

# FRESH FRUIT AND VEGETABLE PROGRAM

MARCH 2019

## Nutrition Education and Activities!

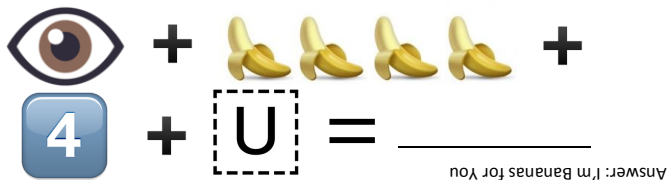
**Variety of Colors Week: March 18-22**

**And the Winner is...**

Tell students that they are going to choose a vegetable for the "Vegetable of the Day" award. Choose 3-5 different vegetables. Then ask student volunteers to say which is their favorite and give one reason why. After students have explained their choices, conduct a vote for the "Vegetable of the Day."

**Orange/Yellow Week: March 11-15**

Use your decoding skills to become an Emoji Code Breaker.



March is National Nutrition Month



**Green Week: March 4-8 Fruits: What's the Most Popular**

Tell students you will be reading a list of many different types of fruit. They are to stand up when they like the fruit, and sit down when they either don't like it or have never tried it. Ask if anyone has a favorite fruit you did not list. Count (or eyeball estimate) the number of students standing for each fruit to find the top three fruit choices in your class.

Apples. Banana. Blueberries. Cantaloupe. Cherries. Grapes. Mango. Orange. Peach. Pear. Pineapple. Strawberry. Watermelon. Kiwi. Plum. Raspberries.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> <b>Red Week</b>	*Menu Subject to Change				1 Red Grapes 
<b>Week 2</b> <b>Green Week</b>	4 Green Apple Slices 	5 Kiwi Fruit 	6 Broccoli with Ranch Dip 	7 Honeydew Cubes 	8 Celery Sticks with Ranch Dip 
<b>Week 3</b> <b>Orange/Yellow Week</b>	11 Golden Delicious Apple 	12 Banana 	13 Baby Carrots with Ranch Dip 	14 Orange Smiles 	15 Pineapple Chunks 
<b>Week 4</b> <b>Eat a Variety of Colors Week</b>	18 Blackberries 	19 Whole Pear 	20 Banana 	21 Cucumber Slices with Ranch Dip 	22 Blueberries 
<b>Week 5</b>	25 No School: March 25-March 29	26	27	28	29 

\*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.