



Getting Healthy Is Fun!

Lesson Plans, Recipes, Activities,
and Games to Teach Healthy Eating
PreK–Grade 6



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Lesson Plans, Recipes, Activities, and Games to Teach Healthy Eating PreK–Grade 6

Looking for fun ways to teach your students about the importance of eating fruits and vegetables? This kit includes dozens of ready-to-use ideas and activities. Try them in your classroom today!

Here's what's inside:

- **Ten lesson plans.** Each easy-to-follow lesson plan details the skills you'll be teaching, the materials you'll need, and a step-by-step activity. You'll also find any patterns or skill sheets needed to complete the lesson and fun ideas for extending the learning!
- **Healthy, kid-friendly recipes.** You'll get one for each month of the school year, September through May. The front of each card includes a simplified version of the recipe that uses pictures and minimal text to convey the steps, and the back includes a text version in traditional recipe format. Plus each recipe includes a fun food fact that's sure to catch students' attention!
- **Ready-to-use learning game.** This colorful, two-sided game includes a simpler version for little learners and a more complex version for older students.
- **Ideas for celebrating fruits and vegetables.** You'll find that these simple activities don't require a lot of preparation but do pack in a lot of learning!



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Ten fun and educational lesson plans!

These activities are quick to prepare, and kids will love them! Plus they cover lots of important skills across the curriculum.

Skills for PreK–grade 1

- Identifying beginning sounds
- Using descriptive words
- Following oral directions
- Using the senses to share information
- Predicting, measuring, and comparing
- Identifying fruits and vegetables
- Graphing
- Understanding the concepts of more, fewer, and equal

Skills for grades 2–6

- Responding to a writing prompt
- Writing a riddle
- Keeping a journal
- Identifying fruits and vegetables
- Understanding parts of plants
- Measuring food servings

You'll also find handy patterns and skill sheets, including fruit and vegetable cards, writing prompts, a food journal, and more!

For PreK–grade 6!

Healthy, kid-friendly recipes

Whether you're looking for a healthy snack for a class event or just a special treat, cook up some fun with these recipes. There's one especially for each month of the school year! The recipes are printed on heavy-duty card stock, so they'll last year after year. Each recipe has two versions—a picture-based version for younger children and a step-by-step text version for older students. Each also includes a fun food fact to keep students learning.

Cooking in the classroom provides engaging practice for skills like these:

- Reading and following directions
- Language development and vocabulary
- Measuring
- Learning about fruits and vegetables

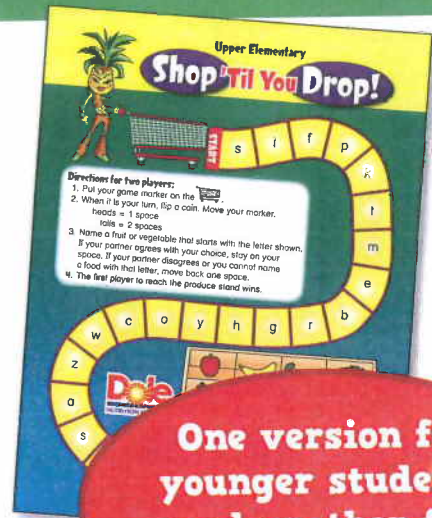
Many of the recipes will fit your favorite classroom themes too!

For all ages!

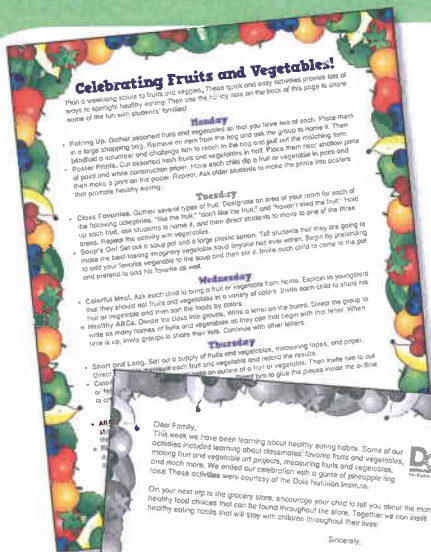
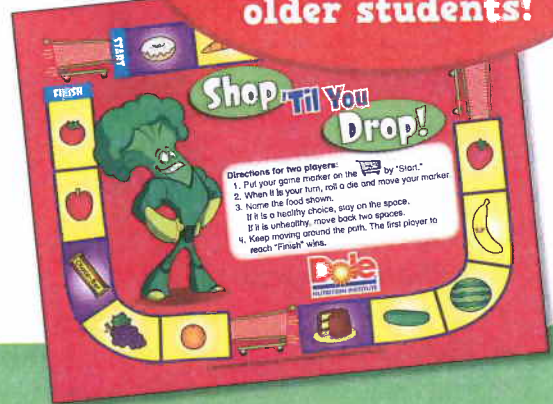


Ready-to-use learning game

With a roll of the dice or a flip of a coin, students will be on the path to learning about healthy eating! Each two-player game reinforces students' knowledge of fruits and vegetables in a fun format. These colorful games are printed on heavy-duty card stock, so you'll be able to play them year after year. Use them at centers, for early finishers, as rainy day activities, or for free-time fun.



One version for younger students and another for older students!



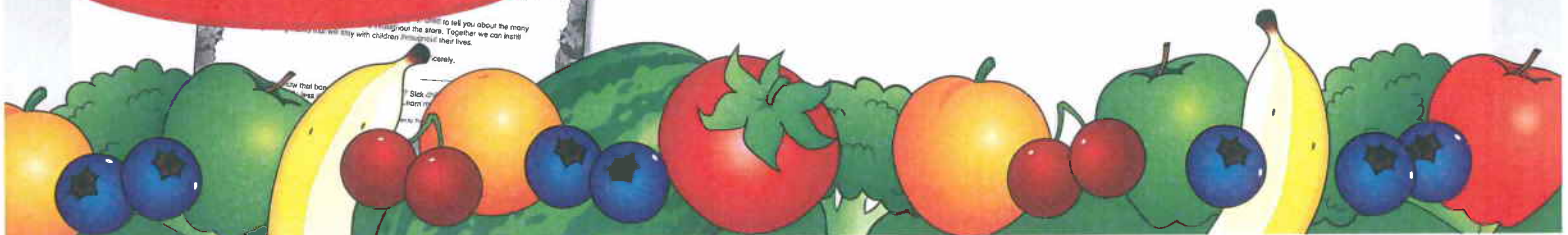
Easy ideas for celebrating fruits and vegetables

Plan a weekly salute to fruits and vegetables! This handy guide provides quick and easy activities for every day of the week. There's also a convenient parent note so you can let families know about all the healthy activities that have been going on in your classroom.

The daily activities cover skills like these:

- Alphabet
- Language development and vocabulary
- Self-expression
- Sorting
- Patterning
- Measuring
- Learning about fruits and vegetables
- Fine motor
- Gross motor

For all ages!



Getting Healthy Is Easier With the Superfoods!

All fruits and vegetables are good for you, but some are supercharged with nutrients. Teach your students about Superfoods like these:

Superfoods for your Heart

- Bananas
- Blackberries
- Blueberries
- Broccoli
- Butternut squash
- Cranberries
- Guava
- Kiwifruit
- Mangoes
- Oranges
- Parsnips
- Plantains
- Potatoes
- Pumpkins
- Raspberries
- Red cabbages
- Red bell peppers
- Spinach
- Strawberries
- Swiss chard
- Tomatoes
- Watermelons
- Yams

Superfoods for your Eyes

- Butternut squash
- Carrots
- Chicory greens
- Collard greens
- Pumpkins
- Red leaf lettuce
- Romaine lettuce
- Spinach
- Sweet potatoes

Superfoods for your Immunity

- Asparagus
- Broccoli
- Cashews
- Green leaf lettuce
- Guava
- Mangoes
- Nectarines
- Plums
- Red cabbages
- Spinach
- Tangerines

Superfoods for your Brain

- Blackberries
- Blueberries
- Broccoli
- Oranges
- Potatoes
- Raspberries
- Spinach
- Strawberries

Superfoods for your Joints

- Pineapple
- Cherries

Superfoods for your Bones

- Arugula
- Broccoli
- Chicory greens
- Collard greens
- Kale
- Spinach
- Swiss chard

To learn more about what makes a Superfood or to find additional nutrition activities, visit www.dole.com.



Picking Produce



PreK–Grade 1

Skills: Identifying beginning sounds, identifying fruits and vegetables

Grade levels: PreK–1

Materials:

- assortment of fruits and vegetables
- grocery bag

Introducing the lesson:

Gather children in a circle. Display each produce item and have students identify its name and its beginning sound. Then reinforce the beginning sounds with this fun activity.

Steps:

1. Place the produce items in the grocery bag.
2. Have students pass the bag around the circle while reciting the rhyme shown.

Fruits and vegetables are good to eat
With a meal or as a treat.
Pass the produce round and round.
Now pick one out and say its first sound!

3. At the end of the rhyme, have the child holding the bag take out an item, identify its name, and say its beginning sound or blend. Encourage the rest of the group to repeat the item's name and its sound.
4. Repeat the activity until the bag is empty.

Extensions:

- Place fruits and vegetables in a container. Have students sort the produce by beginning sounds.
- Display a produce item and have students identify its beginning letter or blend. Then invite children to name other words that begin with that letter or blend.



Fabulous Fruits!



PreK–Grade 1

Skills: Using descriptive words, using the senses to share information

Grade levels: PreK–1

Materials:

- 5 boxes with lids (Cut a hole in the end of each box so a child's hand fits through. Label each box with a different number from 1 to 5.)
- 5 sheets of paper, each labeled with a number from 1 to 5
- 5 different fruits

Introducing the lesson:

Invite students to name familiar fruits and describe their shapes, their textures, and any other attributes.

Steps:

1. Secretly place each fruit in a different box.
2. Invite a child to reach through the hole, touch the fruit inside, and then share descriptive words about how it feels.
3. Write the child's responses on the corresponding numbered paper. Continue until each child has had a turn and each fruit has been described.
4. Conclude the activity by reading each list of words and having students guess each fruit. Then open each box to check for accuracy.

Extensions:

- Invite each child to taste the different fruits. Encourage students to describe each fruit's taste, smell, and appearance. Record students' responses and then review the descriptive words with the group.
- Place an assortment of fruits in a shopping bag or basket, making sure there are several colors represented. Invite a child to pick a fruit and identify its color. Continue with the remaining fruits, having students place the same-color fruits together.



Shopping for Fruit



PreK-Grade 1

Skills: Graphing; concepts of more, fewer, and equal

Grade levels: PreK-1

Materials:

- multiple copies of the fruit cards (varying the number of cards for each fruit)
- graph with a column for each type of fruit card
- "Grocery Store" sign

Introducing the lesson:

Post the grocery store sign in a designated area; then place the fruit cards at the store. Tell students they are going to take a trip to the grocery store and pretend to buy fruit.

