

# 2023 Summer Nutrition Club Lesson Plans

## Summer Nutrition Club Superheroes



### Lesson 1: Fantastic Fruit & Incredible Vegetable (50 minutes)

#### **Supplies Needed:**

- Coloring utensils (4-5 sets of assorted crayons, colored pencils, markers)
- “Fruit and Veggie Superhero” chart – printed out and laminated, displayed on a projector, or written on a flipchart/chalkboard/dry erase board
- Fruit & veggie cards – 1 set in paper bag (or come up with a list of many different fruits and vegetables and write the names on folded index cards or small pieces of paper)
- Lesson one packet (1 per child)
- Hand sanitizer
- Produce of the week
  - Cherry tomatoes
  - Red grapes
  - Need paper towel for exploration activity
- Recipe supplies
  - Small paper plates (1 per child)
  - Celery, cream cheese, grapes, cherry tomatoes, candy eyes
  - Ingredient alternatives for special dietary needs (i.e. dairy free cream cheese or nut butter for dairy allergies)
- Napkins
- Sanitizing wipes and paper towels for cleanup
- Clip board and weekly post-class questions sheet to record total number of children present and number who tried the recipe.
- Disposable food prep gloves (Latex-free if possible)
- Knives (sharp & plastic)

- Trays for serving samples (optional)
- Cutting board

**Preparation Required:**

- Purchase/gather produce, recipe ingredients, and supplies
- Print all paper materials and handouts (fruit & veggie cards, lesson 1 packet, weekly post-questions).
- Prepare produce (wash, cut up, etc. and recipe ingredients – be sure to store food safely!)
- 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
    - Fruit and vegetable superhero symbol activity (assist younger children)
    - Exploration activity in small groups
    - Prepping and serving recipe
    - Keeping children quiet, focused, and organized
  - Have “Fruit and Veggie Superpowers” chart available to show the kids to explain the activities of the day.

**Objectives:**

By the end of the lesson, children will:

1. Be able to state how much of their plate should be filled with fruits and vegetables
2. Know that different colors of fruits and vegetables offer different benefits/superpowers
3. Experience grapes and cherry tomatoes in a new way.

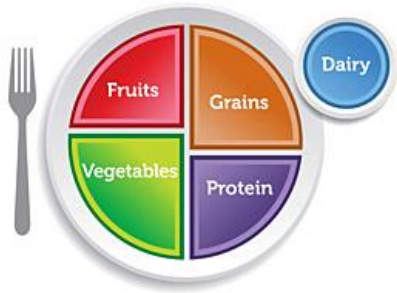
**Welcome (5 minutes)**

- Welcome
  - Have all staff introduce themselves.
  - Hand out lesson one packets to each child and instruct not to open until they are told.
- Introduction to Summer Nutrition Club
  - We know that everyone has to eat food to stay alive, right? Food gives our bodies the fuel it needs to run, jump, think, breathe, blink, and talk – everything we do uses fuel from food!
  - Think about a car – what kind of fuel does a car use? (gasoline) Exactly! So just like a car needs the right fuel to be able to drive, our bodies need the right fuel to keep us healthy and strong!
  - At summer nutrition club we’re going to learn about the foods we need to fuel our bodies. Today we are going to start by talking about MyPlate!

**MyPlate Overview (2 Minutes)**

- Ask children if they have ever learned about **MyPlate** before. If so, what do they know about it?
- Great! Go ahead and open your superhero guide to the first page that has the MyPlate on it.
- Show the children the physical MyPlate example. There are 5 food groups on my plate, can anyone tell me one of those food groups (have children name all 5). Point out all 5 food groups and say these 5 food groups are so important you can think of them as superheroes. All of the superhero food groups have different superpowers they give your body when you eat them. MyPlate is a tool that helps you make sure you are eating all 5 food groups at mealtime and gives you an example of what our plate should look like!

- At summer nutrition club we are all superheroes, and each week we are going to meet the different superhero food groups who are going to teach us about the superpowers they give your body so we can be the best superheroes.
- Today we are going to meet two of the superhero food groups: fantastic fruits and incredible vegetables.



