

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.

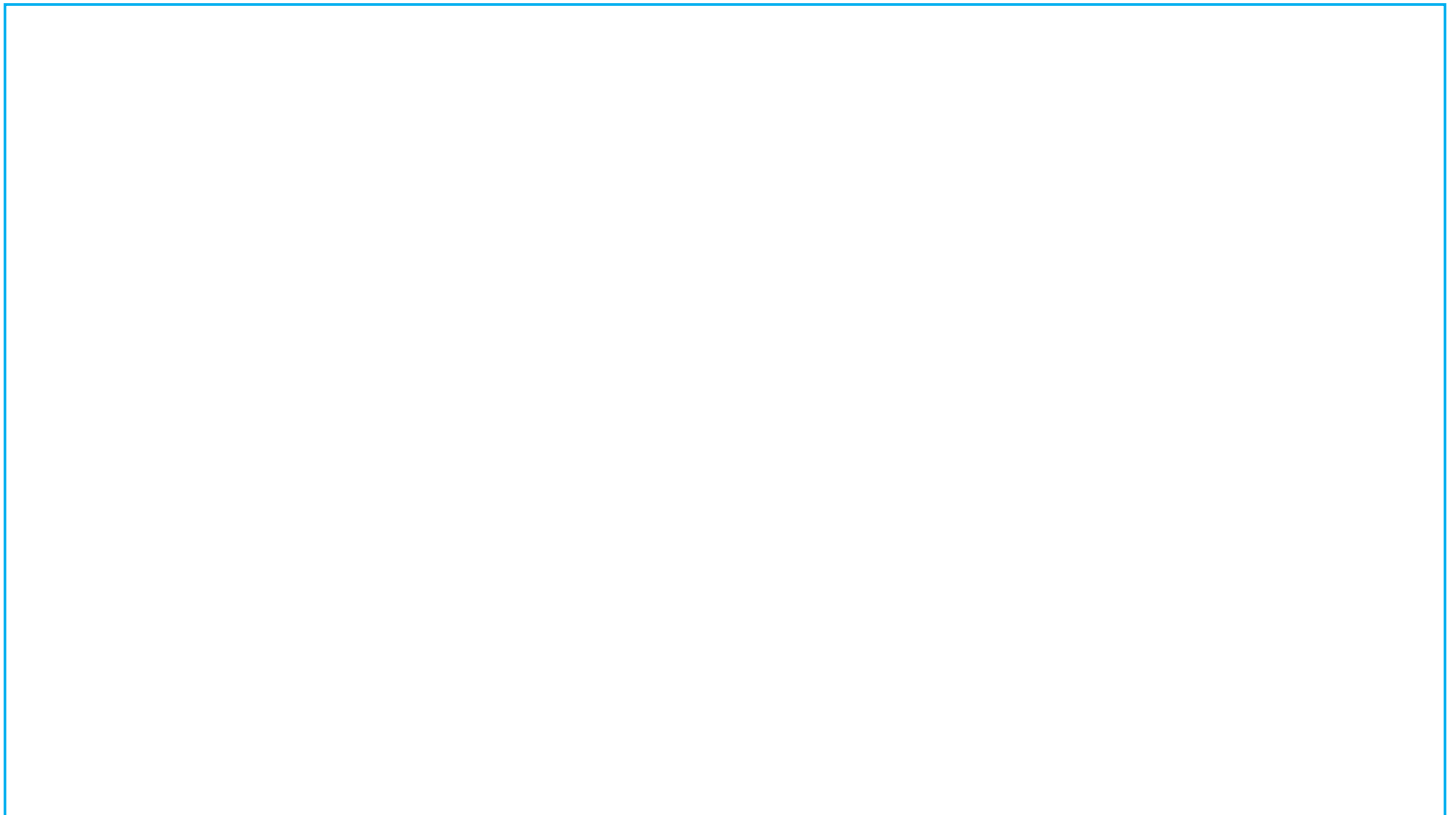
EXAMPLE: Tessa is walking home with her friends, Staci and Tyler. Staci and Tyler want to stop at a store to get Hot Cheetos and a soda. Tessa knows these are “sometimes foods” and doesn’t want any, but is afraid she will be left out if she doesn’t go along.

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.

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!