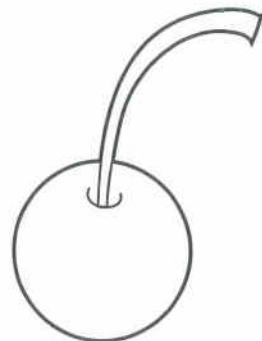
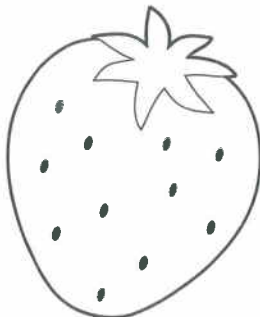
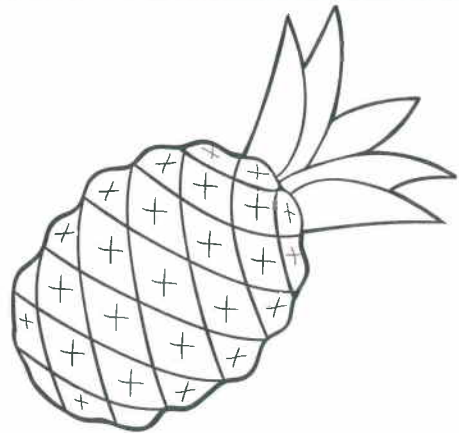
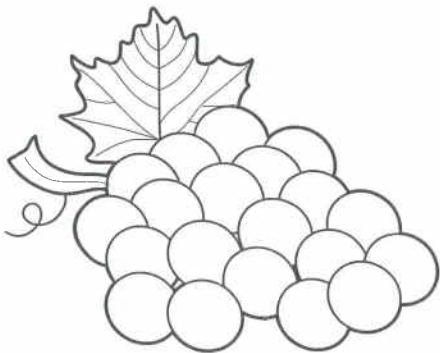
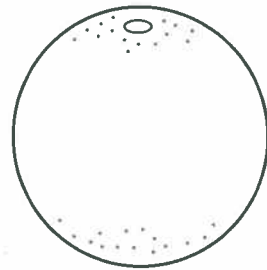
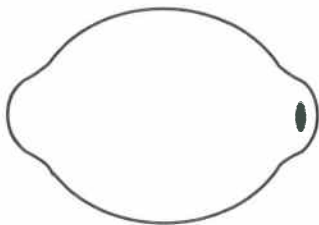
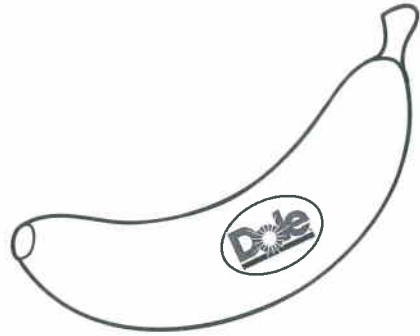
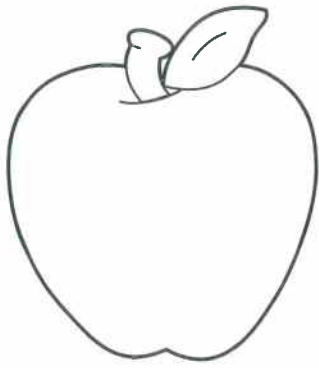
Steps:

1. Invite each child to visit the grocery store and choose a card.
2. Have each student show her card to the group, identify the fruit, and then place the card in the appropriate column on the graph.
3. After all the cards are on the graph, have students count the cards in each column to determine which has more, which has fewer, or whether they have an equal amount.

Extensions:

- Make copies of two cards to create an *AB* fruit pattern. Attach several cards to a paper strip to begin the pattern. Set out the pattern strip and cards; then invite students to copy and extend the pattern. For an added challenge, have students copy and extend an *ABC* fruit pattern.
- Have students study a set of cards to find similarities and differences in the fruit. Have them sort the cards into groups and subgroups according to the attributes.





Tip the Scale

Skills: Predicting weight, measuring by weight, comparing

Grade levels: PreK-1

Materials:

- several different types of vegetables
- balance scale or digital scale

Introducing the lesson:

Display each vegetable and have students identify its name. Then invite students to hold each vegetable to feel its size and weight.

Steps:

1. Display two vegetables. Ask the class to predict which is heavier.
2. Tally students' predictions on the board.
3. Weigh the vegetables on the scale.
4. Compare the predictions to the results.
5. Repeat the activity using different pairs of vegetables.

Extensions:

- Provide vegetables that can be arranged in height or width order. Invite students to place the vegetables in order from smallest to largest.
- Choose several different-size vegetables. Cut a string to match each one's circumference. Challenge students to match each vegetable with its corresponding string.



Produce Detectives



PreK–Grade 1

Skill: Following oral directions

Grade levels: PreK–1

Materials:

- fresh fruit hidden in the classroom (enough for each child to have some)
- direction cards to help guide students to the hidden fruit (e.g., “Hop to the reading area” or “Tiptoe to the science table”)
- plastic knife for cutting the fruit (if needed)

Introducing the lesson:

Tell your students they are going to pretend to be produce detectives. Explain that you have hidden delicious fruit in the classroom and their job is to follow your directions to find it.

Steps:

1. Read a card aloud and have students follow the directions.
2. After the children reach the destination, have them scan the area for the fruit.
3. When no fruit is discovered, read aloud another direction card.
4. Continue in the same way until the hidden fruit is discovered.
5. Have students identify the fruit; then serve it for a healthy snack!

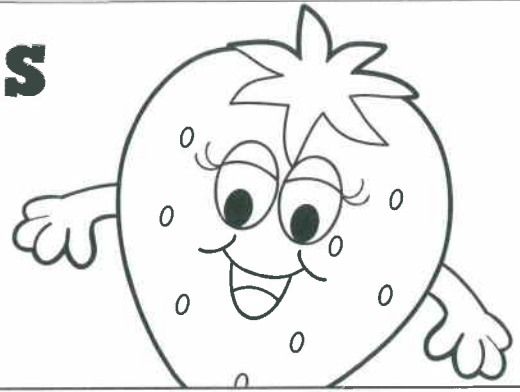
Extensions:

- Give each child a copy of “Fruits and Veggies.” Then provide students with oral directions, such as “Draw a green circle around the banana” and “Color the pepper red,” to complete the page.
- Prepare two sets of cards from the “Fruits and Veggies” page. Place the cards facedown. A child flips over two cards. If the cards match, he sets them aside. If they do not match, he turns them back over. Students take turns flipping pairs of cards until all the cards have been matched.



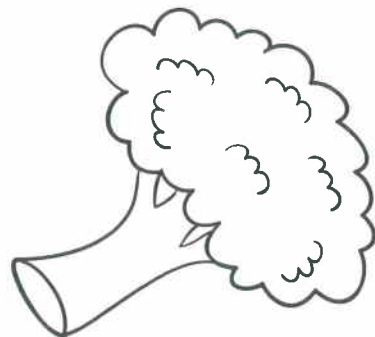
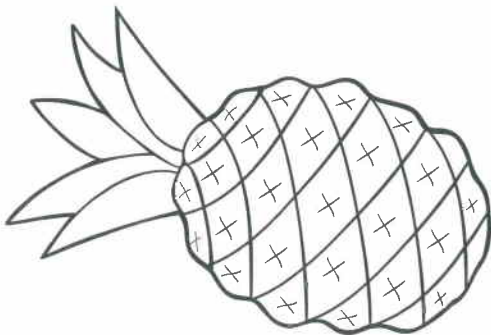
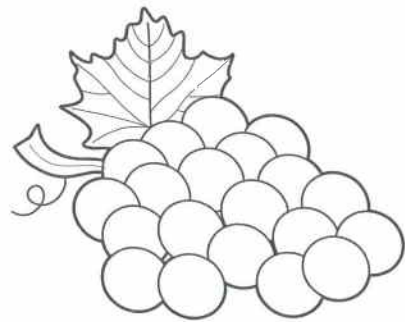
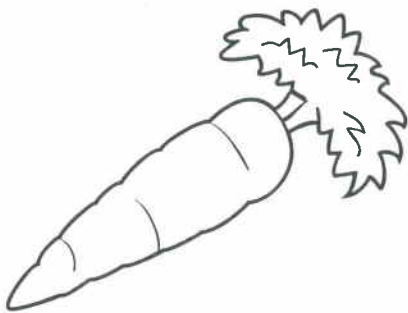
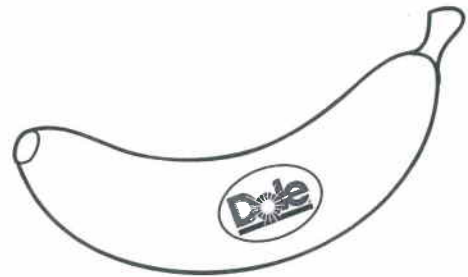
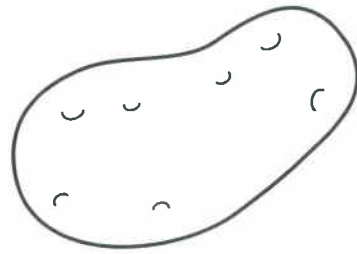
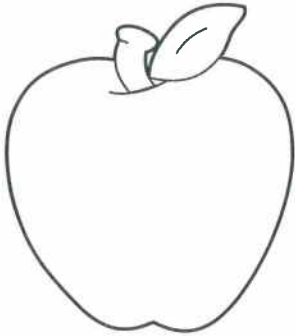
Name _____

Fruits and Veggies



Listen.

Follow the directions.



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.



Name _____

Date _____

Fruits and Vegetables Journal

One serving is:

- 1 piece of fruit
- $\frac{3}{4}$ cup of 100% fruit juice
- $\frac{1}{4}$ cup of dried fruit
- 1 cup of leafy greens like lettuce
- $\frac{1}{2}$ 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? _____

Name _____

Date _____

Fruits and Vegetables Journal

One serving is:

- 1 piece of fruit
- $\frac{3}{4}$ cup of 100% fruit juice
- $\frac{1}{4}$ cup of dried fruit
- 1 cup of leafy greens like lettuce
- $\frac{1}{2}$ 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? _____

Measure It!

Skill: Measuring servings of fruits and vegetables

Grade levels: 2–6

Materials for each small group:

- copies of the recording sheet
- foods to measure (fruit juice, leafy greens, canned peas, canned fruit chunks, raisins)
- plastic serving bowls
- large plastic tumbler or pitcher
- plastic measuring cups in the following sizes: $\frac{1}{4}$ cup, $\frac{1}{2}$ cup, and 1 cup

Introducing the lesson:

Explain to students that different amounts of various kinds of fruits and vegetables are considered a serving. Show students the foods that they will be measuring in their group and tell them how much of each one equals a serving.

Steps:

1. Give each group a copy of the recording sheet and assign each group to a work area.
2. Name a fruit or vegetable and have each group measure one serving of the item, referring to the serving chart on the recording sheet as necessary.
3. Then have the group read each question and use the necessary foods to answer the question.
4. After each group has finished, have students share their answers.

Extensions:

- Make a recipe that involves a variety of measurements.
- Have each child write a menu for one day that contains at least nine servings of fruits and vegetables. Be sure students write the amount of each food they will eat.



Measure It!



One Serving Size for Fruits and Vegetables

$\frac{3}{4}$ cup of 100% juice

1 cup of leafy greens

$\frac{1}{2}$ cup of canned or cooked vegetables

$\frac{1}{2}$ cup of canned or fresh

fruit chunks

$\frac{1}{4}$ cup of dried fruit

1. How many servings of canned fruit are equal to 2 cups? _____
2. How many servings of leafy greens are equal to 8 cups? _____
3. How many cups of cooked vegetables would you need to serve six people a serving each? _____
4. How much juice would you need for each person in your group to have a serving? _____
5. How much dried fruit would you need for ten people to each have a serving? _____
6. If you ate $2\frac{1}{2}$ cups of canned vegetables, how many servings would you have eaten? _____

Let's Eat Some Plants!

Skill: Understanding which parts of plants are edible

Grade levels: 2-6

Materials:

- copy of the plant parts reference sheet
- example of each type of edible plant part (fruits, flowers, leaves, roots, seeds, seed pods, stems, tubers)

Introducing the lesson:

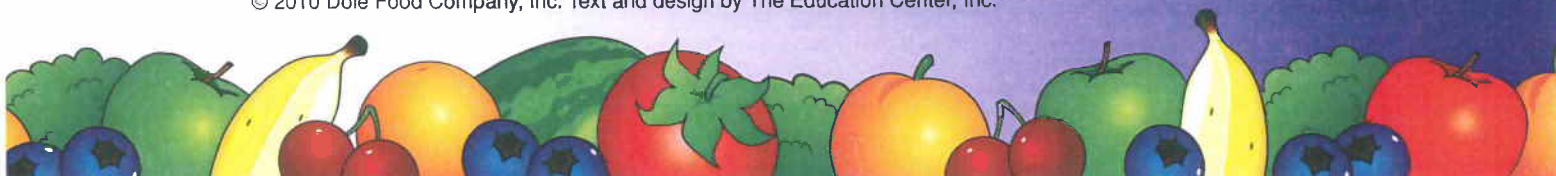
Explain to students that we eat many different parts of plants. Ask students to name the parts that can be eaten. Write each name on the board, leaving room underneath to write a list. Add any plant parts that students do not name.

