

Grade 4: Vegetables and Fruit: Are YOU Getting Enough?

What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Junior Grades
- Understand the ‘balanced diet’ and how it relates to *Eating Well with Canada’s Food Guide. A Resource for Educators and Communicators*. Available free from www.healthcanada.gc.ca/foodguide or from your local public health unit/department.
- Understand what is meant by the VITALITY Approach. *The VITALITY Approach: A Positive Approach to Healthy Living* available at www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/positive_approach-approche_sain_e.html

Resources required

- *Paint your Plate!* Food Diary (provided)
- *Canada’s Food Guide* (available free from www.healthcanada.gc.ca/foodguide or from your local public health unit/department).

Instructions

Option 1:

- Have students record all foods and beverages that they eat for five days on the *Paint Your Plate!* Food Diary.
- At the end of the week, have them answer the questions on the *Paint Your Plate!* Food Diary.

Option 2:

- Discuss with the students the other factors that influence their body shape and size (eg, heredity, exercise, overall health).
- Besides eating healthy foods, ask what they can do to help achieve and maintain a healthy weight? (being physically active, feeling good about themselves).
- Review *Canada’s Physical Activity Guides* and distribute for parents.

Note: Refer to Section 2.6 Vegetables and Fruit Busy Box for hands-on activities with real vegetables and fruit.

Activity:

Paint Your Plate! Food Diary

Please record all foods and beverages that you eat for the next five days.

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>					
<i>Snack</i>					
<i>Lunch</i>					
<i>Snack</i>					
<i>Supper</i>					
<i>Snack</i>					



Questions:

Paint Your Plate! Food Diary

1. How many servings of vegetables and fruit should you eat each day based on *Canada's Food Guide*?

One Food Guide serving is equal to:

- 1 medium fresh vegetable or fruit,
- 250 mL (1 cup) salad, or raw leafy vegetables,
- 125 mL (1/2 cup) cooked leafy vegetables,
- 125 mL (1/2 cup) cut up raw, cooked, frozen or canned vegetables or fruit,
- 60 mL (1/4 cup) dried fruit, or
- 125 mL (1/2 cup) 100 per cent unsweetened vegetable or fruit juice.

2. Did you eat the recommended number of servings of vegetables and fruit each day? Yes or No?

- Monday _____
- Tuesday _____
- Wednesday _____
- Thursday _____
- Friday _____

3. How many different vegetable and fruit colours did you eat each day? Remember, the colours are: red, yellow/orange, green, blue/purple and white/tan/brown.

- Monday _____
- Tuesday _____
- Wednesday _____
- Thursday _____
- Friday _____

4. How many servings of vegetables and fruit do you need to add to reach the recommended number of servings of vegetables and fruit each day?

5. List ways that you can eat more vegetables and fruit each day.



Grade 4: Paint Your Plate!... The Easy Way

What you need to know

- Section 2.2 Teacher Backgrounder
- Section 2.3 What You Need to Know in the Classroom: Junior Grades
- Background nutrition information on vegetables and fruit:
 - *Colour It Up... Go for More Vegetables and Fruit: A-Z Vegetable Guide* available at www.colouritup.ca
 - Canadian Produce Marketing Association's website at http://www.cpma.ca/en_heav_vegetables.asp and http://www.cpma.ca/en_heav_fruits.asp.
- Definitions of "everyday foods" and "sometimes foods" available in *Discover Healthy Eating! A Teacher's Resource for Grades 1-8*. Background information (Grades 4-6), available free at http://www.toronto.ca/health/dhe_index.htm or from your local public health unit/department.

Resources required

- Chalkboard or overhead projector

Instructions

- Begin a discussion with students about their most recent meal and what was included. Ask if it included a vegetable or fruit. Encourage students to share simple ways to incorporate vegetables and fruit into the meal/snack examples they provided.
- Keep track of all suggestions on the chalkboard or overhead projector, separating them into one of four categories: breakfast, lunch, dinner and snacks. Use the suggestions below as examples to get the discussion started or when students run out of ideas:
 - Macaroni and cheese with spinach, zucchini or canned tomatoes
 - Fruit smoothie (yogurt or milk blended with a favourite fruit)
 - Fruit (fresh, frozen, canned or dried) on cereal
 - Finely chopped vegetables in meatloaf, hamburgers, meatballs or spaghetti sauce
 - Pizza topped with vegetables or fruit (eg, pineapple, mandarin oranges, mushrooms)
 - Peanut butter and banana sandwiches
 - Apple slices with cheese cubes
 - Bean and vegetable burritos
 - Omelette or scrambled eggs with chopped vegetables
 - Carrots, tomatoes, celery, radishes, etc, added to a green salad
 - Carrots, celery, peppers, zucchini or other vegetables with a dip
 - 100 per cent unsweetened vegetable or fruit juice with dinner or a snack
- Once the list is complete, compile all the suggestions and make copies for each student to take home to his or her parent/guardian.
- Have a discussion that will help students learn ways to include more vegetables and fruit in their meals and snacks, and also at special occasions like a birthday party or restaurant meal.

Note: Refer to Section 2.6 *Vegetables and Fruit Busy Box* for hands-on activities with real vegetables and fruit.

