

FRESH FRUIT AND VEGETABLE PROGRAM

FEBRUARY 2019

Nutrition Education and Activities!

Eat a Variety of Colors Week: February 18-22, 2019

Activity: Classroom Team Effort– Make a Rainbow!

Directions: Have your students help you draw a rainbow on the board. Have students name/list fruits and vegetables that fall under each color section to make the rainbow. Teachers, write the name of each produce item in the rings of the rainbow. Educate students that eating many different types of fruits and vegetables is very healthy because each color has different nutrition than the next!

Red Week: February 1 and 25-29, 2019

Activity: Water!

Directions: Ask students which fruits/vegetables have the most water content? (Watermelon, Strawberries, Spinach, Pineapple, Oranges, Raspberries, and Cucumbers). How many of these were red?

Green Week: February 4-8, 2019






















Activity: "Eating the Alphabet from A-Z"

Directions: As a class, have your students try to list one produce item for each letter of the alphabet! Which ones were the trickiest? Think of all the variety that was mentioned. There is so many fruits and vegetables out there!

Orange/Yellow Week: February 11-15, 2019

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!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Red Week			This Institution is an Equal Opportunity Employer	*Menu Subject to Change	1 Red Grapes 
Week 2 Green Week	4 Apple Slices 	5 Kiwi Fruit 	6 Broccoli with Ranch Dip 	7 Honey Dew Melon Cubes 	8 Celery Sticks with Ranch Dip 
Week 3 Orange/Yellow Week	11 Golden Apple 	12 Petite Banana 	13 Baby Carrots 	14 Orange Smiles 	15 <u>No School</u>
Week 4 Eat a Variety of Colors Week	18 <u>No School</u> This Institution is an Equal Opportunity Employer	19 Whole Pear 	20 Petite Banana 	21 Cucumber Slices with Ranch Dip 	22 Blueberries 
Week 5 Red Week	25 Apple Slices 	26 Cherry Tomatoes with Ranch Dip 	27 Watermelon 	28 Whole Strawberries 	29 Red Grapes 

*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.