



## 2022 Summer Nutrition Club: The Mystery of Mealtime



### Lesson 1: The Federal Bureau of Fruits & Vegetables

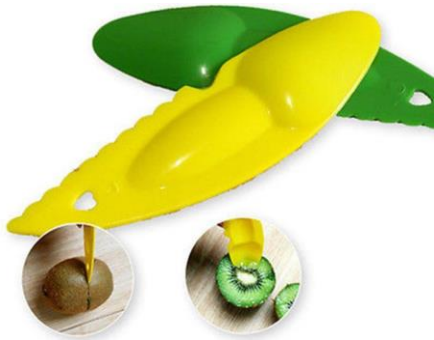
**Approximate Lesson Length:** 45 minutes

**Supplies Needed:**

- Coloring utensils (4-5 sets of assorted crayons, colored pencils, markers)
- “Rainbow Detective Skills”- printed out or made visible to all children (1 copy per small group of 4-8 children)
- “Case File” Handouts (1 per child)
- “The Rules of a Good Detective” - printed out (1 copy) or written on a chalkboard/dry erase board
- MyPlate model or image
- Hand sanitizer
- Clue Station supplies
  - Whole kiwis to look at and feel (1 per small group of 4-8 children)
  - Kiwi cut in half (1 kiwi half per child) \*can also be used in the recipe\*
  - Empty tissue boxes, old shoe boxes, or empty wipes containers to make “Mystery Boxes” (1 per small group of 4-8 children)
    - Optional: decorate the Mystery Boxes with paper, stickers, fabric or other materials (see below for example)



- Recipe supplies (Refer to Case File Handout for Recipe) - plan for 1 mini fruit pizza per child
  - Small paper plates – 1 per child
  - Spoons + plastic or kid-safe knives (or special kiwi spoons – see example below) – 1 per child - if children will be cutting kiwi themselves



- Napkins – 1 per child
- Kiwi fruits – ½ fruit per child
- Strawberries, sliced – 1 per child
- Rice cakes, plain or any flavor – 1 per child
- Yogurt, plain or any flavor – 2 tablespoons per child
- Ingredient alternatives for special dietary needs (i.e. dairy-free yogurt, certain fruit allergies)
- Sanitizing wipes and paper towels for cleanup
- Disposable food prep gloves
- Knife + cutting board
- Tray for serving samples (optional)

**Preparation:**

- Purchase/gather produce, recipe ingredients, and supplies
- Prepare “Mystery Boxes”
  - Make 1 Mystery Box for each clue station group (1 per small group of 4-8 children)
  - Make sure the opening is large enough for a child’s hand to reach in and feel an object inside the box
  - Decorate as desired
- Print all paper materials and handouts
  - Case File Handout
  - Rainbow Detective Skills
  - The Rules of a Good Detective

- Day of lesson:
  - Train adult helpers on their roles with the lesson. Recruit their help with set-up and classroom management activities such as:
    - Handing out materials throughout lesson
    - Clue station assistance
    - Prepping and serving recipe
    - Keeping children quiet, focused, and organized
  - Set up clue stations with the following at each table (place all supplies out of the children’s sight/reach if possible):
    - 1 coloring utensil and 1 case file handout per child
    - 1 Rainbow Detective Skills chart
    - 1 kiwi inside 1 Mystery Box
  - Prepare and plate mini fruit pizza ingredients

**Food Preparation:**

- Wash all produce.
- Slice strawberries.
- If children are cutting kiwis themselves, cut kiwis in half, leaving peel intact. If not, peel and slice kiwis instead.
- Spread 2 spoonfuls of yogurt on each rice cake.
- Place fruit (approximately 1 sliced strawberry + ½ kiwi) next to rice cake on plate so children can top their own pizza.