### Fantastic Fruits & Incredible Vegetables (10 minutes)

- How much of the plate do the fruit and vegetable groups take up? (half) This means we should try to have half of the food that we eat at mealtime be fruits and vegetables.
- Fantastic fruit and incredible vegetables are awesome superheroes because they are all full of different vitamins and minerals that our bodies need to be their best! Different colors of fruits and veggies have different superpowers. Tell children to look at page 3 of the superhero guide and point out the fruit and veggie superpowers chart.
  - **Red fruits and veggies** help your heart and brain stay healthy
    - Can someone tell me a fruit or vegetable that is **red**?
      - **Red**- apples, strawberries, watermelon, red peppers, tomatoes, cherries, radishes, raspberries, red potatoes
  - **Orange and yellow fruits and veggies** keep your eyes and heart healthy, and help you fight off sickness
    - Can someone tell me a fruit or vegetable that is **orange** or **yellow**?
      - **Orange**- oranges, orange peppers, peaches, apricots, nectarines, cantaloupe, butternut squash, sweet potatoes, carrots
      - **Yellow**- bananas, yellow peppers, pineapple, mango, spaghetti squash, corn,
  - **Green fruits and veggies** help your bones and teeth stay strong, and help to heal cuts
    - Can someone tell me a fruit or vegetable that is **green**?
      - **Green**- broccoli, green onions, green peppers, zucchini, brussels sprouts, cabbage, lettuce, spinach, kale, kiwi, limes, pears, asparagus, green grapes
  - **Blue and purple fruits and veggies** keep your memory sharp
    - Can someone tell me a fruit or vegetable that is **blue** or **purple**?
      - **Blue**- blueberries, blue corn
      - **Purple**- purple cabbage, grapes, red onion, eggplant
  - **White and brown foods** help your heart stay healthy.
    - Can someone tell me a fruit or vegetable that is white or brown
      - **White/brown**- potatoes, onions, cauliflower, mushrooms, garlic
- Do you think it's better for a superhero to have just one superpower or many superpowers? (many) Since each color gives your body different superpowers, it is important to eat different colored fruits and veggies. Eating fruits and veggies from **all** the colors of the **rainbow** will give your body the most superpowers!

### Play 20 questions (5 minutes)

- Now we are going to play a game called 20 questions. Have any of you played this before?
  - One child picks out a fruit or vegetable card out of a paper bag and the other group members can ask 20 yes or no questions to try to figure out fruit or vegetable is on the card.
    - You may need to remind children to only ask yes or no questions and guide them if they get stuck
    - Ex: Is it a fruit? Is it sweet? Would you eat this food for breakfast? Can you dip it in ranch? Is it red/green/purple/etc.? Do you put it in a salad?
- Split children into two groups
  - One group will start with coloring the superhero symbol and one group will start with the exploration station
  - Switch after 10 minutes

### Make Your Own SNC Superhero Symbol (10 minutes)

- Turn to page 4 of your superhero guide and you will see the Summer Nutrition Club superhero symbol. As I said we are all superheroes at summer nutrition club, and you are going to create your own superhero symbol by drawing your favorite fruits and vegetables.
  - Show example of finished SNC superhero symbol
- Underneath the logo you can write your own Summer Nutrition Club Superhero name. If you can't think of a superhero name, you can just write your own name as well.
- Encourage children to draw at least one fruit or vegetable from each color of the rainbow so they have all of the superpowers. Tell them to reference the eat the rainbow chart if they need help thinking of fruits or vegetables.
- When the children are finished, ask for volunteers to share their superhero with the group.
  - What fruits and veggies did you choose? What superpowers do these give your superhero?
  - What is your superhero's name?

### Exploration Station (10 minutes)

- Produce items: red grapes and cherry tomatoes
- Keep children in small groups, make sure each child has a grape and a cherry tomato.
- As Summer Nutrition Club superheroes, we have a superhero mission each week to explore new foods! Today, we are going to explore two foods that might be new to you – or maybe not! When completing missions, it's important to be brave and polite. Be brave and try the food even if you think you might not like it. If you do not like the food once you try it, be polite and quietly put it in your napkin or in the trash and remember other people may like the food even if you don't.
- Ask the adult helper in each small group to facilitate the sensory activity. Have the children wash their hands with hand sanitizer. Make sure each child has a of the produce items on a plate or napkin in from of him/her.
  - Turn to page 5 of your superhero handout. We are going to use this page to help us complete our mission and explore the foods. First, let's **use our eyes** to look at them.
    - Have you seen these before? Do they look the same or different? What color are they? Are they the same shade? What is one thing that looks different about how they are shaped?
    - Tell children what foods they are (grape and cherry tomato)
      - Now that we have examined these foods with our eyes, draw a grape in the first circle and write grape on the line. Draw a cherry tomato in the second circle and write cherry tomato on the line

