

Name: _____ Date: _____

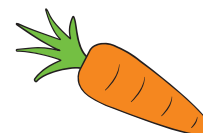
Module 2: Fruits and Vegetables

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

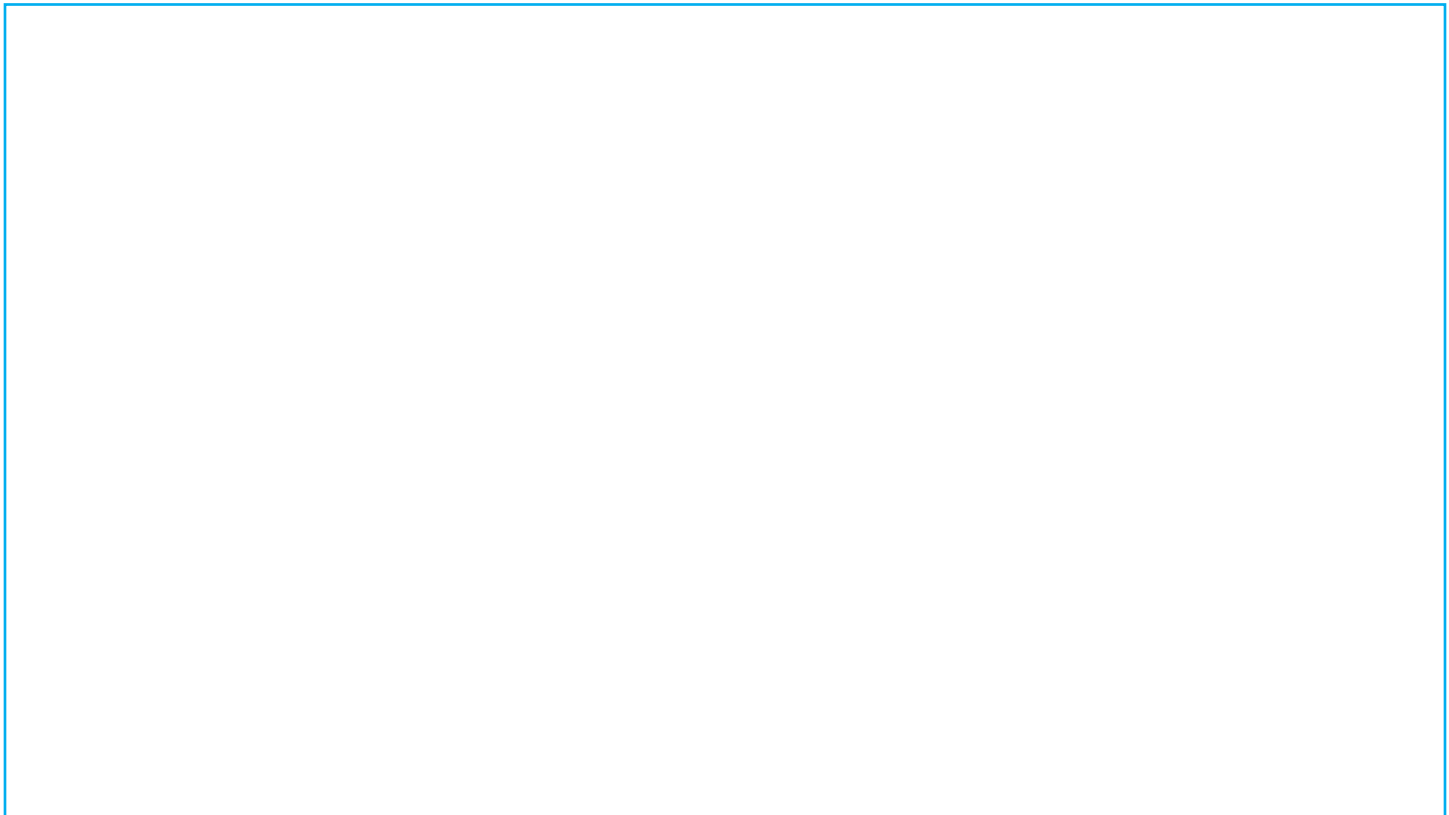
ACTIVITY: Tammy is tired of eating the same old fruits and vegetables each week. Help her come up with a colorful list of new fruits and vegetables to try by selecting two fruits/vegetables of each color.



Red	red bell peppers, tomatoes, strawberries, apples, cherries, raspberries, radishes, beets
Yellow	yellow carrots, yellow peppers, lemons, yellow tomatoes, squash, banana, pineapples
Orange	oranges, tangerines, carrots, sweet potatoes, persimmons
Green	kale, spinach, lettuce, limes, broccoli, bok choy, kohlrabi
Blue/Purple	blueberries, eggplant, grapes, plums, prunes, purple asparagus, purple potatoes



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!