Steps:

1. Display each edible plant part and ask volunteers to identify which part it is and what plant it comes from. Write each plant name under the correct heading.
2. Have each child name a plant that he likes to eat and write it under the category to which it belongs.
3. Using the reference sheet, name other plant parts and ask volunteers to write the names under the correct categories.
4. Guide youngsters to compare the number of foods in each category to determine which list contains the most and which contains the least.

Extensions:

- Ask each child to write a list of his favorite fruits and vegetables. Then have him study his list to determine which plant part is his favorite to eat.
- Ask each student to create a poster to encourage her classmates to eat her favorite plant part.



Edible Plant Parts

Fruits

Apples
Apricots
Avocados
Bananas
Bell peppers
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Cucumbers
Dates
Eggplant
Figs
Grapes
Kiwifruit
Kumquats
Lemons
Mangoes
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pumpkins
Raspberries
Strawberries
Squash
Tangelos
Tangerines
Tomatoes
Watermelons

Flowers

Artichokes
Broccoli
Cauliflower

Leaves

Basil
Brussels sprouts
Beet greens
Cabbage
Chard
Cilantro
Endive
Kale
Lettuce
Mustard greens
Onions
Parsley
Spinach
Turnip greens
Watercress

Roots

Beets
Carrots
Parsnips
Radishes
Rutabagas
Sweet potatoes
Turnips

Tubers

Potatoes
Yams

Seeds

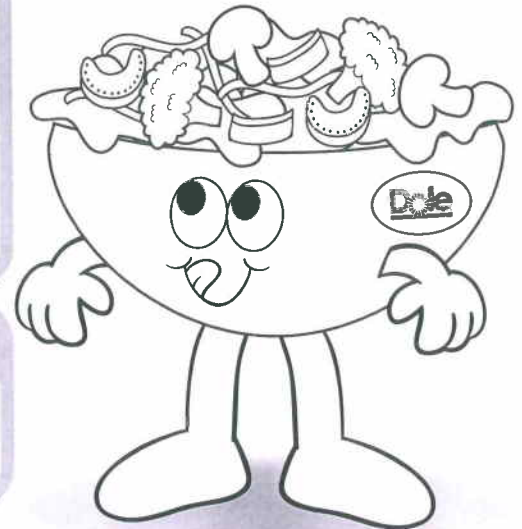
Black beans
Corn
Lima beans
Kidney beans
Peas
Pumpkin seeds
Sunflower seeds

Seed Pods

Chili peppers
Green beans
Okra
Snap pea pods
Snow pea pods
Wax beans

Stems

Asparagus
Celery
Leeks
Green onions
Rhubarb



Producing Riddles

Skills: Writing a riddle, learning about fruits and vegetables

Grade levels: 2–6

Materials:

- copies of the riddle sheet
- banana

Introducing the lesson:

Display the banana and invite students to name descriptive words or facts about it. Write their responses on the board. Then enlist students' help to write a riddle about the banana similar to the one that follows:

I am yellow and sweet.
I grow on a tall plant.
Monkeys like to eat me.
I'm good for your heart.
What am I?

Steps:

1. Give each student a copy of the riddle sheet. Invite him to choose a fruit or vegetable about which he would like to write a riddle.
2. Have him draw a picture of the fruit or vegetable in the designated space. Then instruct him to fold the paper back where indicated so the drawing can't be seen.
3. On the back of the paper, encourage him to list descriptive words or facts about his choice.
4. Then have him use the list to write a riddle in the designated area of his paper.
5. Invite each child to read his riddle and then ask a classmate to guess the answer. Then have him unfold the paper to reveal the drawing.

Extensions:

- Display the riddles in the hallway for other students and teachers to read.
- Challenge students to write a rhyming riddle.



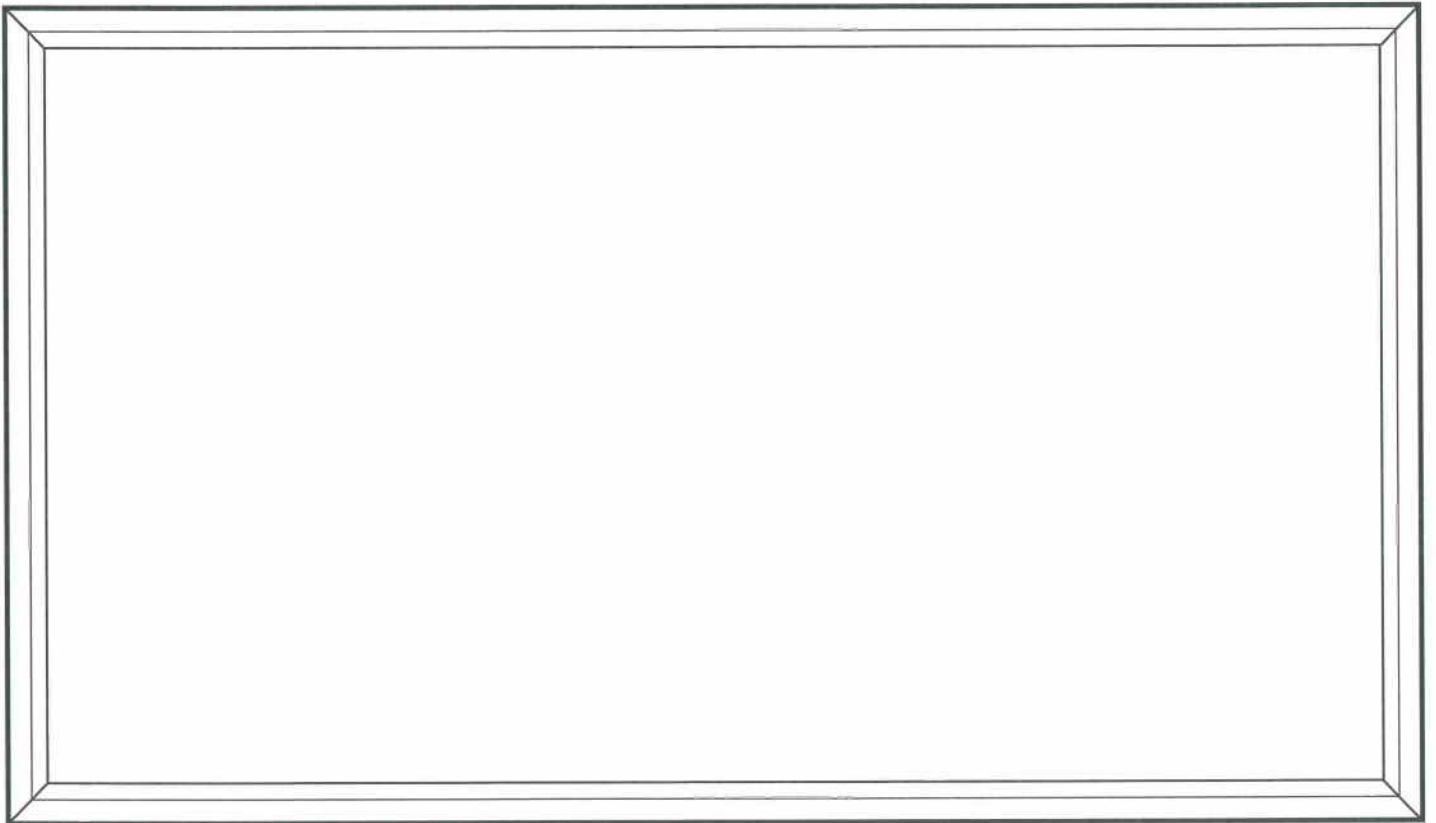
Name _____

Producing Riddles

Write.

----- Fold here. -----

Draw.



Produce Pals



Grade 3–Grade 5

Skills: Responding to a writing prompt, learning about fruits and vegetables

Grade levels: 3–5

Materials:

- copies of the writing prompts (enough for each child to have one strip), cut apart
- glue
- paper

Introducing the lesson:

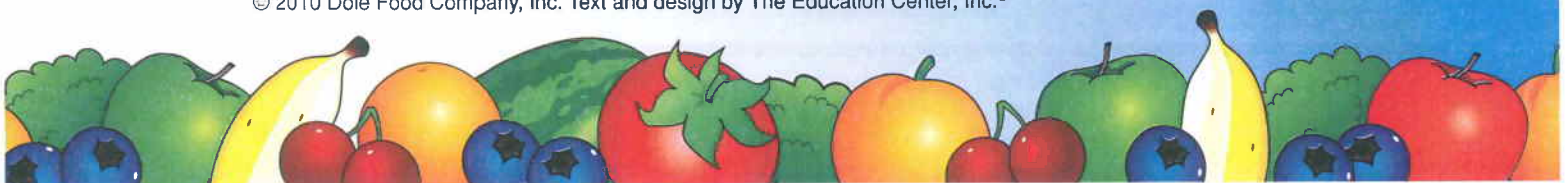
Invite a child to choose a writing prompt and read it aloud as you copy it onto the board. Lead the class in a discussion of the food and list facts about it on the board.

Steps:

1. Have each child choose a writing prompt and glue it to his paper.
2. Instruct the student to make a list of facts about the food. If needed, provide time for him to use resources to verify his facts or to add to his list.
3. Direct the child to use his facts to complete his response.

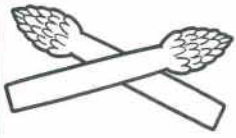
Extensions:

- After publishing his final draft, instruct each student to draw a picture of his food character. Post the stories and illustrations in the school cafeteria.
- Have students work in pairs to generate a response. Invite students in each pair to act out their writing, with one student serving as the narrator and the other acting as the food character(s).
- Give each student a blank paper strip and encourage her to write her own prompt. Remind the child to use a clever food name! Place the prompts at a writing center with glue and paper.



Produce Pals

Writing Prompts



Annie and Arthur Asparagus want everyone to know that they are the stems of plants, so they decide to tell the other vegetables all about it.



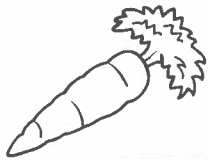
Anthony Apple is pleased to be one of the most popular fruits in the United States! He has a lot to be proud of and decides to write his own story.



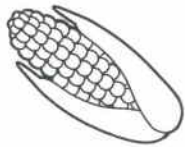
Bobby Banana is proud of the tropical paradise he once called home and is excited when he's asked to give a speech about where bananas come from.



Brooke Broccoli has a story to tell, and it is the story of why broccoli is one of the "super vegetables." Her story goes something like this.



His bright orange color makes Calvin Carrot an important vegetable. He decides to share the good news about carrots.



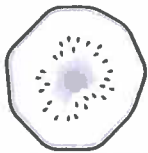
Cornelius Corn wants the folks in town to learn some new ways to eat corn, so he decides to...



Daniella Date is also known as the "candy that grows on trees" and she couldn't be prouder! Sadly, a lot of people don't know much about dates, so she decides to fix that.



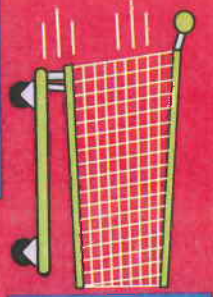
Gus Grapes knows all about how grapes are made into raisins. Here's how it works.



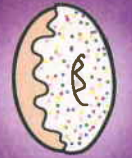
Kelly Kiwifruit wants more students to make kiwifruit part of their day, so she plans a speech that explains why kiwifruit is such a good choice.



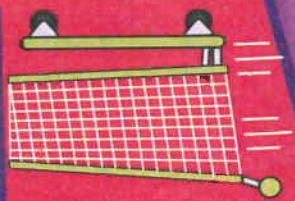
Lucy Iceberg-Lettuce is happy to be such a popular vegetable, so she decides to tell students how to make great salads.



