



Lesson 1: Grains, Fruits and Vegetables



Pick Your Fruits

Youth 14-18 years old need about two cups of fruit each day. There are four Fruit Subgroups.

Berries

- strawberry
- blueberry
- raspberry
- acai berry
- cranberry
- gogi berry
- kiwi fruit



Melons

- cantaloupe
- watermelon
- honeydew
- casaba
- galia
- crenshaw
- hami



Other Fruits

- apple
- banana
- orange
- peach
- plum
- grape
- star fruit
- cherry
- clementine
- pear
- papaya
- pomegranate
- cherimoya
- mango

100% Fruit Juice

- orange juice
- apple juice
- cranberry juice
- pomegranate juice
- grape juice
- pineapple juice
- grapefruit juice



- A** There are many more fruits in each subgroup. How many more can you name?
- B** Which is your favorite fruit in each subgroup?
- C** Which ways can you serve fruit?

- Fresh Frozen
- Pureed Dried
- Sliced Cooked

You can also add fruit to:

- Smoothies Yogurt
- Cereal Trail mix
- Salads Oatmeal



Check the Whole Fruits Handout for more ideas!

From Paper to Plate Activities this Week

- 1. Track the servings of fruits you eat with the Fruit & Vegetable Weekly Tracker sheet for one week.
- 2. Complete the Focus on Fruits activity sheet.





Lesson 1

"Eat More" groups – grains, fruits and vegetables

Student Activity Sheet



Focus on WHOLE FRUITS



Use the fruit cards for the following activities. You'll find the nutrition facts label on the back of the cards to answer the questions below.

A Nutrition Facts

- Find the **fiber** content for each fruit. Which fruits contain at least 5 grams of fiber per serving?
Pineapple Mango Raspberries
Pear Grapes
- Compare one serving of cantaloupe, peaches and blueberries. Which fruit has the most **Vitamin A** per serving? _____
- Compare the ingredient labels of the "fruit imposters" cards. The two ingredients included in each are sugar and/or corn _____?

B Fruit or Juice

Use the **Orange** and **100% Orange Juice** fruit cards to answer the following questions.

- How many grams of **sugar** are in:
one medium orange? _____
one cup of orange juice? _____
- How many grams of **fiber** are in:
one medium orange? _____
one cup of orange juice? _____
- Which one offers better nutrition?
Orange 100% Orange Juice



Lesson 1

“Eat More” groups – grains, fruits and vegetables

Student Activity Sheet



Fact Box — Fruit

- 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 it has high natural sugar. It’s better to eat the whole fruit because juice lacks fiber. If you drink juice, choose 100% juice, and limit it to 6-8 ounces daily.
- “Fruit imposters” are products in the grocery store that have fruit in their names but very little actual fruit in the product.

Action Steps

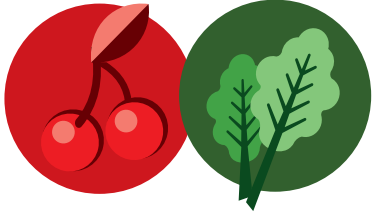
The list below includes action steps for eating more whole fruit. Fruit can be fresh, frozen, dried or canned in its own juice. Which actions would you be willing to work on? Have your own idea? Let’s hear it!

- ✓ Add fruit to hot or cold whole-grain breakfast cereal.
- ✓ 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):

The Details in Your Diet

Use the Fruit & Vegetable Weekly Tracker sheet to count your servings this week. Did you get enough of the daily amounts?

The image shows a worksheet titled "Fruit and Vegetable Weekly Tracker" with a table for tracking servings of fruits and vegetables over a week. The table has columns for "Day of the Week", "Morning", "Afternoon", "Evening", and "Daily Totals". There are also sections for "Fruits" and "Vegetables" with checkboxes for different types of servings.



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The "Eat More" food groups – grains, fruits and vegetables
Student Weekly Worksheet



Fruit and Vegetable Weekly Tracker

Aim for **2 cups of fruit each day** and **2½ to 3 cups of vegetables each day**

Fruits ↓ What counts as a 1 cup serving? ↓ **Vegetables**

- ¼ wedge of cantaloupe
- 32 grapes
- 1 cup 100% fruit juice
- 1 cup applesauce
- 1 medium banana
- ½ cup raisins/dried fruit
- 1 cup pineapple chunks
- 1 medium fresh apple

- 1 cup cooked asparagus
- 1 cup raw broccoli florets
- 2 cups fresh spinach
- 2 cups fresh lettuce
- 1 cup black beans
- 1 cup grape tomatoes
- 12-14 baby carrots
- 1 medium baked potato

Day of the Week	Morning	Afternoon	Evening	DAILY TOTALS
Sunday				Fruits: Vegetables:
Monday				Fruits: Vegetables:
Tuesday				Fruits: Vegetables:
Wednesday				Fruits: Vegetables:
Thursday				Fruits: Vegetables:
Friday				Fruits: Vegetables:
Saturday				Fruits: Vegetables:

Guide to tracking your fruits and vegetables

1. Write the fruits and vegetables *and* amounts you eat each day. You don't have to eat the full amounts all at once. It's the **daily total amounts** that you should aim for.
2. Add up your servings at the end of the day. How did you do? If you didn't meet your daily goal, think of ways to help meet your goals in the future!





