

FRESH FRUIT AND VEGETABLE PROGRAM

JANUARY 2024

Nutrition Education and Activities!

Red Week: January 1-5 & 29-31, 2024

Activity: Geography of Lychee

Directions: Lychee fruit is harvested from a tree that is mostly grown in southeast Asia. It takes 3 to 5 years for the tree to bear fruit. Ask the students to locate Asia on the World Map, and then locate Malaysia. It is also called "alligator strawberry." A video will be sent on January 4th on how to open the Lychee.

Orange/Yellow Week: January 15-19, 2024

Activity: Did You Know-Kumquat

Directions: Kumquats are a fruit native to south-eastern China and are now grown in the United States, and other countries. Kumquat is also known as the "gold orange" or "little gem." A kumquat tree is self-pollinating, which means it will produce fruit even if you only plant one tree. It is in the beginning of the third year from planting, kumquat tree should bear fruit. Kumquats should be eaten whole and unpeeled.

Green Week: January 8-12, 2024

Activity: What's the Difference Between a Fruit and Vegetable?

YouTube Video To Watch Together:
























https://www.youtube.com/watch?v=DTK-uWx_VQo

Watch this video with your students, you will also be sent out the link on January 8th for you to click on. Ask students what items this week on the FFVP calendar is a fruit and or a vegetable.

Eat a Variety of Colors Week: January 22-26, 2024

Activity: Color Me Delicious

Directions: Name a color, and ask student to name fruits or vegetables that are that color. Begin with easier colors like red, and then move to more challenging colors like purple.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Red Week	1 No School Happy New Year! 2024 	2 Apple Slices 	3 Red Pepper Sticks with Ranch Dressing 	4 Cherry Tomatoes 	5 Lychee 
Week 2 Green Week	8 Green Beans 	9 Lime Wedges 	10 Zucchini Coins 	11 Green Grapes 	12 Spinach with Ranch Dressing 
Week 3 Orange/Yellow Week	15 No School *Menu Subject to Change	16 Kumquat 	17 Lemon Wedge 	18 Yellow Squash Coin 	19 Starfruit 
Week 4 Eat a Variety of Colors Week	22 Fruit Mix 	23 Jicama with Ranch Dressing 	24 Petite Banana 	25 Kiwi 	26 Rutabaga Chunks 
Week 5 Red Week	29 Radish 	30 Gala Apple 	31 Late Start Watermelon 	This Institution is an Equal Opportunity Provider 	

*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.