

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Module 2: Fruits and Vegetables

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

**ACTIVITY:** Make each meal healthier by adding 2 – 3 fruits and vegetables. Try to use each fruit and vegetable only once. Feel free to come up with your own ideas!

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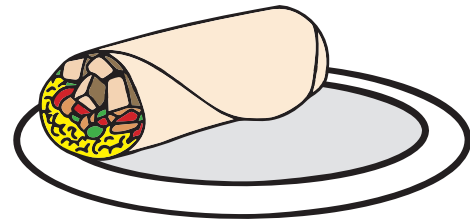
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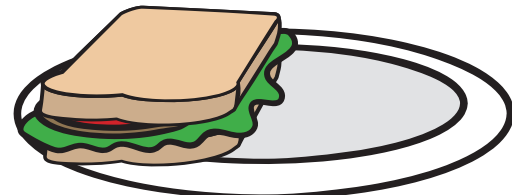
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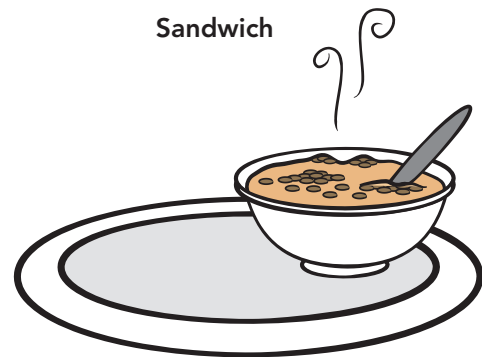
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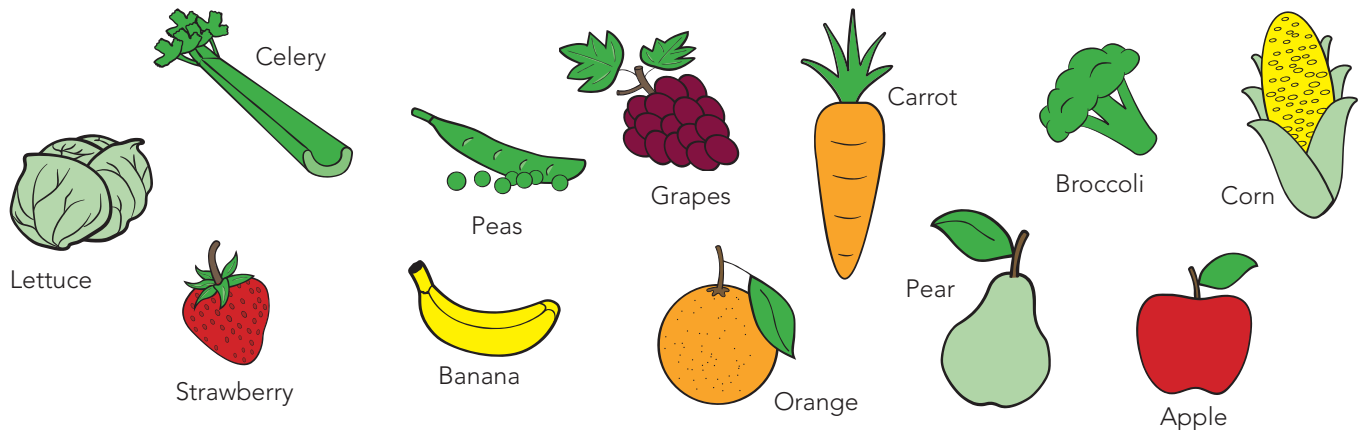
Breakfast burrito



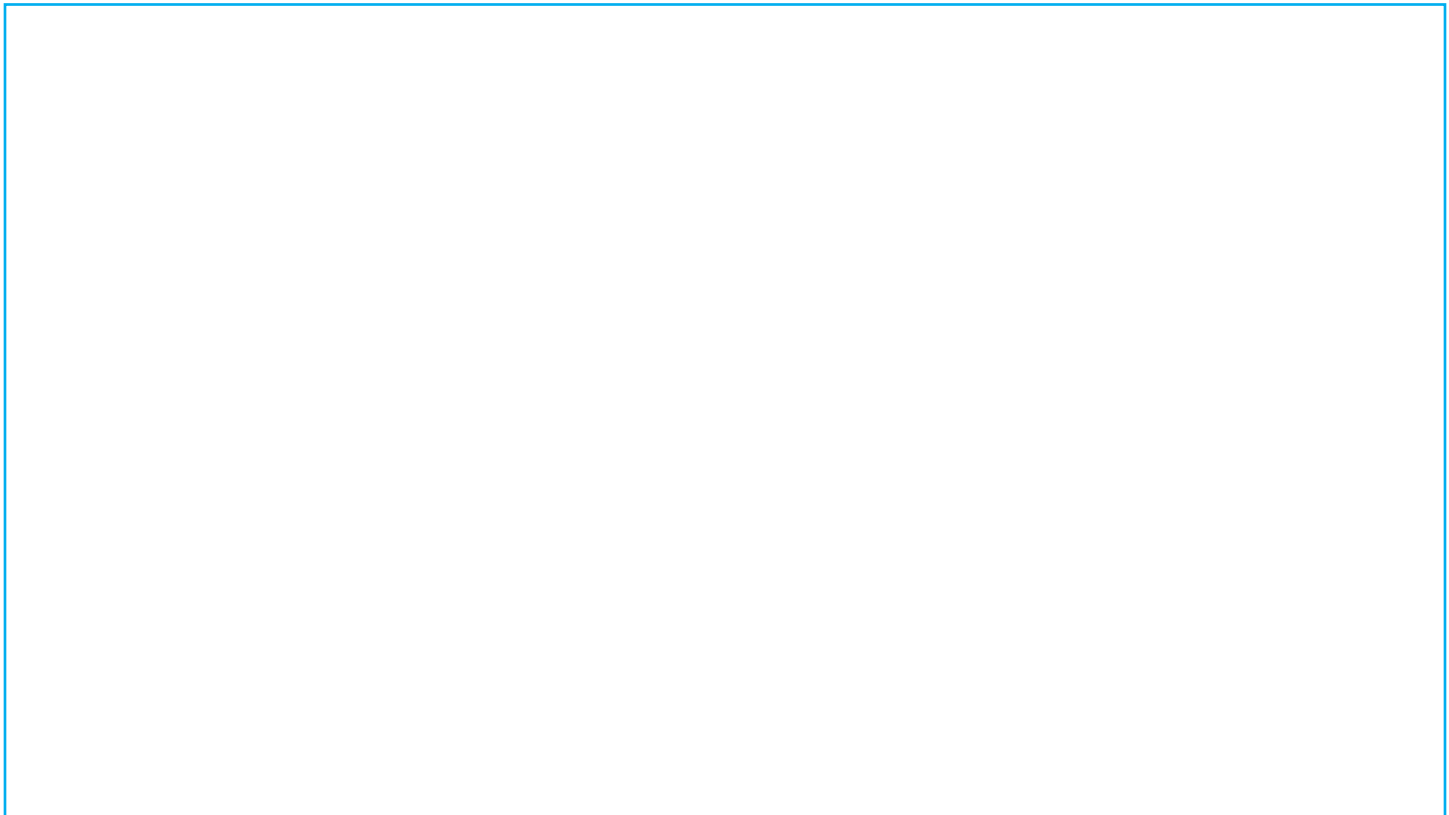
Sandwich



Soup



**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!