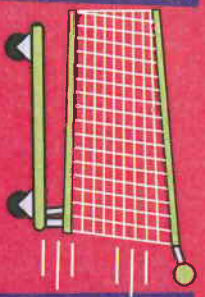
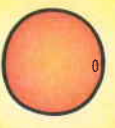
START



Early Elementary




FINISH



Shop 'Til You Drop!

Drop!

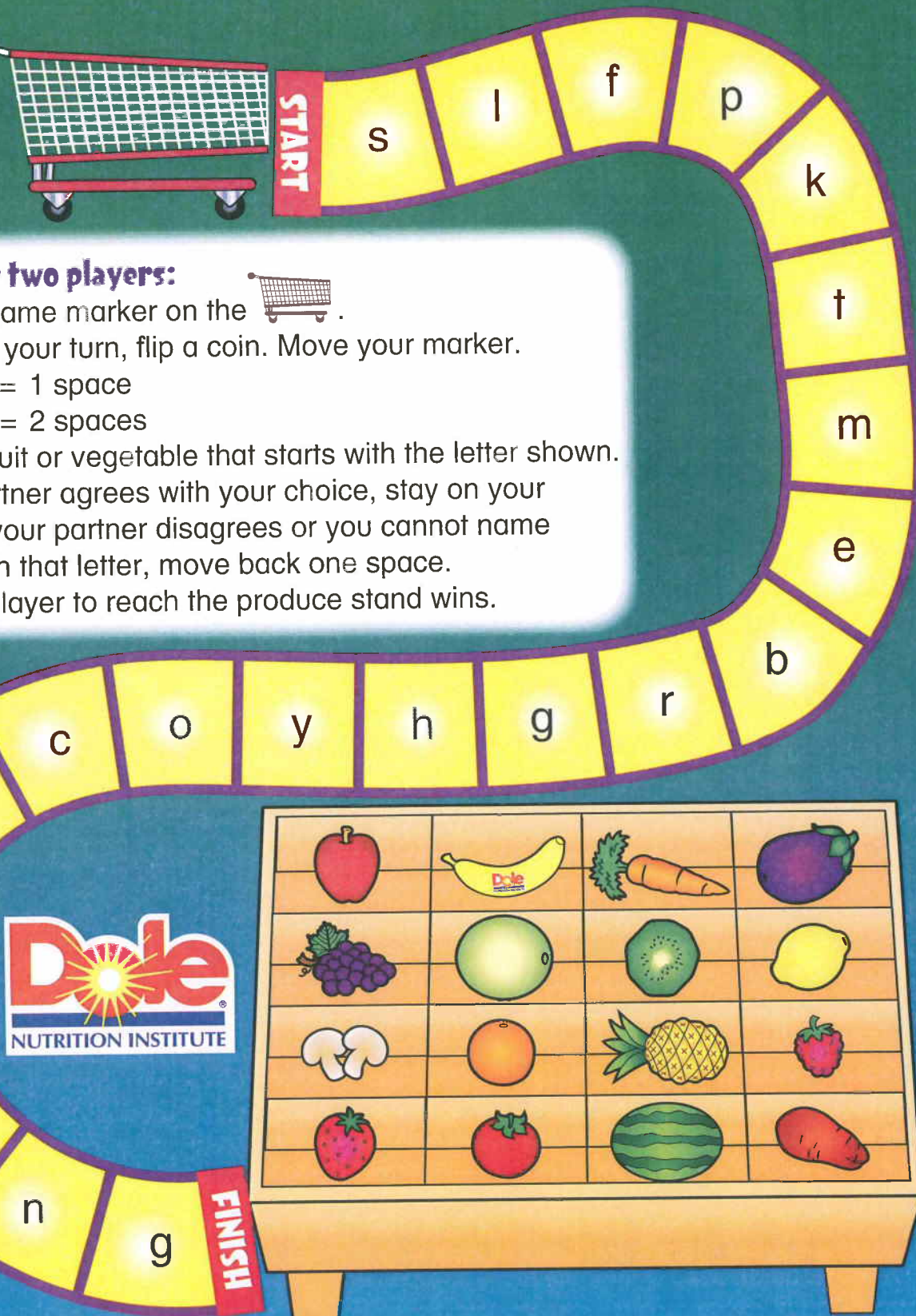
Directions for two players:

1. Put your game marker on the  by "Start."
2. When it is your turn, roll a die and move your marker.
3. Name the food shown.
If it is a healthy choice, stay on the space.
If it is unhealthy, move back two spaces.
4. Keep moving around the path. The first player to reach "Finish" wins.




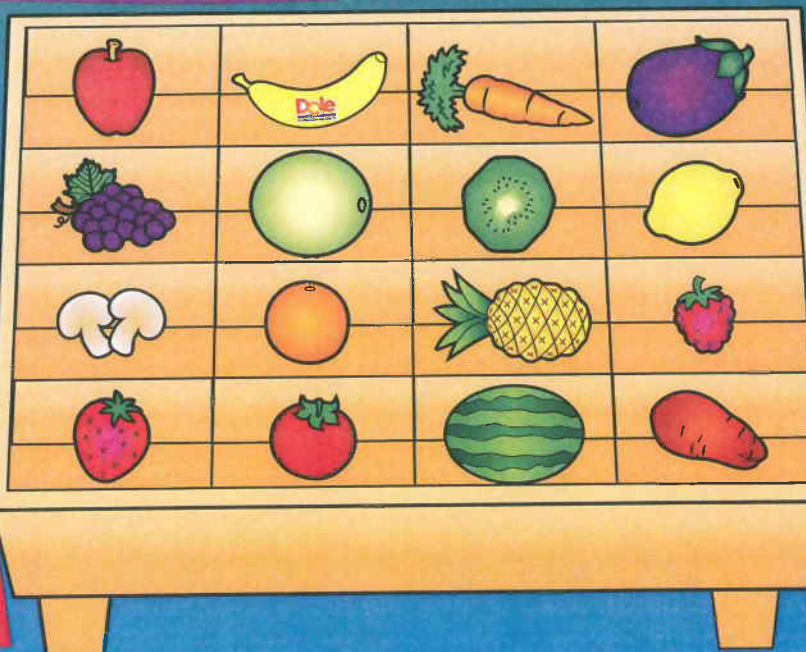
Upper Elementary

Shop 'Til You Drop!



Directions for two players:

1. Put your game marker on the .
2. When it is your turn, flip a coin. Move your marker.
heads = 1 space
tails = 2 spaces
3. Name a fruit or vegetable that starts with the letter shown. If your partner agrees with your choice, stay on your space. If your partner disagrees or you cannot name a food with that letter, move back one space.
4. The first player to reach the produce stand wins.





Celebrating Fruits and Vegetables!

Plan a weeklong salute to fruits and veggies. These quick and easy activities provide lots of ways to spotlight healthy eating! Then use the handy note on the back of this page to share some of the fun with students' families!

Monday

- **Pairing Up.** Gather assorted fruits and vegetables so that you have two of each. Place them in a large shopping bag. Remove an item from the bag and ask the group to name it. Then blindfold a volunteer and challenge him to reach in the bag and pull out the matching item.
- **Poster Prints.** Cut assorted fresh fruits and vegetables in half. Place them near shallow pans of paint and white construction paper. Have each child dip a fruit or vegetable in paint and then make a print on the paper. Repeat. Ask older students to make the prints into posters that promote healthy eating.

Tuesday

- **Class Favorites.** Gather several types of fruit. Designate an area of your room for each of the following categories: "like the fruit," "don't like the fruit," and "haven't tried the fruit." Hold up each fruit, ask students to name it, and then direct students to move to one of the three areas. Repeat the activity with vegetables.
- **Soup's On!** Set out a soup pot and a large plastic spoon. Tell students that they are going to make the best-tasting imaginary vegetable soup anyone has ever eaten. Begin by pretending to add your favorite vegetable to the soup and then stir it. Invite each child to come to the pot and pretend to add his favorite as well.

Wednesday

- **Colorful Meal.** Ask each child to bring a fruit or vegetable from home. Explain to youngsters that they should eat fruits and vegetables in a variety of colors. Invite each child to share his fruit or vegetable and then sort the foods by colors.
- **Healthy ABCs.** Divide the class into groups. Write a letter on the board. Direct the group to write as many names of fruits and vegetables as they can that begin with that letter. When time is up, invite groups to share their lists. Continue with other letters.

Thursday

- **Short and Long.** Set out a supply of fruits and vegetables, measuring tapes, and paper. Direct a child to measure each fruit and vegetable and record the results.
- **Colorful Mosaic.** Have a child draw an outline of a fruit or vegetable. Then invite him to cut or tear colored scrap paper into small pieces. Direct him to glue the pieces inside the outline to create a colorful mosaic.

Friday

- **All Smiles!** Set out paper circles (faces) and old magazines that contain pictures of food. A student cuts out pictures of her favorite fruits and vegetables. Then she glues the cutouts to the face in place of facial features and hair.
- **Ring Toss.** Using yellow craft foam, cut out several pineapple ring shapes. Place them near a masking tape line on the floor. Then set a large bowl several feet away. A child stands behind the tape line and tosses the pineapple rings into the container.



Dear Family,

This week we have been learning about healthy eating habits. Some of our activities included learning about classmates' favorite fruits and vegetables, making fruit and vegetable art projects, measuring fruits and vegetables, and much more. We ended our celebration with a game of pineapple ring toss! These activities were courtesy of the Dole Nutrition Institute.



On your next trip to the grocery store, encourage your child to tell you about the many healthy food choices that can be found throughout the store. Together we can instill healthy eating habits that will stay with children throughout their lives.

Sincerely,

PS: Did you know that bananas beat tummy bugs? Sick children who ate two bananas for five days had 60% less gastrointestinal infection. Learn more at dole.com.

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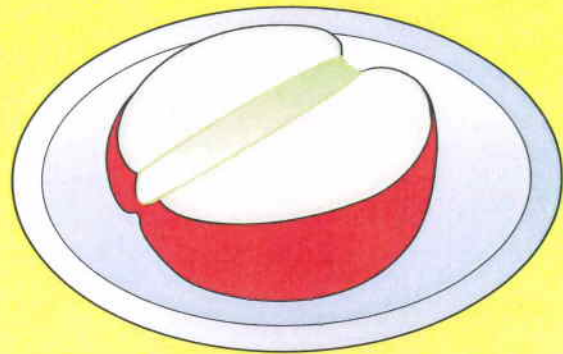
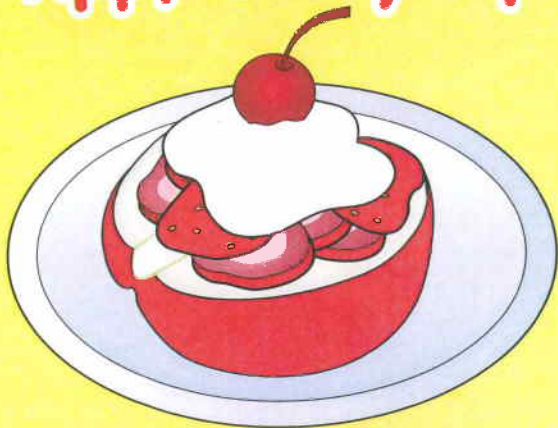
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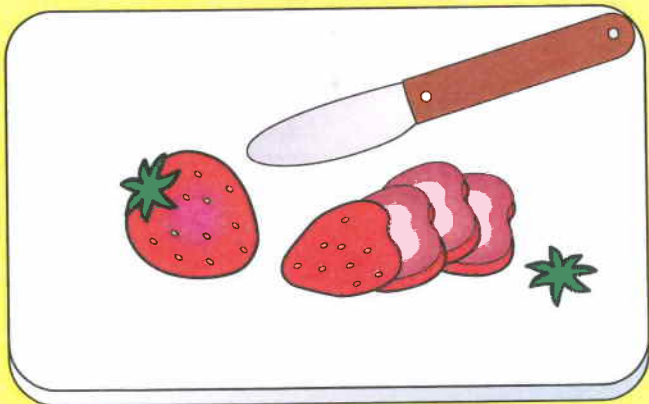
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September
Apple Berry Cup



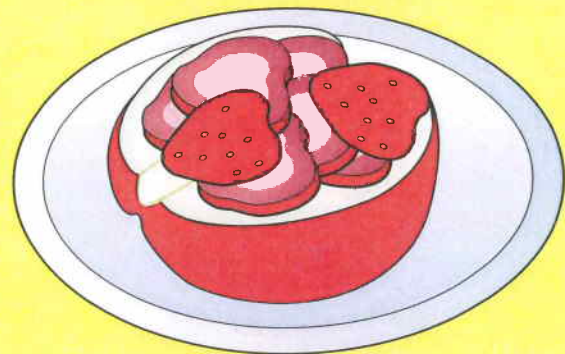
Put cored DOLE® Apple half on plate.

