

Name: _____ Date: _____

Module 2: Fruits and Vegetables

Lesson Theme: Increasing the consumption of fruits, vegetables and the willingness to try new foods.

ACTIVITY: Below are 2 stories of 5th graders who are living a healthy lifestyle, but are faced with a tough decision. Help them figure out how they can eat healthy at social gatherings.

EXAMPLE: Tessa is walking home with her friends, Staci and Tyler. Staci and Tyler want to stop at a store to get Hot Cheetos and a soda. Tessa knows these are “sometimes foods” and doesn’t want any, but is afraid she will be left out if she doesn’t go along.

What Should They Do?

Scenarios:

1. Parker and his family are going to their favorite buffet. What can he do to make healthy choices?
2. Maria is bringing a dish to the family potluck. Some family members bring desserts (cakes, cookies, etc.) as their potluck item. Give an example of a healthy dish Maria can bring.

Possible answers:

1. Parker can drink water and stick to fruits, vegetables and lean protein. He can also watch his portion control.
2. Maria can bring vegetables or a fruit platter.