**Objectives:**

By the end of the lesson, children will:

1. Be able to name the five food groups that make up MyPlate
2. Be able to state how much of their plate should be filled with fruits and vegetables
3. Know that different colors or fruits and vegetables offer different benefits/detective skills

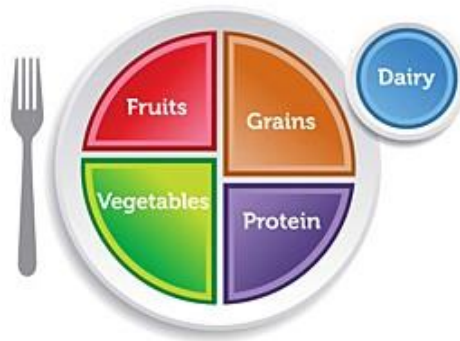
**1. Welcome (3 minutes)**

- Introductions
- Welcome to Summer Nutrition Club
  - Does anyone know what a detective does? They solve mysteries using clues! Over the next few weeks, we will get to be nutrition detectives to learn more about the “Mystery of Mealtime”.
  - Detectives have to be at their best to get mysteries solved. How do they do this? They eat foods that help to fuel their bodies and minds!

- This is the same for all of us. Just like detectives, we have to make sure we are eating food that gives us the fuel we need to be our best! When we choose foods full of energy, vitamins, and minerals we can do whatever we put our minds to.

## 2. MyPlate Overview (2 minutes)

- Ask children if they have ever heard of MyPlate. If so, what do they already know about it?
- Show the MyPlate example. Explain how MyPlate is used to build a healthy balanced plate at meal times. Go through all 5 groups on the plate then say that in this lesson we will be focusing on two parts of the plate: fruits and vegetables.



## 3. Fruits and Veggies Build Detectives (5 minutes)

- How much of our plate should be filled with fruits and vegetables at mealtime? (half) This means we should try to have half of the food that we eat at mealtime be fruits and vegetables.
- As detectives, we need fruits and vegetables at every meal to help us find clues and solve mysteries! Fruits and vegetables are full of vitamins, minerals, and fiber that help detectives do their best. There are many different fruits and vegetables that come in many different colors. Each color helps detectives in different ways. For example,
  - **Red fruits and veggies** help our heart and brain stay healthy
  - **Orange and yellow fruits and veggies** keep our eyes and heart healthy, and help us fight off sickness
  - **Green fruits and veggies** help our bones and teeth stay strong, and help to heal cuts
  - **Blue and purple fruits and veggies** keep our memory sharp
  - **White and brown foods** help our heart stay healthy
- Would a detective be able to be the best if they only ate one color of fruit and veggies? (no) Eating all the colors helps to make the best detective and make them strong and healthy to solve mysteries!
  - Can you think of a fruit or vegetable that fits into each color?
    - **Red**- apples, strawberries, watermelon, red peppers, tomatoes, cherries, radishes, raspberries, red potatoes
    - **Orange**- oranges, orange peppers, peaches, apricots, nectarines, cantaloupe, butternut squash, sweet potatoes, carrots
    - **Yellow**- bananas, yellow peppers, pineapple, mango, spaghetti squash, corn,
    - **Green**- broccoli, green onions, green peppers, zucchini, brussels sprouts, cabbage, lettuce, spinach, kale, kiwi, limes, pears, asparagus, green grapes

- **Blue**- blueberries, blue corn
- **Purple**- purple cabbage, grapes, red onion, eggplant
- **White/brown**- potatoes, onions, cauliflower, mushrooms, garlic

#### 4. Create Your Own Fruit and Veggie Detective (10 minutes)

- Break children into small groups of 4-8 at prepared tables, with an adult helper at each table if possible. Ask children to fill out their secret agent name and number in their case file (page 1).
- Have children create their own detective badge by drawing different colored fruits and vegetables on the outline in their case files (page 3). Explain that they can use the “Rainbow Detective Skills” chart for ideas on fruits and vegetables to include on their badge.
- When most children are finished, ask for volunteers to share their detective badge with the group.
  - What fruits and veggies did you choose, and why? What tools does this give your detective to solve mysteries?