1



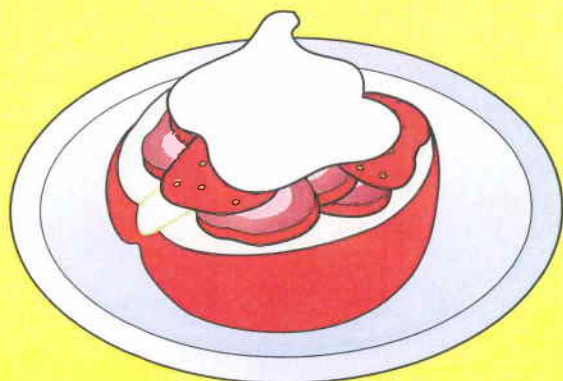
Slice two medium DOLE Strawberries.

2



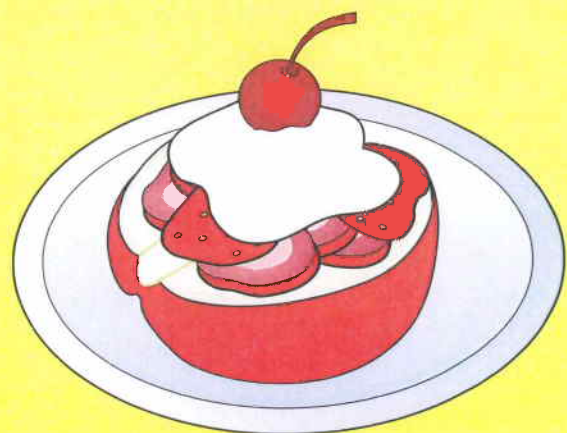
Spoon sliced strawberries into apple cup.

3



Put 1 tbsp. vanilla yogurt.

4



Top with a DOLE Cherry and enjoy!

5

Apple Berry Cup

Makes 2 servings.

Ingredients:

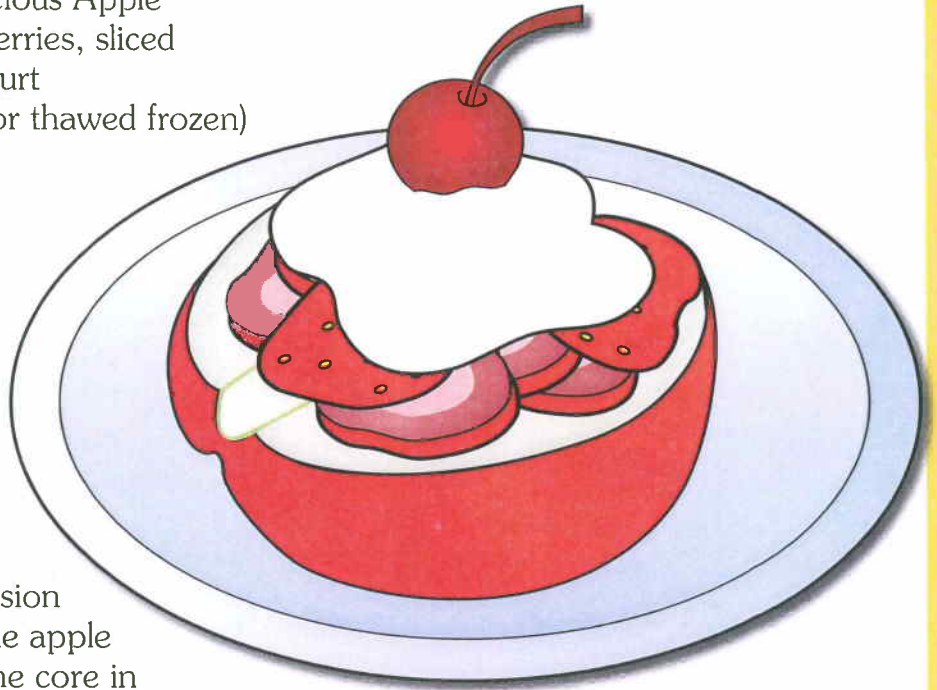
- 1 large DOLE® Red Delicious Apple
- 4 medium DOLE Strawberries, sliced
- 2 tablespoons vanilla yogurt
- 2 DOLE Cherries (fresh or thawed frozen)

You will need:

- cutting board
- knife
- tablespoon
- plates

Here's how:

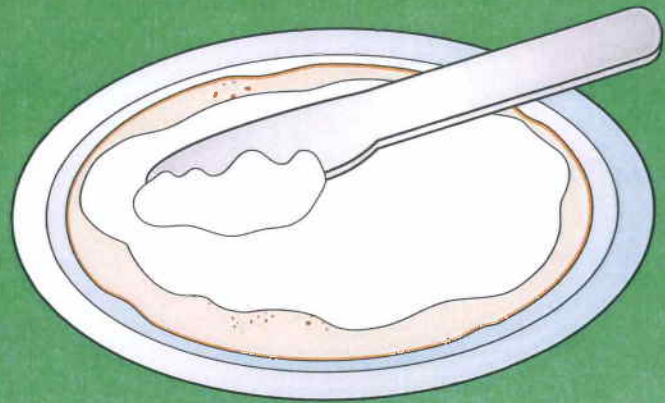
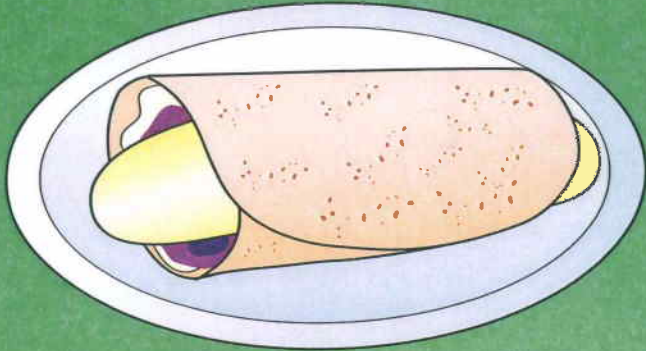
1. With help or supervision from an adult, cut the apple in half and cut out the core in each half.
2. Spoon sliced strawberries into apple cups.
3. Top with vanilla yogurt and a cherry, and enjoy!



Fun fact about apples: Why does an apple a day keep the doctor away? Because apples are loaded with antioxidants, which protect your body's cells from damage.

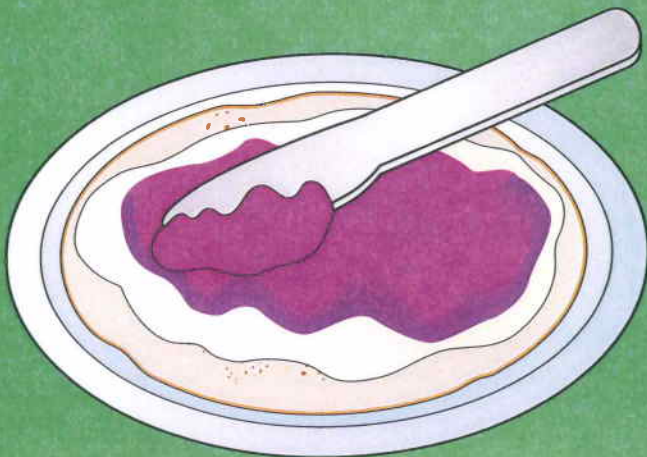
October
Mummy Bones

(a.k.a. Raisin Banana Roll-Up)



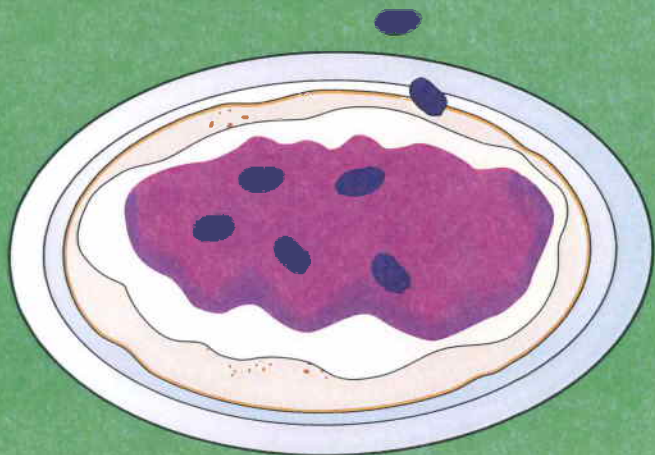
Spread low-fat whipped cream cheese or peanut butter on a whole-wheat tortilla.

1



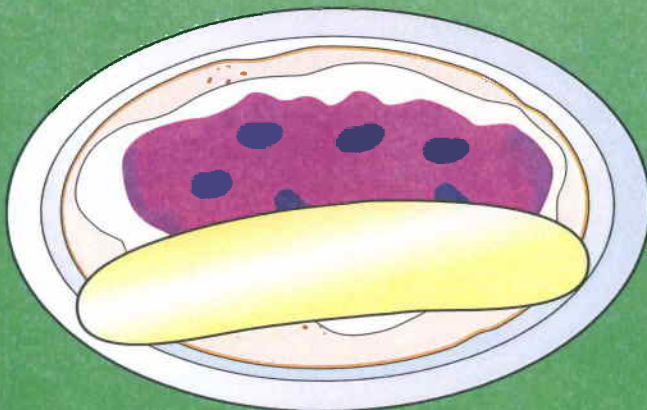
Spread on fruit spread.

2



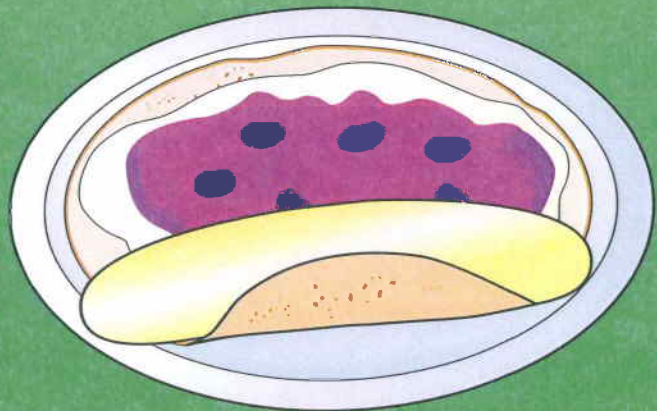
Sprinkle on DOLE® Seedless Raisins.

3



Put on a peeled DOLE Banana.

4



Wrap tortilla around banana and enjoy!

5

October
Mummy Bones

(a.k.a. Raisin Banana Roll-Up)

Makes 2 servings.

