

FRESH FRUIT AND VEGETABLE PROGRAM

JANUARY 2019

Nutrition Education and Activities!

Eat a Variety of Colors Week: January 21-25, 2019

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.

Red Week: January 1-4 and 28-31, 2019

Activity: Shapes and Colors

Directions: What kinds of shapes do the fruits this week make? Is it light or heavy? Is it sweet or savory? Which ones are fruits and which ones are vegetables?

Green Week: January 7-11, 2019
























Activity: Apples

Directions: Ask students if they've ever heard of the phrase "An Apple a Day Keeps the Doctor Away?" Apples are very nutritious and keep our bodies healthy. Apples are fiber rich. Fiber is what keeps our stomach and digestion (tummy's) running how it should. Apples also contain the mineral, potassium. We need this to protect us from getting sick. Apples are a great snack to have because they keep us feeling full until our next meal. Enjoy!

Orange/Yellow Week: January 14-18, 2019

Activity: Orange Smiles

Directions: There are over 600 varieties of orange trees found in the world. Oranges have high amounts of vitamin C which can help us from getting sick and help us heal. Did you know an orange tree can live up to 50 years? If you had to choose between a fresh orange or orange juice, which do you think would be healthier?

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Red Week		1 <u>No School</u> *Menu Subject to Change	2 Red Whole Apple 	3 Whole Strawberries 	4 Purple Plum 
Week 2 Green Week	7 Apple Slices 	8 Kiwi Fruit 	9 Sugar Snap Pea 	10 Green Grapes 	11 Celery Sticks with Ranch Dip 
Week 3 Orange/Yellow Week	14 Whole Green Apple 	15 Petite Banana 	16 Baby Carrots 	17 Cantaloupe Cubes 	18 Orange Smiles 
Week 4 Eat a Variety of Colors Week	21 <u>No School</u>	22 Whole Pear 	23 Petite Banana 	24 Cucumber Slices with Ranch Dip 	25 Blueberries 
Week 5 Red Week	28 Cherry Tomatoes with Ranch Dip 	29 Apple Slices 	30 Watermelon 	31 Whole Strawberries 	 This Institution is an Equal Opportunity Employer

*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.