



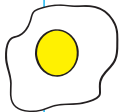
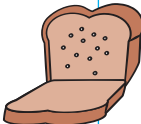
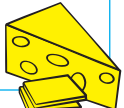
Name: _____ Date: _____

Module 2: Fruits and Vegetables

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

ACTIVITY: Plan your dinner for today and tomorrow. Work with a partner to make a balanced meal each day. Remember to include one food from each of the five food groups!

My Menu Planner

TODAY'S DINNER	TOMORROW'S DINNER
Fruits: 	Fruits:
Vegetables:	Vegetables: 
Protein: 	Protein:
Grains: 	Grains:
Dairy:	Dairy: 

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!