Ingredients:

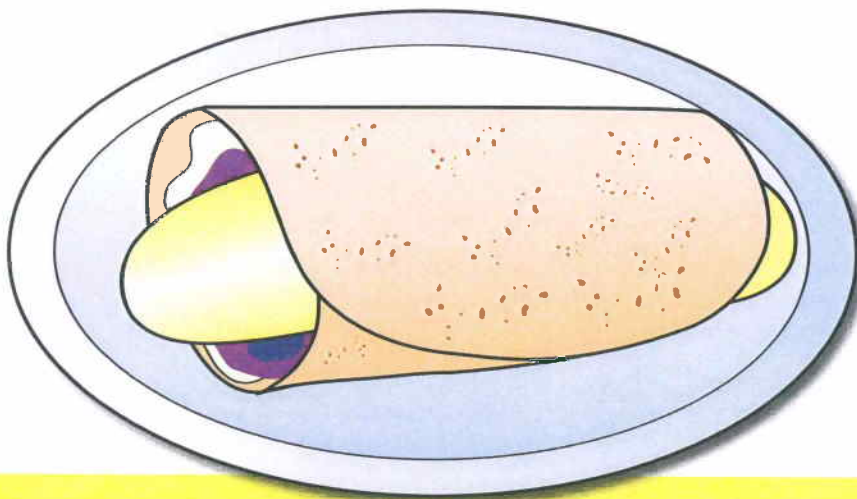
- 1 eight-inch whole-wheat tortilla
- 1 tablespoon low-fat whipped cream cheese or peanut butter
- 1 tablespoon strawberry fruit spread
- 3 tablespoons DOLE® Seedless Raisins
- 1 large DOLE Banana

You will need:

- knife
- plate
- tablespoon

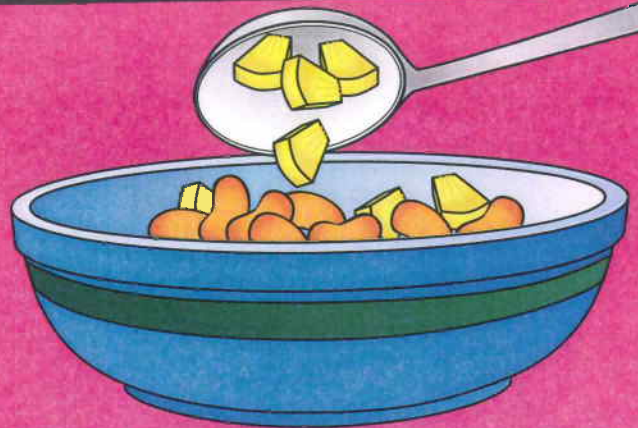
Here's how:

1. Spread low-fat cream cheese or peanut butter on one side of tortilla; spread on fruit spread. Sprinkle raisins over fruit spread.
2. Peel banana and place at one end of tortilla.
3. Wrap tortilla around banana.
4. With help or supervision from an adult, use knife to cut in half.



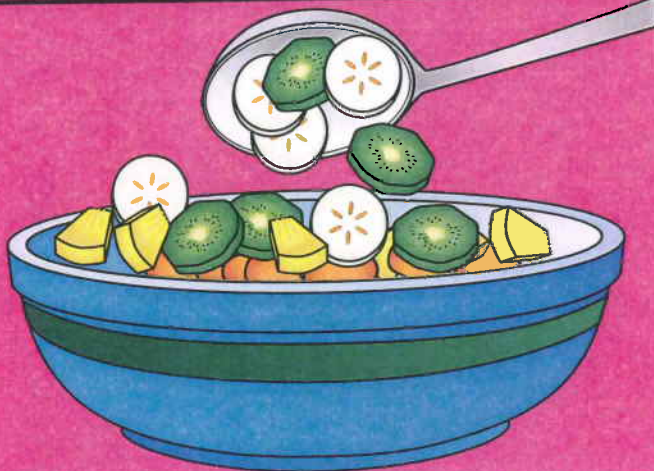
Fun fact about bananas: Contrary to popular belief, bananas do not grow on trees. They actually grow on plants that are giant herbs! Clusters of bananas grow upward, not down.

November
**Thanksgiving Fruit
Toss**



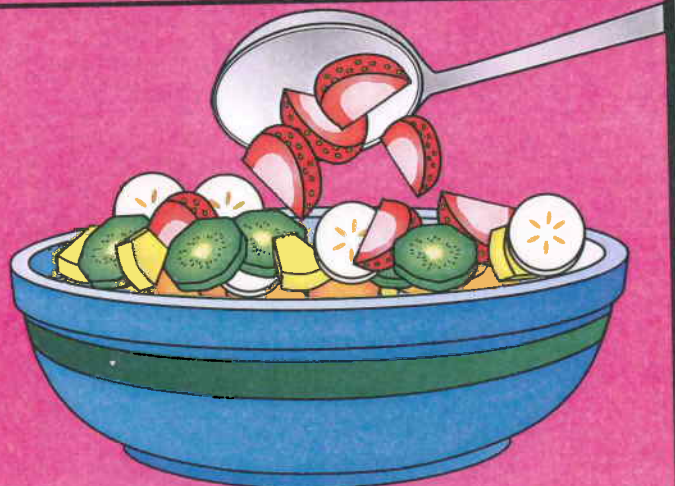
Put DOLE® Pineapple Chunks and DOLE Mandarin Oranges in a bowl.

1



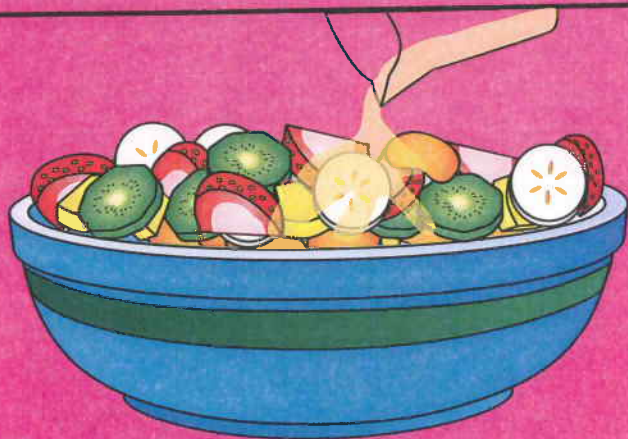
Add DOLE Banana and kiwifruit slices.

2



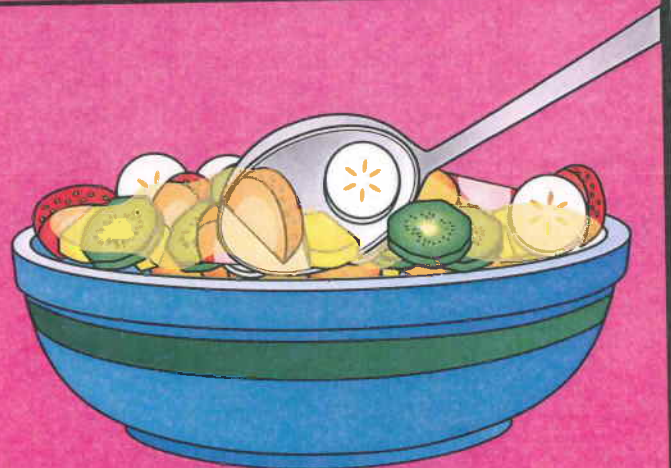
Add quartered DOLE Strawberries.

3



Pour a mixture of $\frac{1}{4}$ cup DOLE Pineapple Juice, 2 tbsp. lime juice, and 1 tbsp. honey.

4



Toss and enjoy!

5

Thanksgiving Fruit Toss

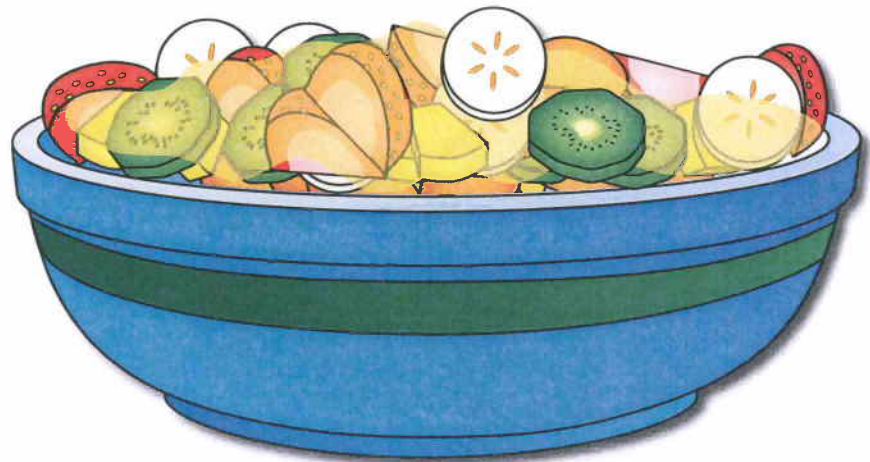
Makes 8 servings.

Ingredients:

- 1 (20-ounce) can DOLE® Pineapple Chunks
- 1 (11-ounce) can DOLE Mandarin Oranges, drained
- 1 large DOLE Banana, sliced
- 1 kiwifruit—peeled, halved, and sliced
- 1 cup quartered DOLE Strawberries (fresh or thawed frozen)
- 2 tablespoons fresh lime juice
- 1 tablespoon honey

You will need:

- can opener
- cutting board
- knife
- measuring spoons
- large serving bowl
- small mixing bowl

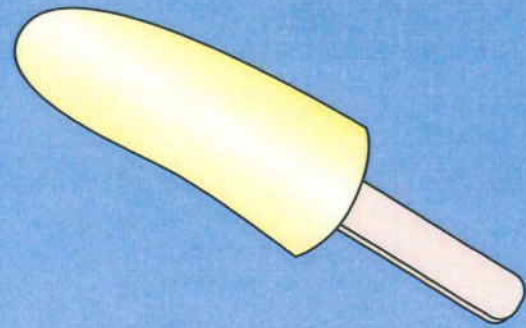


Here's how:

1. Drain pineapple chunks; reserve $\frac{1}{4}$ cup juice.
2. In large serving bowl combine pineapple chunks, mandarin oranges, banana, kiwifruit, and strawberries.
3. In small mixing bowl stir together reserved pineapple juice, lime juice, and honey. Pour over salad; toss to coat.

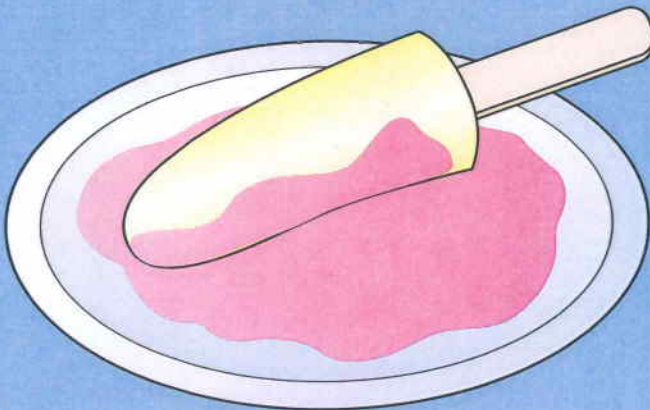
Fun fact about kiwifruit: Kiwifruit is high in vitamin C, an excellent source of vitamin K, and a good source of fiber and potassium.

December
Chilly Treat



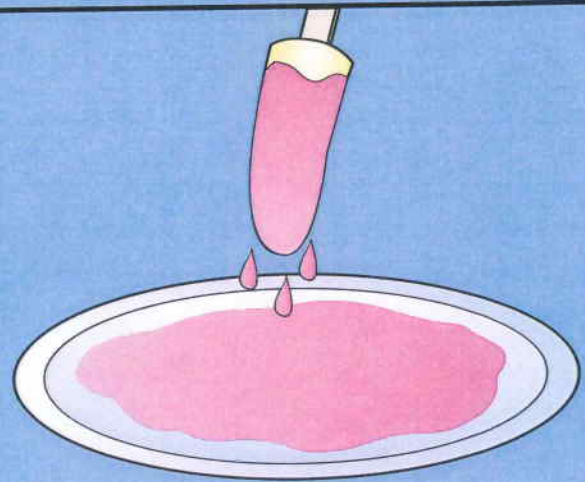
Insert a wooden craft stick into a DOLE® Banana half.

1



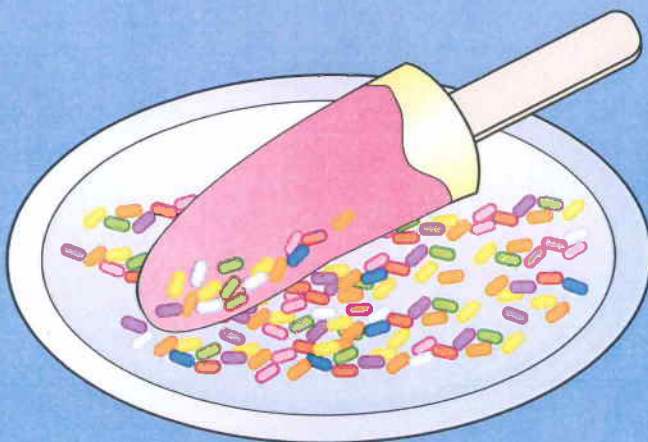
Roll banana in raspberry yogurt.