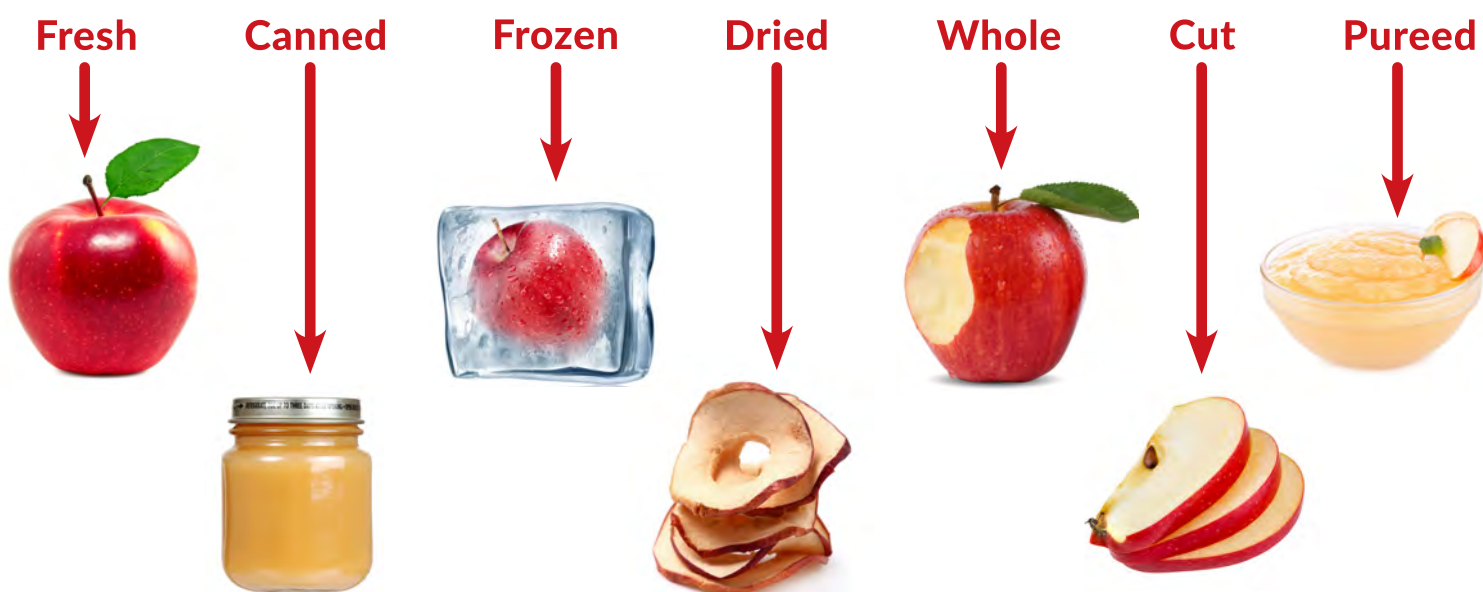
Lesson 1

The “Eat More” Food Groups



Focus on Whole Fruits

The MyPlate Guide shares a variety of ways to eat fruit.



What are fruits?

Fruits are the seed-bearing part of plants or trees. There are four subgroups:

- **Berries**
- **Melons**
- **100% Fruit Juice**
- **Other**

There is a large variety of fruits in the “other” subgroup, from apples to pomegranates. Many fruits are seasonal, growing only during one season of the year. Citrus fruits (oranges, lemons) need warmer climates to grow. Apples and berries can grow in cooler climates.

Why eat fruits?

Fruits provide important nutrients that you need each day. Whole fruits are best, as they contain **fiber**. Juices contain little to no fiber. Fiber is necessary for proper bowel functions. Make sure to eat fruits from all four subgroups to get a variety of nutrients that include:

- **Vitamins**
- **Minerals**
- **Fiber**





Lesson 1

The “Eat More” Food Groups



Whole Fruits

Fruit Challenge: A Look at Labels

Compare the nutrition labels of the fruit snacks, then answer the questions below.

Fruit Snack A

Nutrition Facts	
Servings per Container 6	
Serving Size 1 Pouch (22g)	
40 Servings Per Box	
Calories 70	
% Daily Value*	
Total Fat 0g	17%
Saturated Fat 1.5g	8%
Cholesterol 0g	0%
Sodium 20mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber <1g	0%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 1g	2%
Vitamin A 230mcg	25%
Vitamin C 23mg	25%
Vitamin E 3.68mg	25%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Fruit Snack B

Nutrition Facts	
Servings per Container 12	
Serving Size 1 Pouch (8.5g)	
24 Servings Per Container	
Calories 20	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 1.5g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber <1g	3%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 41mg	0%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Fruit Snack C

Nutrition Facts	
Servings per Container 12	
Serving Size 1 Bar (40g)	
Servings Per Container 12	
Calories 45	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 1.5g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 4g	
Monounsaturated Fat 7g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber <1g	3%
Total Sugars 10g	
Includes 4g Added Sugars	8%
Protein 1g	4%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	6%
Potassium 90mg	2%
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

1. Which nutrient found in fresh fruits is nearly missing in all three fruit snacks? _____

2. Which fact affects the calorie counts in each fruit snack? _____

3. Which fruit snack has the most added sugar? _____

Fruit Imposters Can Hide in Plain Sight

Look for other names and phrases in the ingredients list that are used to hide sugar. Also look for “added sugar” on the nutrition label for actual sugar amounts in your food.

- corn syrup
- fructose
- fruit juice
- honey
- sorghum syrup
- molasses
- sucrose
- dextrose
- sugar
- maltose
- glucose
- maltodextrin
- fruit pectin
- maple syrup

Other packaging phrases can be misleading. Why do you think they are used?

- naturally sweetened
- fruit-flavored
- no sugar added
- sugar-free

