



LiveWell Kids Nutrition

Grades: 3-5

Lesson 2: Fruits & Vegetables – Eating from the Rainbow

Lesson 2: Fruits & Vegetables – Eating from the Rainbow is the second lesson in a series of virtual LiveWell Kids Nutrition programming for the 2020-2021 academic year. The program consists of five lessons based on a thorough review of existing, evidence-based strategies. For this lesson, students will explore healthy eating choices by learning about the five food groups and their nutritional value, eating a balanced meal, and eating at social gatherings.

Length of Lesson: 10 minutes

Objectives

- Use MyPlate to make half of plate fruits and vegetables.
- Increase consumption of fruits and vegetables.
- Increase knowledge and willingness to try new foods from all five food groups.
- Learn importance of eating balanced meals.
- Learn how to eat healthy at social gatherings.

Preparation & Lesson Materials

Lesson handouts available at <https://www.bchd.org/schools-and-parents/nutrition-education>

- Have child sitting at a desk or table before starting the lesson.
- Print handouts:
 - a. *MyPlate* – Student Handout
 - b. *Food Groups and their Health Benefits* – Student Handout
 - c. *Tips for Eating Healthy at Social Gatherings* – Student Handout

The Five Food Groups

- **Fruits** - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.
- **Grains** - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains.



- **Vegetables** - Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.
- **Dairy** - All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.
- **Protein** - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

Livewell Kids Nutrition at Home

Food is fuel that gives our bodies the vitamins and nutrients that we need. It is important that we keep a well-balanced diet by eating from all 5 food groups. You can't change your eating habits overnight. It is important to begin with small changes that will eventually become a lifestyle. Below, you'll find some helpful tips that can assist you with that change:

- **Family Meals!** Take this time to let your kids serve themselves what they want and how much they want from what is prepared. Also, introduce new foods. This does not have to be a new fruit or vegetable. It can be a new type of dairy or protein too.
- **Healthy Snacks!** Make it easy for children to be able to choose healthy snack options. Some options can be celery and peanut butter, low-fat yogurt, whole-grain crackers and cheese, or just individual fruits and vegetables.
- **Avoid fighting about food!** Don't force children to finish everything off their plate even if they are full. This can cause children to develop poor eating habits by overriding the full feeling. It is important not to force a child into eating something new, but don't give up on trying after the first time they reject it. Some children need to be offered a new food about 10-15 times before they acquire the taste for it.
- **Most importantly, be a role model!** Children are more likely to try new foods if they see that you are trying them too. When you make healthy eating choices, it encourages children to do the same.

Build your own kid-friendly wrap

Below you'll find ideas for some easy ways to make wraps. Ingredient options are endless! Have fun and switch it up by adding different fruits, vegetables and spreads. Plus, wraps are a great way to introduce children to new, healthy foods.

Regarding tortilla, pita or any bread choice, look for whole wheat products. Also, steer away from products that have hydrogenated or partially hydrogenated oils on the ingredients label.



Here are some examples of different wrap ingredients:

Fruits:	Vegetables:	Spread:
Banana Slices	Shredded Carrots	Hummus
Berries	Lettuce	Mustard
Apple Slices	Tomatoes	Basil Pesto
All Fruit Jam	Avocado	Cream Cheese
Sliced Kiwi	Bell Peppers	Nut or Seed Butter
Sliced Strawberries	Spinach	
Sliced Peaches	Cucumbers	
	Chopped Celery	

Try these delicious and simple recipes!

Crispy Veggie and Cream Cheese Wrap!

- Spread some cream cheese on your tortilla
- Add Veggies like Spinach, Sliced Carrots, Sliced Cucumbers or veggies your child likes
- Wrap your tortilla and serve

Hummus and Cucumber Wrap!

- Spread Hummus on your tortilla
- Add sliced Cucumbers or switch to your child’s preferred choice of veggie
- Wrap your tortilla and serve

Banana and Peanut Butter Wrap!

- Spread your choice of nut butter. One example is almond butter
- Add slices of banana or your child’s preferred choice of fruit
- Wrap your tortilla and serve

Egg and Veggie Wrap!

- Spread some scrambled eggs on your tortilla
- Add your choice of veggie like diced tomatoes
- Optional – add a small amount of your choice of cheese
- Wrap your tortilla and serve

Bean and Cheese Wrap!

- Spread your choice of refried beans
- Add diced bell peppers or your choice of veggie
- Add a small amount of cheese
- Wrap your tortilla and serve



Resource

MyPlate Partner: www.choosemyplate.gov/.

Education Standards

LiveWell Kids applies California Health Education and Common Core standards in each lesson.

For more information, please visit our website at <https://www.bchd.org/schools-and-parents/nutrition-education>