

Session 6: Grades K–2 • Fruit-y Ways to Start the Day

OBJECTIVES: In this session, children will:

1. Understand the importance of eating breakfast.
3. Plan how to eat one serving of a fruit or 100% fruit juice at breakfast.

__:__ – __:__ **EAT SNACK:** Hearty's Stellar Sundae
@ 10 mins

__:__ – __:__ **LESSON:** Purpose: To understand the importance of eating breakfast;
@ 17 mins plan how to eat one serving of a fruit or 100% fruit juice at breakfast

__:__ – __:__ **TRANSITION AND PHYSICAL ACTIVITY:** Parachute
@ 30 mins

__:__ – __:__ **TRANSITION AND CLOSURE**
@ 3 mins

Materials and Instructions for Snack:

Hearty's Stellar Sundae

Makes approximately 25 servings.

Shopping List of Ingredients

- 6-32 oz Containers of low-fat flavored yogurt (preferably fruit-juice sweetened)
- 1 box of graham crackers (1/2 graham cracker sheet per child)
- 13 bananas

Utensils and Supplies:

- 1 Small bowl for each child
- 1 Plastic spoon for each child
- 1 Napkin for each child
- 1 Knife (to cut bananas)
- 1 Large plastic garbage bag
- 1/2 -Cup measuring cup
- 1 Plastic cup and water for each child

Preparation Instructions:

1. Spoon 1/2 cup of the yogurt into each small bowl.
2. Break the graham cracker sheets in half.
3. Break each half sheet into small pieces, and place the pieces on top of each bowl of yogurt.
4. Peel and slice the bananas. Place half a banana on top of the graham cracker pieces. Do this for each bowl.
5. Give each child a bowl filled with the sundae, a spoon, napkin, and cup of water.
6. Eat, drink, and enjoy!

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Materials:

Enough copies of the “Fruit Cards” for each child to have 1 individual card;
cut out the cards

1 stopwatch (or watch)

1 handout for each child AND volunteer:

- “Bright Ideas for Breakfast”
- “Snacking at Home: Hearty’s Stellar Sundae”

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__:__ – __:__: **LESSON:** Purpose: To understand the importance of eating breakfast;
@ 17 mins plan how to eat one serving of a fruit or 100% fruit juice at breakfast

1. Read from the dialogue box:

- Did you know that all fruits give you energy to play longer? It’s true!
- Last time, we said that fruits keep your eyes, skin, and hair healthy. They help cuts and bruises heal. And they help your body grow the way it should.
- But not all fruits do all of these things. That’s why it’s really important to eat fruits of different colors. What are the colors that fruits can be? (Green, red, orange, green, blue, purple)
- Are fruits GO foods or WHOA foods? (GO foods) But watch out! There’s one way a fruit can be a WHOA food. That’s when it’s in a can and there’s also very sweet syrup in the can. Should you eat that kind of fruit a lot? (No)
- Which fruits have you eaten lately for a snack? (*Allow a few children to answer. Encourage everyone to eat more fruits at snack-time.*)
- Let’s talk about the first meal of the day. What meal is that? (Breakfast) Starting the day without breakfast is like a car trying to move without any gas. That’s because food is the body’s fuel. Your body doesn’t take in any food during all the hours you’re sleeping. So it’s ready for some fuel the next morning.
- Breakfast is the most important meal. That’s why it’s served in most school cafeterias.
- Do you think breakfast would be a good time to eat fruit? You’re right!
- Raise your hand if you sometimes eat fruit or drink 100% fruit juice at breakfast. (*Reinforce children who raise their hand.*)
- Drinking 100% fruit juice can be tricky. You might think that what you’re drinking is a 100% fruit juice, when really it’s a fruit-flavored drink. (*Ask a few children to name brands of fruit-flavored drinks.*) Fruit-flavored drinks are just colored sugar water.
- Fruit-flavored drinks are WHOA foods, but a 100% fruit juice is a GO food. To make sure the drink is really 100% fruit juice, look for the number “100” on the box or bottle. The “100” means that there’s no added sugar in the drink.
- Now let’s think about some ways to eat fruits at breakfast.

2. Give a “Bright Ideas for Breakfast” handout to each child.

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3. Read from the dialogue box:

- This handout shows you other ways to eat fruits or drink 100% fruit juice at breakfast. (*Read the ideas aloud.*) You're going to take home this handout. Tell your parents which idea you would most like to try.
- Also tell your family members something important about 100% fruit juice. Tell them it's a GO food, but since there's a lot of sugar in it—even though it's a natural sugar—it's best to drink only one small glass a day.

