oranges, lemons, and limes must be imported from other states or countries because Nebraska's climate is not suited for these fruits to grow successfully here. *If



you know of any orchards or farms that grow fruit point them out to the students. There are several orchards in eastern Nebraska and several local produce stands across the state.

- d. Slide 4 – Examples of locally grown fruits. Ask students if they have ever tried any of these fruits and if they have ever visited an orchard, farmer’s market or produce stand before?
 - e. Slide 5 – Explain that fruits can be canned, frozen, or dried, and may be whole, cut-up, pureed, or even 100% juice. These are options you can choose when selecting fruit to eat.
 - f. Slide 6 – Explain that the daily recommended serving is 1 to 1½ cups of fruits each day for kids age 4-13. Use measuring cups to show what 1 to 1½ cups looks like.
 - g. Slide 7 – Explain why it is important to eat fruit. Low in fat, sodium, and calories, no cholesterol, great source of vitamins. *See notes on slide 6 of Fruit PowerPoint for greater detail or under background information above.
 - h. Slide 8 – Fruit safety is important. Step 1 is to rinse fruits before preparing or eating them.
 - i. Slide 9 – Step 2, run fruit under clean running water rubbing fruit briskly with your hands to remove any dirt and surface microorganisms.
 - j. Slide 10 – Step 3, dry fruit with a clean cloth or paper towel after rinsing.
 - k. Slide 11 – Step 4, keep fruits separate from raw meat, poultry, and seafood while shopping, preparing, or storing.
5. Learning Activity 2 – Fruit Safety & Snack (15-20 Minutes)
- a. Explain that fruits can come from many different places like orchards and groves in Nebraska to places around the around.
 - b. We must remember to wash our fruits before we enjoy a yummy treat!
 - c. Explain that we are going to have a fruity treat, but we must first practice washing our fruit first.
 - d. Break kids into groups or give them each a piece of fruit to wash. Review the steps of washing fruit in the process.
 - e. Step 1: Rinse Fruit under clean running water.
 - f. Step 2: Rub fruit briskly under the water using your hands to remove any dirt or surface microorganisms.
 - g. Step 3: Dry fruit with a clean cloth towel or paper towel after rinsing.
 - h. Step 4: Remember to keep fruit from raw meat, poultry, and seafood while shopping, preparing, and storing.
 - i. Once fruit is washed, teachers may cut up the fruit as necessary. Each student will get an 8 oz cup to fill with fruit. As a review, ask students if they remember the recommended serving size for fruit. (1to 1½ cups). As students snack on their fruits ask the follow up questions.
6. Ask Fol low Up Questions and Make the Connection to Agriculture (3 -5 Minutes)
- **What food group did we explore today?**
Fruit.
 - **Does Nebraska grow fruit? If so, what are some examples of fruit we grow in Nebraska?**
Apples, cherries, strawberries, peaches, watermelon, cantaloupe, etc.



- **Where can we purchase fruit in Nebraska?**

We can purchase fruit from orchards, produce stands, farmer’s markets, and grocery stores.

- **Why is fruit important in our daily diet?**

Fruit provides us with vitamins and other essential nutrients to promote a healthy lifestyle.

- **How do we properly wash fruit and why is it important to wash our fruit?**

We rinse it under running water using our hands to wash off any dirt or germs, drying it at the end. This ensures our fruit is clean from any bacteria and it is safe to eat.

- **What can we share with others about what we learned today?**

Fruit can be found growing on trees, vines, or in fields. Fruit is not only important in our diets, but we can find fresh locally grown fruits right here in Nebraska. Nebraska farmers grow a variety of fruits that we can buy at local super markets, produce stands, and orchards. Fruits that we don’t grow here must be imported from other states or countries.