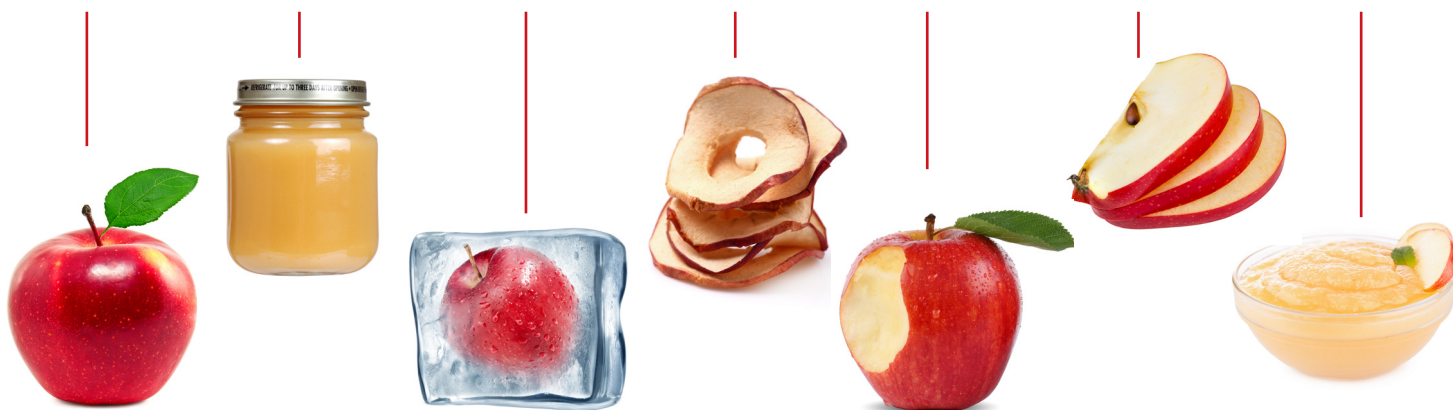




FOCUS ON WHOLE FRUITS

ACCORDING TO THE MYPLATE GUIDE, WHOLE FRUITS MAY BE
FRESH CANNED FROZEN DRIED WHOLE CUT-UP PUREED



FAKE FRUIT

Can you identify the
SEVEN FRUIT IMPOSTERS
included in the cards on the table?



FRUIT OR JUICE?



WHICH ONE IS
MORE NUTRITIOUS?



**NUTRITION
IN A BOX**

DEVELOPED AT THE
OHSU BOB AND CHARLEE MOORE
INSTITUTE FOR NUTRITION & WELLNESS





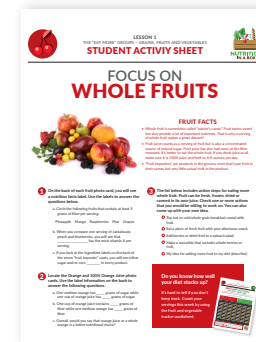
FOCUS ON WHOLE FRUITS

HERE'S WHAT TO DO AT THIS STATION:

1 Understand why whole fruit is a better choice than fruit juice.

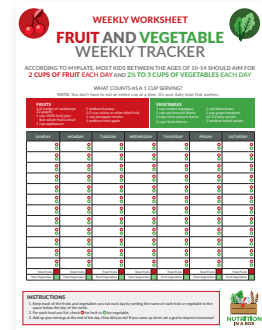
Fruit juice technically counts as a serving of fruit but is also a concentrated source of natural sugars. Fruit juice has also had most of the fiber removed (and fiber is a good thing!). That is why it is better to eat the whole fruit. If you drink juice at all, make sure it is 100% juice and limit to 6-8 ounces per day.

3 Complete the “Focus on Whole Fruits” activity sheet.



4 This week, use the “Fruit and Vegetable Tracker” to count how many servings of fruit and vegetables you eat.

Most kids between the ages of 10-14 need at least two full cups of fruit each day. The portion bowl on the table holds two cups.



2 Identify the seven “fruit imposters” on the table. “Fruit imposters” are products in the grocery store that have fruit in their names but very little actual fruit in the product. There are many examples of beverages and foods that are imposters. See if you can find all seven fruit imposter cards.





LESSON 1
THE "EAT MORE" GROUPS – GRAINS, FRUITS AND VEGETABLES
STUDENT ACTIVITY SHEET



FOCUS ON WHOLE FRUITS



FRUIT FACTS

- Whole fruit is sometimes called "nature's candy." Fruit tastes sweet but also provides a lot of important nutrients. That is why a serving of whole fruit makes a great dessert!
- Fruit juice counts as a serving of fruit but is also a concentrated source of natural sugar. Fruit juice has also had most of the fiber removed. It's better to eat the whole fruit. If you drink juice at all, make sure it is 100% juice and limit to 6-8 ounces per day.
- "Fruit imposters" are products in the grocery store that have fruit in their names but very little actual fruit in the product.

1 On the back of each fruit photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

- a. Circle the following fruits that contain at least 5 grams of fiber per serving:

Pineapple Mango Raspberries Pear Grapes

- b. When you compare one serving of cantaloupe, peach and blueberries, you will see that _____ has the most vitamin A per serving.

- c. If you look at the ingredient labels on the back of the seven "fruit imposter" cards, you will see either sugar and/or corn _____ in every product.

2 Locate the Orange and 100% Orange Juice photo cards. Use the label information on the back to answer the following questions.

