

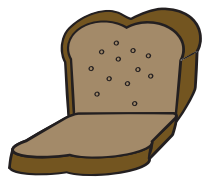
Name: _____ Date: _____

Module 2: Fruits and Vegetables

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

ACTIVITY: Make a smart breakfast! Circle all of the foods you like in each food group.

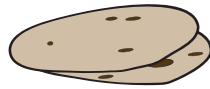
GRAINS



Whole Wheat Bread



Oatmeal



Whole Wheat Tortillas

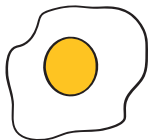


Whole Grain Bagel



Brown Rice

PROTEIN



Eggs



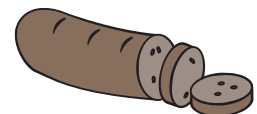
Greek Yogurt



Turkey Bacon



Mixed Nuts

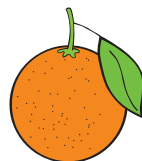


Chicken Sausage

FRUIT



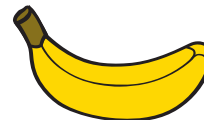
Apple



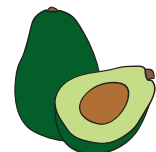
Orange



Blueberries



Banana



Avocado

Choose a food from each group that you like and write it below. Feel free to come up with your own ideas!

My Breakfast

Grains: _____ Protein: _____ Fruit: _____

REFLECTION: In the space below, draw one thing that you learned during today's lesson.

Today I tasted:

Brussels Sprout and Apple Salad



Ingredients

- 4 c. shaved Brussels sprouts
- 2 apples cored and chopped
- 1/2 c. dried cranberries
- 1/2 c. walnuts coarsely chopped (optional)
- 1 Tbsp. olive oil
- 1 Tbsp. pure maple syrup
- 1/4 c. lemon juice
- Salt to taste

Instructions

- Combine the shaved Brussels sprouts, apples, cranberries and walnuts in a large bowl.
- In a small bowl, whisk the olive oil, maple syrup, lemon juice and salt together with a fork.
- Before serving, pour the dressing over the salad and toss well to coat. Divide among 4 bowls. Enjoy!

Source: <https://www.vegiessavetheday.com/raw-brussels-sprouts-salad-with-apples-dried-cranberries-and-walnuts/>



Take Home Tip:

Pick one new fruit or vegetable to try each week. Once you've tried them all, explore different ways to cook them!



Joke:

Did you hear about the weightlifting vegetable?

He was a muscle sprout!