

FRESH FRUIT AND VEGETABLE PROGRAM

DECEMBER 2022

Nutrition Education and Activities!

Red Week: December 1-2, 2022

Activity: Create a List

Directions: Ask students to create a list of all of the red fruits and vegetables they know. (Some possible answers: apples, grapes, potatoes, onions, peppers, strawberries, watermelon, rhubarb, tomato, radish, raspberry, pomegranates.)

Orange/Yellow Week: December 12-16, 2022

Activity: Geography—Yams

Directions: Yams are mostly grown in South and Central America, Africa and Asia with the largest producer being Nigeria in Africa. Find the country of Nigeria on the continent of Africa.

Green Week: December 5-9, 2022



















Activity: Crunching Contest

Directions: Have your students rank from 1-5 (5 is high) the most crunchy vegetables and fruits and the least. At the end of the week, have your students share what they thought was the most and the least crunchy of the fruits and vegetables offered this week!

Tan/Blue/Purple Week: December 19-23, 2022

Activity: Fun Facts

Kiwi fruit used to be called a Chinese Gooseberry until it was renamed in 1959. There are different varieties of kiwis grown all over the world. Kiwis can be green, golden yellow, red, or purple!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Red Week		This Institution is an Equal Opportunity Provider.		1 Red Delicious Apple 	2 Watermelon 
Week 2 Green Week	5 Avocado Slices 	6 Celery Sticks 	7 Granny Smith Apple 	8 Green Grapes 	9 Fresh Broccoli 
Week 3 Orange/Yellow Week	12 Clementine 	13 Carrots 	14 Banana 	15 Kumquat 	16 Yam Sticks with Ranch Dip 
Week 4 Tan/White/Blue & Purple Week	19 Multi-Colored Carrot Slices 	20 Parsnips 	21 Cauliflower with Ranch Dressing 	22 Kiwi 	23 No School: Winter Break *Menu Subject to Change
Week 5 Holiday Break	26 No School: Winter Break	27 No School: Winter Break	28 No School: Winter Break	29 No School: Winter Break	30 No School: Winter Break

*Please share the nutrition education piece with your students. Remember the goal is to increase student participation and educate in trying new fruits and vegetables. All snacks must be distributed to students each day.