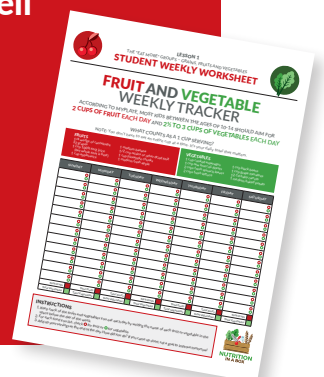
- a. One medium orange has _____ grams of sugar while one cup of orange juice has _____ grams of sugar.
- b. One cup of orange juice contains _____ grams of fiber while one medium orange has _____ grams of fiber.
- c. Overall, would you say that orange juice or a whole orange is a better nutritional choice?

3 The list below includes action steps for eating more whole fruit. Fruit can be fresh, frozen, dried or canned in its own juice. Check one or more actions that you would be willing to work on. You can also come up with your own idea. Use back of sheet to describe.

- ☐ Top hot or cold whole-grain breakfast cereal with fruit.
- ☐ Eat a piece of fresh fruit with your afternoon snack.
- ☐ Add berries or dried fruit to a spinach salad.
- ☐ Make a smoothie that includes whole berries or fruit.
- ☐ My idea for adding more fruit to my diet (describe):

Do you know how well your diet stacks up?

It's hard to tell if you don't keep track. Count your servings this week by using the fruit and vegetable tracker worksheet.





LESSON 1
THE "EAT MORE" GROUPS – GRAINS, FRUITS AND VEGETABLES
STUDENT ACTIVITY SHEET
Answer Key



FOCUS ON WHOLE FRUITS



FRUIT FACTS

- Whole fruit is sometimes called "nature's candy." Fruit tastes sweet but also provides a lot of important nutrients. That is why a serving of whole fruit makes a great dessert!
- Fruit juice counts as a serving of fruit but is also a concentrated source of natural sugar. Fruit juice has also had most of the fiber removed. It's better to eat the whole fruit. If you drink juice at all, make sure it is 100% juice and limit to 6-8 ounces per day.
- "Fruit imposters" are products in the grocery store that have fruit in their names but very little actual fruit in the product.

1 On the back of each fruit photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

- a. Circle the following fruits that contain at least 5 grams of fiber per serving:

Pineapple Mango Raspberries Pear Grapes

- b. When you compare one serving of cantaloupe, peach and blueberries, you will see that cantaloupe has the most vitamin A per serving.

- c. If you look at the ingredient labels on the back of the seven "fruit imposter" cards, you will see either sugar and/or corn syrup in every product.

2 Locate the Orange and 100% Orange Juice photo cards. Use the label information on the back to answer the following questions.

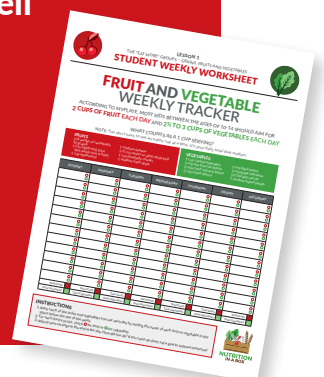
- a. One medium orange has 12 grams of sugar while one cup of orange juice has 22 grams of sugar.
- b. One cup of orange juice contains 0 grams of fiber while one medium orange has 3 grams of fiber.
- c. Overall, would you say that orange juice or a whole orange is a better nutritional choice?

3 The list below includes action steps for eating more whole fruit. Fruit can be fresh, frozen, dried or canned in its own juice. Check one or more actions that you would be willing to work on. You can also come up with your own idea. Use back of sheet to describe.

- ☐ Top hot or cold whole-grain breakfast cereal with fruit.
- ☐ Eat a piece of fresh fruit with your afternoon snack.
- ☐ Add berries or dried fruit to a spinach salad.
- ☐ Make a smoothie that includes whole berries or fruit.
- ☐ My idea for adding more fruit to my diet (describe):

Do you know how well your diet stacks up?

It's hard to tell if you don't keep track. Count your servings this week by using the fruit and vegetable tracker worksheet.



NUTRITION IN A BOX



LESSON 1

THE "EAT MORE" GROUPS – GRAINS, FRUITS AND VEGETABLES

STUDENT WEEKLY WORKSHEET

EXAMPLE



FRUIT AND VEGETABLE WEEKLY TRACKER

ACCORDING TO MYPLATE, MOST KIDS BETWEEN THE AGES OF 10-14 SHOULD AIM FOR
2 CUPS OF FRUIT EACH DAY AND **2½ TO 3 CUPS OF VEGETABLES EACH DAY**

WHAT COUNTS AS A 1 CUP SERVING?

NOTE: You don't have to eat an entire cup at a time. It's your daily total that matters.

FRUITS

1/4 wedge of cantaloupe
32 grapes
1 cup 100% fruit juice
(but whole fruit is best)
1 cup applesauce

1 medium banana
1/2 cup raisins or other dried fruit
1 cup pineapple chunks
1 medium fresh apple

VEGETABLES

1 cup cooked asparagus
1 cup raw broccoli florets
2 cups fresh spinach leaves
2 cups fresh lettuce

1 cup black beans
1 cup grape tomatoes
12-14 baby carrots
1 medium baked potato

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 orange <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
2 cups lettuce <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1 sweet potato <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
12 baby carrots <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1/2 cup berries <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1 banana <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
1 cup broccoli <input checked="" type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
Total Fruits 3	Total Fruits	Total Fruits	Total Fruits	Total Fruits	Total Fruits	Total Fruits
Total Vegetables 4	Total Vegetables	Total Vegetables	Total Vegetables	Total Vegetables	Total Vegetables	Total Vegetables

INSTRUCTIONS

- Keep track of the fruits and vegetables you eat each day by writing the name of each fruit or vegetable in the space below the day of the week. Include the amount that you ate. For example, 1/2 cups of green beans.
- For each food you list, check ☐ for fruit or ☐ for vegetable.
- Add up your servings at the end of the day. How did you do? If you came up short, set a goal to improve tomorrow!



**NUTRITION
IN A BOX**