- Mark smiley face in packet for look (eye)— do you think this food looks tasty to eat? If yes color the smiling face, if you are unsure color the straight face, if no color the sad face.
- Do the two items feel the same? Try to squish them both gently. Is one squishier than the other? Are they bumpy or smooth?
  - Mark smiley face in packet for feel (hand)— do you like the way this food feels? If yes color the smiling face, if you are unsure color the straight face, if no color the sad face.
- Now let's smell both of them.
  - Do they smell the same or different? Does one have a stronger smell than the other? Which one smells better to you? Why do you like the way that one smells?
    - Mark smiley face in packet for smell (nose)— do you think this food smells good? If yes color the smiling face, if you are unsure color the straight face, if no color the sad face.
- We have explored both a grape and a cherry tomato with our senses of touch, sight, and smell! Now we are going to use our sense of taste to explore how they taste differently.
  - First, we are going to taste the grape. **Take a bite of the grape so you can taste it.** What does the grape taste like? (Encourage the children to use objective words like “sweet,” “sour,” “spicy,” etc., rather than words like “yummy,” or “gross.” This helps them really understand why they may or may not like certain foods.)
    - Mark smiley face in packet for taste (mouth) – do you like the way this food tastes? If yes color the smiling face, if you are unsure color the straight face, if no color the sad face.
    - Circle words that describe a grape – can circle as many words as they want
      - Bitter = not sweet or sour (ex: Brussel sprouts, broccoli, etc.)
      - Savory = saltier flavor, not sweet
- Now let's taste the cherry tomato. **Take a bite of the cherry tomato so you can taste it.**
  - What does the cherry tomato taste like? (Encourage the children to use objective words like “sweet,” “sour,” “spicy,” etc., rather than words like “yummy,” or “gross.” This helps them really understand why they may or may not like certain foods.)
    - Mark smiley face in packet for taste – do you like the way this food tastes? If yes color the smiling face, if you are unsure color the straight face, if no color the sad face.
    - Circle words that describe a grape – can circle as many words as they want
      - Bitter = not sweet or sour (ex: Brussel sprouts, broccoli, etc.)
      - Savory = saltier flavor, not sweet
- Discuss what the children thought about each of the foods
  - Go over what faces they colored in and why
  - Share some of the words they circled for each food
  - How are cherry tomatoes and grapes similar? How are they different? Think of all of your senses that you used to explore the foods. (Children can eat the rest of the food if they would like to)
    - Similar – size and shape
    - Different – taste, color, and texture
- Great work completing your first superhero mission and trying the food!

**Recipe Tasting – Superhero Sidekicks (5 minutes)**

- Children should get plate with celery (2), dairy free cream cheese (approx. 1 tablespoon), grapes, cherry tomatoes, and candy eyes (4)

- Now we are going to taste grapes and cherry tomatoes in a recipe with other ingredients. Some superheroes have sidekicks who help them with their missions. Today, we you going to make your own fruit and veggie superhero sidekicks!
  
- Look at page 6 in your packets and follow the directions to make your superhero sidekick. One should be sweet and have grapes and one should be savory and have cherry tomatoes. Use a little bit of cream cheese to add your candy eyes.
  - Directions:
    - Add cream cheese to pieces of celery, saving a little bit to attach the candy eyes
    - Put cherry tomatoes in a line on one piece of celery and grapes in a line on the other piece of celery
    - Use a small amount of cream cheese to add candy eyes to the “head”

**Post-assessment/Wrap-up (5 minutes)**

- While the children are finishing their samples, ask the following questions (record responses):
  - Raise your hand if today is your first time trying a grape? What about the first time trying a cherry tomato?
  - Who can raise their hand and tell me one thing you learned today?
- Ask children to throw away all trash and clean up their areas.

**Clean Up**

- Gather and clean supplies
- Sanitize tables
- Throw trash away
- Gather fruit & veggie cards used for 20 questions
- Collect extra produce and activity instructions.



# FRUIT AND VEGGIE SUPERPOWERS



**Red fruits and veggies** help your  
heart and brain

**Orange and yellow fruits and veggies** help  
your eyes and heart, and help you fight  
off sickness

**Green fruits and veggies** help your bones  
and teeth stay strong, and help to heal  
cuts

**Blue and purple fruits and veggies** keep  
your memory sharp

White and **brown foods** help your heart  
stay healthy

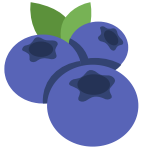
**Strawberry**



**Watermelon**



**Blueberry**



**Raspberry**



**Grape**



**Banana**



**Cantaloupe**



**Pineapple**



**Kiwi**

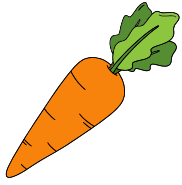


**Apple**





**Carrot**



**Cauliflower**



**Spinach**



**Celery**



**Pepper**



**Potato**



**Lettuce**



**Onion**



**Broccoli**



**Tomato**



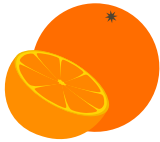
**Cabbage**



**Asparagus**



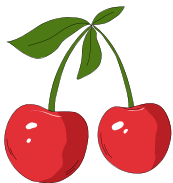
**Orange**



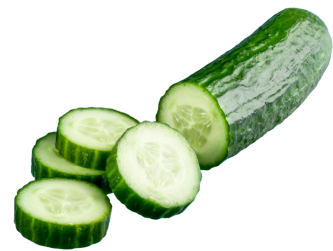
**Mango**



**Cherry**



**Cucumber**



**Pear**



**Eggplant**



**Peach**



**Corn**