#### 5. Use Your Clues Stations (20 minutes)

- In Summer Nutrition Club we get to have fun being nutrition detectives! Today, we are going to gather clues to solve the mystery of a secret food. This might be a food you have eaten before, or it might be one you have never heard of. Before we start, let's talk about the rules that every great nutrition detective follows:
  - **Use your senses** - while your mouth can help you find clues, it is only a part of figuring out the mystery. You also use your eyes to see it, your hands to feel it, your nose to smell it, your ears to listen to it, and your tongue to taste it! Today we are going to use all of our senses to help us gather clues and solve the mystery!
  - **Be brave and polite** - even if you don't think you'll like the food or you've tried it before, be a brave detective and put a little piece in your mouth. It's ok if you don't like it, you can politely put it in your napkin or in the trash can. If you never try it, you'll never know if it could have been your new favorite food!
  - **Don't give up** - sometimes it takes our taste buds a little longer to figure out what they think of the new food. If you don't like a food the first time you try it, give it another chance! Every food can be made a different way and you may like it better when it's with another of your favorites!
- Ask the adult helper in each small group to help facilitate the sensory activity.
  - First, let's feel the food in the Mystery Box \*without peeking\*!
    - What does it feel like? (fuzzy, soft, hard, spiky, etc.)
  - Have the adult helpers pull the food out of the Mystery Box. Now let's use our eyes to collect clues.
    - Some questions to ask: Have you seen this before? Does it look similar to anything else you know? What color is it? What shape is it? What part of a plant do you think it comes from? (Answer: the fruit of the plant, because it grows from a flower on the plant and holds seeds inside)
  - Next, let's smell the food.
    - Does it smell sweet or sour? Do you like how it smells?
- Have the children wash their hands with hand sanitizer. Give each child a kiwi half on a small plate and a plastic spoon and knife (or kiwi spoon). Double check that any children with allergies are nowhere near their allergens.

- We have gathered clues using our senses of touch, sight, and smell. Now we are going to use our sense of taste to find more clues about this food.
- Use your spoon to scoop out a little piece of the green part of the food. Take a tiny nibble. How does it taste?
  - Try to have children use objective words such as “sweet”, “sour”, etc., rather than words like “yummy” or “gross”. This helps them to understand why they may or may not like certain foods.
- Now that you have gathered all your clues can you solve the mystery and tell me what food you tried? (kiwi)
  - What clues helped you figure out what food it was? (Ex: it was green inside, it was fuzzy and brown, it tasted sour)
- Now we are going to taste kiwi in a recipe with other ingredients. Today, we are making mini fruit pizzas!
  - Hand out prepared pizzas or have children prepare their own by keeping the ingredients separate.
  - If children are preparing their own pizzas, they can use the leftover kiwi from tasting for fruit pizza toppings. Use the spoon to scoop out the green fruit and the knife to cut it into smaller pieces. The brown peel is edible, but some kids may not like the fuzzy texture or sour taste!

## 6. Wrap-Up (5 minutes)

- While children are finishing their snacks, ask the following questions (record responses):
  - Raise your hand if today is your first time trying a kiwi.
  - Who can raise their hand and tell me one thing you learned today?
  - Who is excited for the next lesson?

## 7. Clean Up

- Gather and clean supplies
- Sanitize tables
- Throw trash away



# What detective skills will make you the best?



The best detectives have all the right skills. The only way to have all the skills is to eat from all the colors of the rainbow! Each color provides a different healthy skill to solve every mystery. Filling your plate with all of the colors will help fill your body with all of the vitamins and minerals you need to become the best detective you can be!

Color	Example Foods	Healthy Detective Skill
Red	Apples, Red Peppers, Strawberries, Tomatoes, Cherries, and Watermelon	Helps your heart and brain stay healthy
Orange & Yellow	Cantaloupe, Carrots, Butternut Squash, Lemons, Mango, Oranges, Sweet Potatoes, and Bananas	Keeps your eyes and heart healthy and helps fight off sickness
Green	Asparagus, Broccoli, Collards, Cabbage, Cucumbers, Peas, Spinach, and Grapes	Helps your bones and teeth stay strong
Blue & Purple	Eggplant, Beets, Blueberries, Blackberries, Figs, Grapes, Plums, and Red Onion	Keeps your memory sharp
White & Brown	Garlic, Ginger, Jicama, Mushrooms, Onions, Potatoes, and Cauliflower	Helps your heart stay healthy



# RULES OF A GOOD DETECTIVE



**1**

## USE YOUR SENSES

**You can use more than your mouth to find clues. Your ears, nose, eyes, and hands can also help you solve the mystery.**

**2**

## BE BRAVE AND POLITE

**Detectives will do anything to solve the case. Give it a try and be brave if you don't like it that's okay! Just remember to be polite if it's not your favorite.**

**3**

## DON'T GIVE UP

**Detectives NEVER give up! Let your taste buds take some time to figure out what you think of the food. You never know maybe you'll like it better than the last time you tried it!**