4. Tell the children they're going to play a game called "Fruit Salad."

5. Read from the dialogue box:

- In this game, everyone gets one Fruit Card. (*Give each child one Fruit Card. Make sure they know the name of the fruit on the card.*)
- Let's stand in a big circle in the middle of the room. (*Allow time for the children to move desks or tables, or else move to a space where they can make a circle.*)
- We're going to make a delicious fruit salad in a make-believe bowl. We're the bowl!
- Let's sing a song to the tune of "Mary Had a Little Lamb" as we make the fruit salad.
- I'll be the first fruit in the fruit salad. (*Stand in the middle of the circle.*)
- Each time, I'm going to sing the first line of the song and name a fruit—for example, "The salad needs a banana." All the children who have a banana card will walk into the center of the bowl.
- Then everyone sings "Banana, banana/The salad needs a banana/Then it will taste just right!"
- Let's practice. (*Perform this with the children to make sure they understand how to play.*)
- We'll continue until all the fruits are in the bowl. Then we'll all sing together "This fruit salad sure tastes great, sure tastes great, sure tastes great/This fruit salad sure tastes great/And it's a great GO food!"
- Everybody ready? Let's begin!

6. Play the game, singing out each fruit one at time until all the children are in the center of the bowl.
7. Play the game as many rounds as time permits. To keep children active, have them skip into and around in the bowl while everyone sings the song. Children can also hop, jump, walk backwards, leap, etc.
8. Collect the cards from the children when time is up.

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__:__ – __:__:__ **TRANSITION AND PHYSICAL ACTIVITY: Parachute**
@ 30 mins

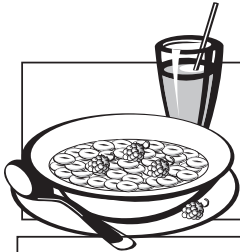
- Warm-Up: Balance Train (Fast Games) (5 minutes)
- Activity: Parachute Warm-Up (10 minutes)
- Activity: Spinning Wheel (10 minutes)
- Cool-Down: Row Boat (5 minutes)

__:__ – __:__:__ **TRANSITION AND CLOSURE**
@ 3 mins

9. Read from the dialogue box:

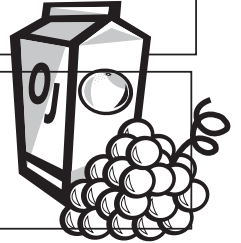
- It's important to start the day with breakfast. Then you'll have the energy to do all the things you want to do.
- It's also important to eat plenty of fruit and to eat fruits of different colors. And breakfast is a great time to eat fruit or drink a small glass of 100% fruit juice.
- When you're trying to think of a way to eat fruit at breakfast, look at your "Bright Ideas for Breakfast" handout.
- Here's the recipe for today's snack to show your parents. (*Give each child a copy of "Snacking at Home: Hearty's Stellar Sundae."*) Try to make and eat the snack at home.
- Are there any questions? (*Answer questions.*)

**Bright Ideas for
Breakfast**



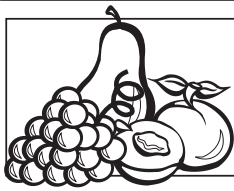
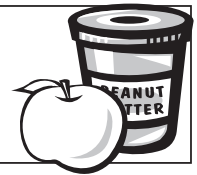
Top your favorite cereal with your favorite fruit.

Mix two kinds of 100% fruit juice to make a breakfast punch.



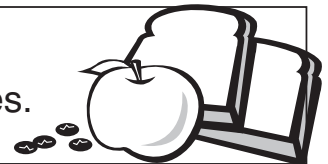
Blend a cut up banana with low-fat vanilla yogurt and a cup of 100% orange or apple juice.

Spread natural peanut butter on apple slices.



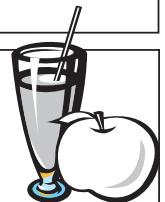
Cut up several kinds of fruit for a fruit salad.

Top a piece of whole-grain toast, English muffin, or bagel with raisins or apple slices.



Mash up half a ripe banana and mix it with 1 teaspoon of peanut butter and 1 teaspoon of honey. Spread it on toast or bread.

If you eat breakfast out, take an apple along or order 100% fruit juice.



Fruit Cards



Apple



Banana



Grapes



Orange

Fruit Cards



Lemon



Cherries



Peach



Pear

Snacking at Home:

Hearty's Stellar Sundae

Ingredients:

- ½ Cup of low-fat flavored yogurt (preferably fruit-juice sweetened)
- ½ Graham cracker sheet
- 1 Banana

Utensils:

- 1 knife (to cut bananas)
- ½ -Cup measuring cup

Directions:

1. Spoon 1/2 cup of the yogurt into a bowl.
2. Break the graham cracker sheet into small pieces, and place the pieces on top of the yogurt.
3. Peel and slice the banana. Place half the banana on top of the graham cracker pieces.
4. Eat and enjoy!