UCONN CAFÉ: Fruit!

Materials needed:
- Radio
- Fruit poster
- Fruit cardboard cut outs with nutritional info.

Introduction:
Ice breaker: Sit in a circle one person remains standing and starts off by naming a fruit they like to eat and everyone who likes that fruit stands up and switches chairs the person without a seat then repeats the process.

Snack: Fruit sampling
Nutrition: How and why to eat enough fruit
Game: 4 corners as back up

Overview of Class Today:
- Reaching your fruit serving requirements a colorful way
- Sources and serving sizes of sources of fruits
- Go over a plan to get all servings through out the day

Snack: Sampling of different fruits (Options)
- Kiwis
- Pomegranates (blood oranges used, went over well)
- Avocados (would replace)
- Star fruit
- Pineapple
- Blueberries (mangos used, went over well)
- Some fruits will be precut let the students sample a little bit of each

Nutrition Lesson
Nutrition message
- Importance of eating a variety of colored fruits
  1. Use the worksheets to let the kids list as many colored fruits they can think of.

Discussion points
- Presence of different vitamins in different colored fruits
  1. Use the cardboard cut outs to let the kids see the nutrition information of some common fruits
- Different ways of eating fruits
  1. Show the hand out with different serving sizes of different methods of eating fruit.
  2. Talk about fruit juices, dried fruit, canned fruit, fresh fruit, etc.
- Ways you can spread out eating fruit through out the day
  1. Example: orange juice at breakfast, apple for snack, etc.
- Name of handout/worksheet
  Multiple sheets attached
Game

4 Corners:

1. One instructor sits in the middle of the room.
2. The students pick a corner in the room to stand in.
3. Students must cross sides of the room a certain way (hop, skip, jog, take giant steps).
4. The person in the middle places their head down so they can not see what’s going on in the room.
5. Another instructor plays music for awhile while everyone moves from corner to corner until the music stops.
6. Once the music is stopped everyone has to stay at the corner they are closest too.
7. The person in the center then picks a corner they suspect to have the most people in.
8. Everyone who is in that corner is now out of the game and sits down.
9. This is repeated until there is only one person left who becomes the winner.

Time requirements:

Lesson 15 minutes
Snack 10 minutes
Game 20 minutes