2



Hold banana upside down to let excess yogurt drip off.

3



Roll banana in sprinkles.

4



Freeze and enjoy!

5

Chilly Treat

Makes 6 servings.

Ingredients:

- 3 medium DOLE® Bananas
- 6 wooden craft sticks
- 1 (6-ounce) container of low-fat raspberry yogurt
- 1 (1.75-ounce) container of chocolate or rainbow sprinkles

You will need:

- cutting board
- knife
- 2 plates
- baking sheet
- waxed paper



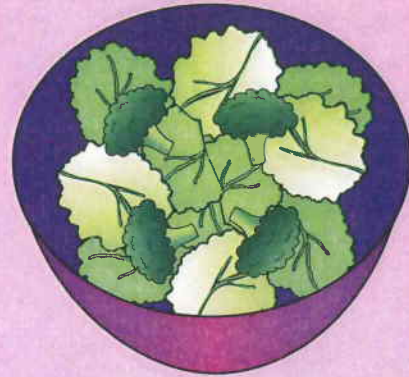
Here's how:

1. With help or supervision from an adult, cut each banana in half crosswise. Insert craft stick into the cut end of each half.
2. Pour yogurt on plate. Roll bananas in yogurt until they are completely covered. Hold bananas upside down and allow excess yogurt to drip off onto the plate.
3. Hold the yogurt-covered bananas over the second plate and sprinkle enough chocolate or rainbow sprinkles to cover the banana.
4. Place the bananas on a waxed paper-lined baking sheet and freeze before eating.

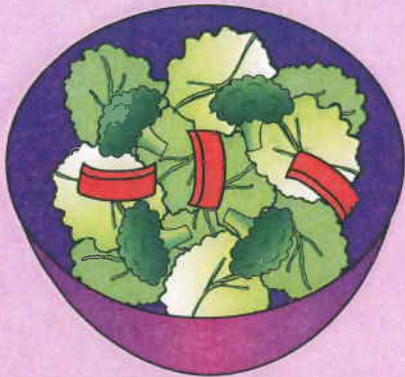
Fun fact about bananas: Bananas are a Superfood for your Heart, providing an excellent source of vitamin B6 and a good source of potassium, fiber, and vitamin C—nutrients that help promote heart health.

January

Crispy Winter Vegetable Salad



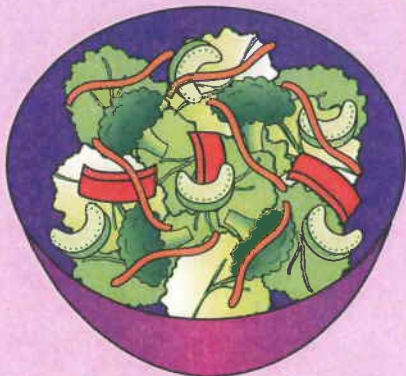
Put DOLE® Broccoli florets on DOLE Salad Blend (any variety). 1



Add thin DOLE Red Bell Pepper slices. 2



Add thin DOLE Celery slices. 3



Top with DOLE Shredded Carrots. 4



Add fat-free salad dressing, toss, and enjoy! 5



January Crispy Winter Vegetable Salad

Makes 8 servings.

Ingredients:

- 4 cups DOLE® Broccoli florets
- 1½ cups DOLE Shredded Carrots
- 1 large DOLE Red Bell Pepper, seeded and sliced thin
- 2 stalks DOLE Celery, sliced thin
- 1 (8-ounce) bottle fat-free ranch or Italian salad dressing
- 1 (1-pound) bag DOLE Salad Blend (any variety)

You will need:

- cutting board
- cutting knife
- salad bowl
- salad tongs

Here's how:

1. Put salad mix in bowl.
2. Add broccoli, carrots, red pepper, and celery.
3. Add salad dressing and toss.

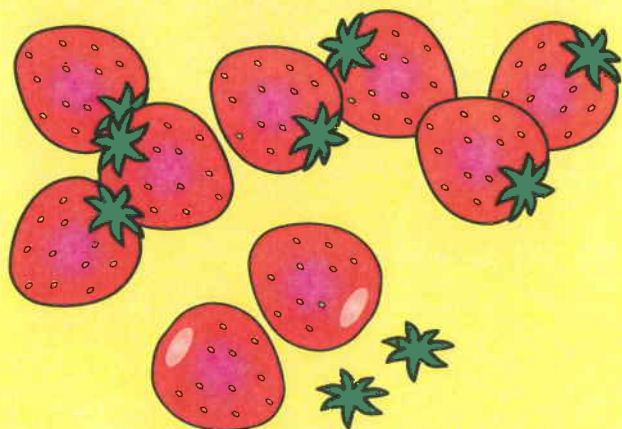


Fun fact about broccoli: In addition to many other nutrients, broccoli contains one of the highest amounts of calcium among vegetables, making it a Superfood for your Bones.

February
"Berry" Special
Valentine Smoothie



Break 1 peeled DOLE® Banana into chunks. Place in blender. 1



Wash 1 pint DOLE Strawberries. Remove stems. Add to blender. 2



Add one 6-ounce can DOLE Pineapple Juice and ½ cup low-fat plain or vanilla yogurt. 3



Secure the lid. Blend until smooth. 4



Divide among four cups. 5



February "Berry" Special Valentine Smoothie

Makes 4 servings.

Ingredients:

1 medium DOLE® Banana, peeled
1 (6-ounce) can DOLE Pineapple Juice
½ cup low-fat plain or vanilla yogurt
1 pint DOLE Strawberries—washed,
stems removed

You will need:

blender or food processor
measuring cups
4 (6-ounce) cups

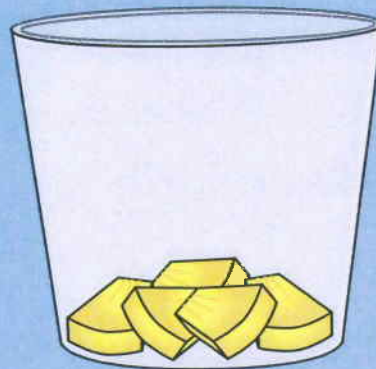
Here's how:

1. Break the banana into pieces. Drop it in the blender.
2. Add pineapple juice, yogurt, and strawberries.
3. Secure the lid. Blend until smooth.
4. Divide among four cups.



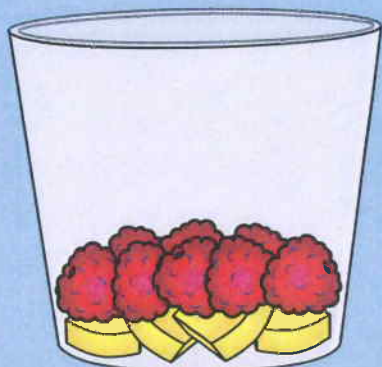
Fun fact: Superfoods for your Heart contain multiple nutrients that contribute to heart health. Bananas, strawberries, mangoes, and blackberries are all Heart Superfoods that make delicious smoothies!

March
**Fruity Breakfast
Parfait**



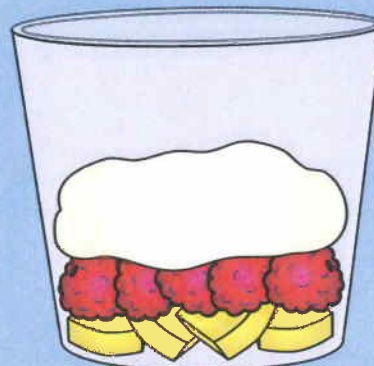
Put DOLE® Pineapple Chunks
in a cup.

1



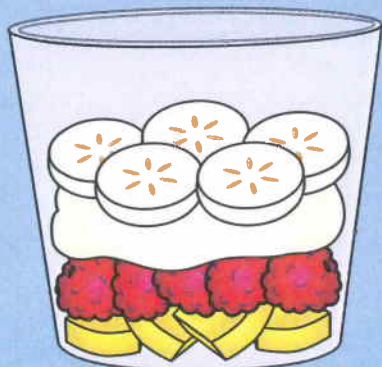
Add DOLE Raspberries.

2



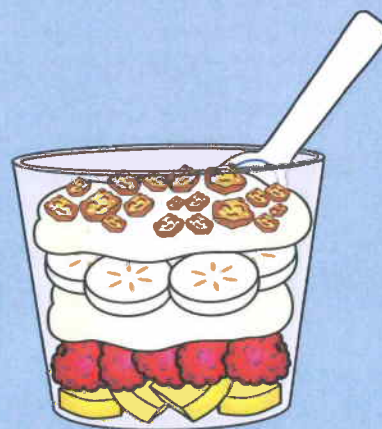
Add low-fat yogurt.

3



Add DOLE Banana slices.

4



Top with more low-fat yogurt and
granola, and enjoy!

5

Fruity Breakfast Parfait

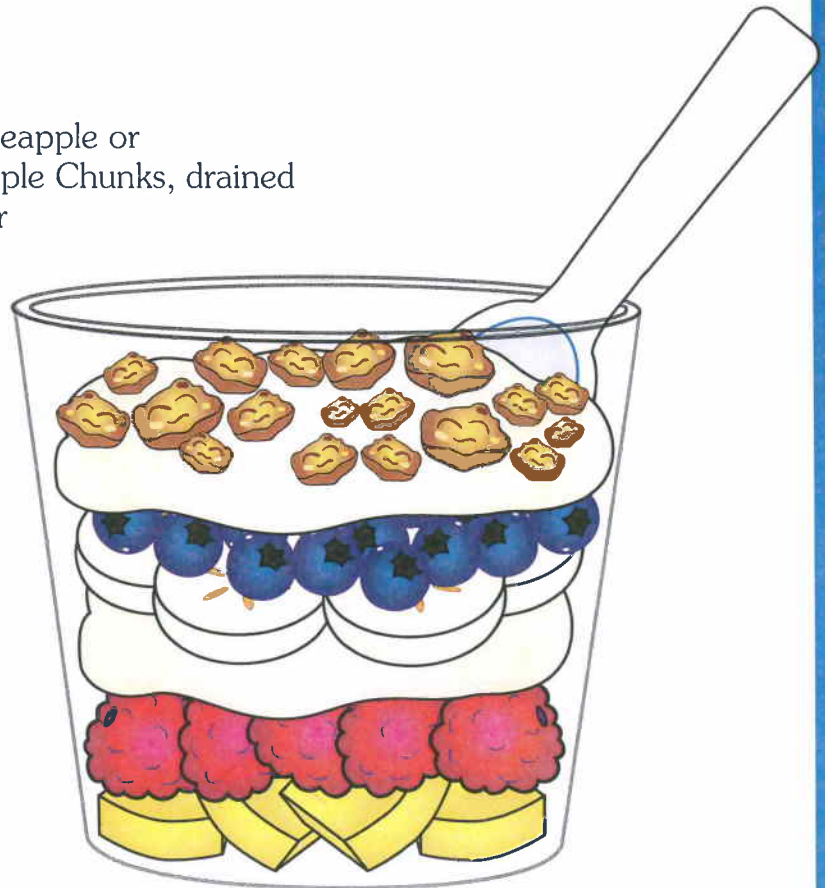
Makes 4 servings.

