Jot It Down!

Skills: Keeping a journal, identifying fruits and vegetables

Grade levels: 2–6

Materials:

- copies of the fruits and vegetables journal entry sheet

Introducing the lesson:

Ask students what they need to help them grow and stay healthy. Then ask students to recall what they ate or drank yesterday, specifically thinking of any fruits and vegetables that were part of their meals or snacks.

Steps:

1. Give each student a copy of the food journal entry sheet. Use the information at the top of the sheet to review how much one serving is.
2. Have each child complete his sheet.
3. Explain that, nationally, children eat or drink an average of only 2½ servings of fruits and vegetables a day. Have each child compare his result to the national average.
4. Have each child complete a copy of the food journal entry sheet for the next five days.
5. After the five days, ask students whether they ate more or fewer fruits and vegetables as the week went on.

Extensions:

- At the end of five days, have each student find his daily average of fruits and vegetables. Then put students in small groups and have them find their group's daily average.
- Have each child use his data to make a graph. Then collect each student's data and lead students in making a class graph.

Dole NUTRITION INSTITUTE

Grade 2–Grade 6

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Name_____ Date_____

Fruits and Vegetables Journal

One serving is:

1 piece of fruit
¾ cup of 100% fruit juice
¼ cup of dried fruit
1 cup of leafy greens like lettuce
½ cup of cooked vegetables or canned fruit

List the fruits and vegetables you ate or drank.

Breakfast:_____

_____

Lunch:_____

_____

Dinner:_____

_____

Snacks:_____

_____

Total for the day: _____

How did you do? _____

_____

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