Ingredients:

- 2 cups chopped fresh DOLE® Pineapple or
1 (20-ounce) can DOLE Pineapple Chunks, drained
- 1 cup DOLE Raspberries, fresh or
frozen thawed
- 1 cup low-fat vanilla yogurt
- 1 DOLE Banana,
peeled and sliced
- 1 cup frozen DOLE Blueberries,
thawed
- ¼ cup granola

You will need:

- measuring cups
- 4 (6-ounce) sundae glasses
or clear cups
- spoons
- knife

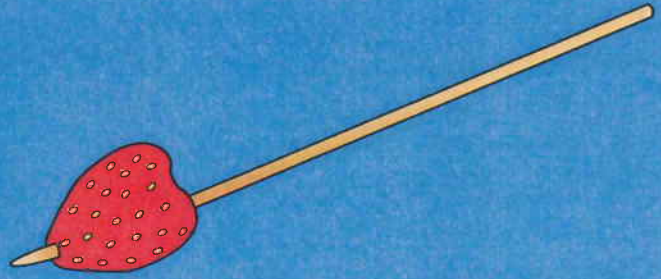
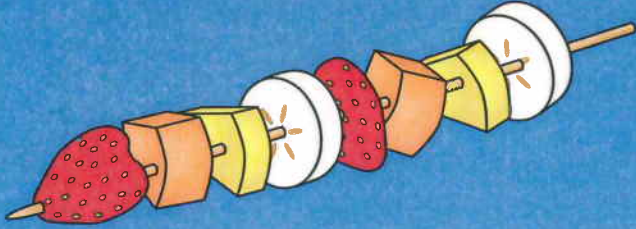


Here's how:

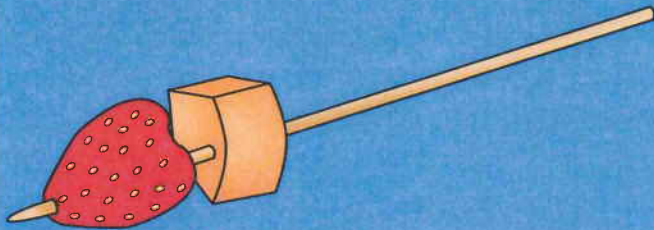
1. In sundae glasses or cups, layer pineapple, raspberries, yogurt, banana slices, blueberries, and more yogurt.
2. Sprinkle the tops with granola.

Fun fact about blueberries: Blueberries are an antioxidant powerhouse, ranking first out of over 100 common fruits and vegetables.

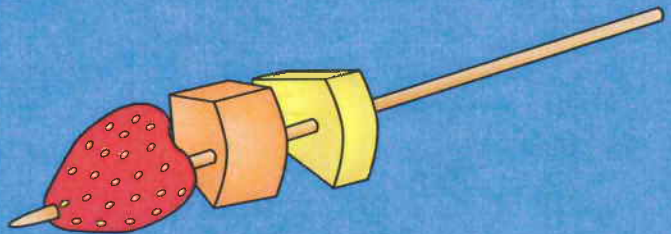
April
**Rainbow Fruit
Kabob**



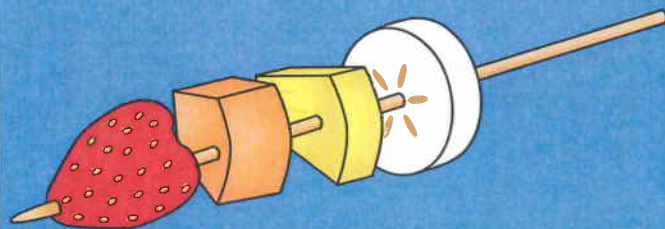
Thread a DOLE® Strawberry onto a wooden skewer. 1



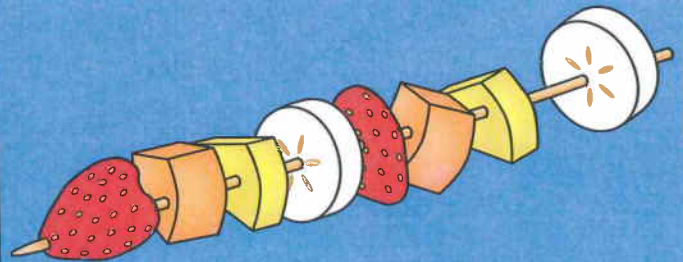
Add a cantaloupe chunk. 2



Add a DOLE Pineapple Chunk. 3



Add a DOLE Banana slice. 4



Repeat and enjoy! 5

Rainbow Fruit Kabob

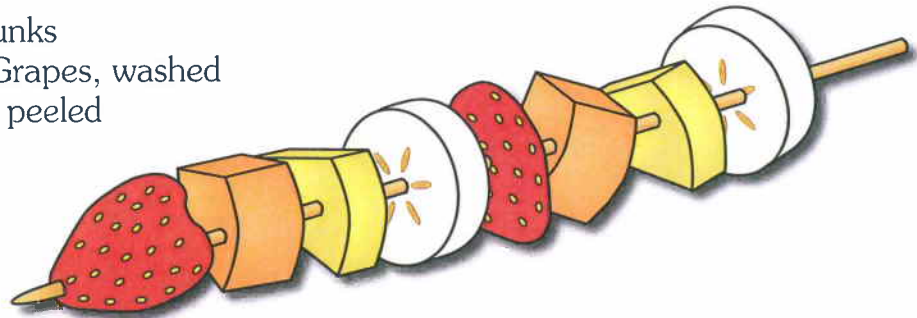
Makes 12 servings.

Ingredients:

- 1 pint DOLE® Strawberries—washed, stems removed
- 24 cantaloupe chunks
- 1 (20-ounce) can DOLE Pineapple Chunks in juice, drained;
reserve juice
- 24 honeydew melon chunks
- 1 pound DOLE Purple Grapes, washed
- 2 large DOLE Bananas, peeled

You will need:

- cutting board
- knife
- 12 wooden skewers (10–12 inches long)
- large serving platter

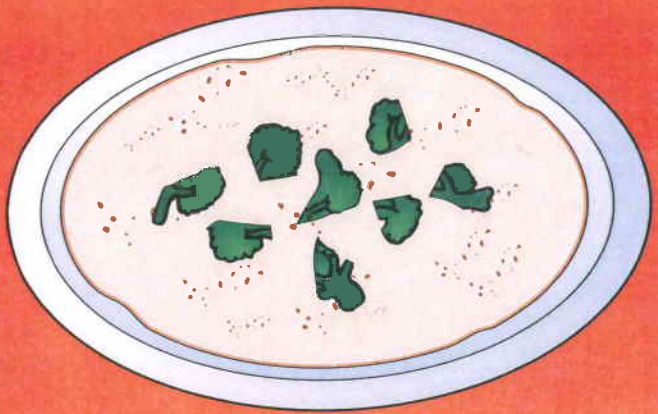
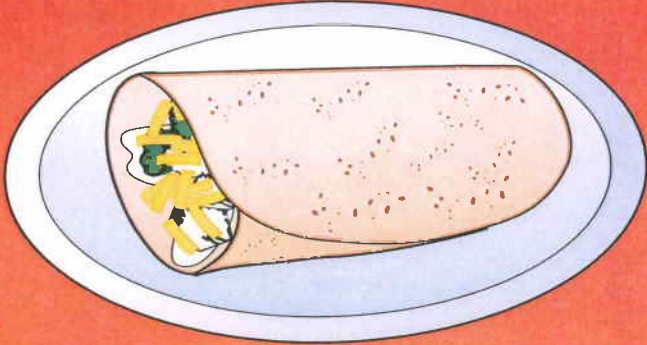


Here's how:

1. With help or supervision from an adult, cut each banana into six or more slices. Dip slices in reserved juice.
2. Thread a strawberry, a cantaloupe chunk, a honeydew chunk, a grape, a pineapple chunk, and a banana slice on each skewer. Add more fruit until the skewer is full.
3. Set on platter and repeat until all skewers are filled with a rainbow of colorful fruit.
4. Pour reserved juice over skewers to keep fruit from browning.

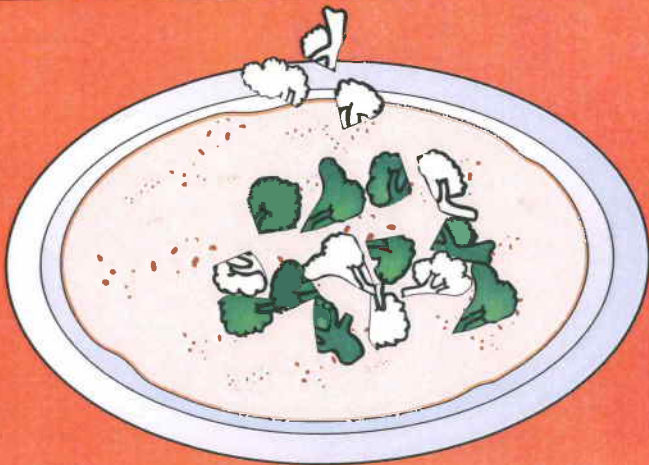
Fun fact about pineapples: Pineapples contain bromelain, an enzyme that's been shown to reduce inflammation in joints.

May
**Crunchy Vegetable
Burrito Bandito**



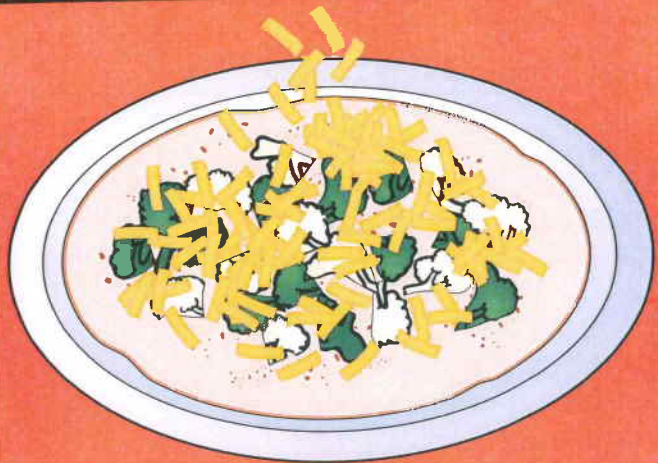
Put chopped DOLE® Broccoli on a whole-wheat tortilla.

1



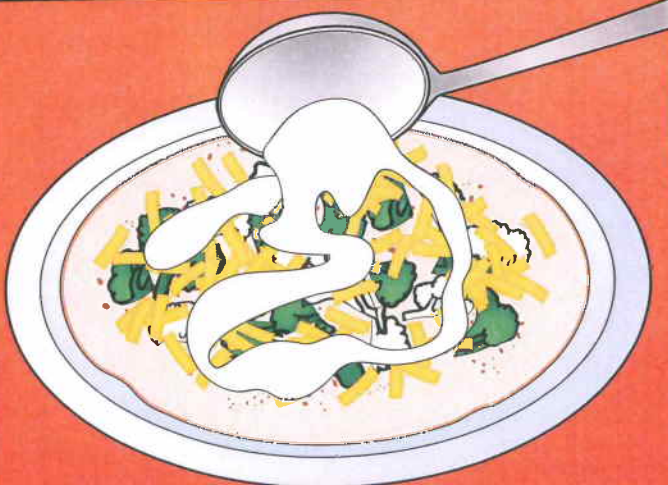
Add chopped DOLE Cauliflower.

2



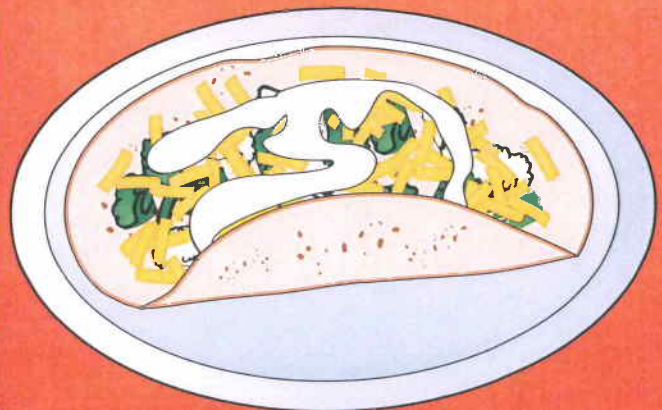
Sprinkle on shredded cheddar cheese.

3



Add nonfat ranch dressing.

4



Wrap tortilla around the mixture.

5

May
**Crunchy Vegetable Burrito
Bandito**

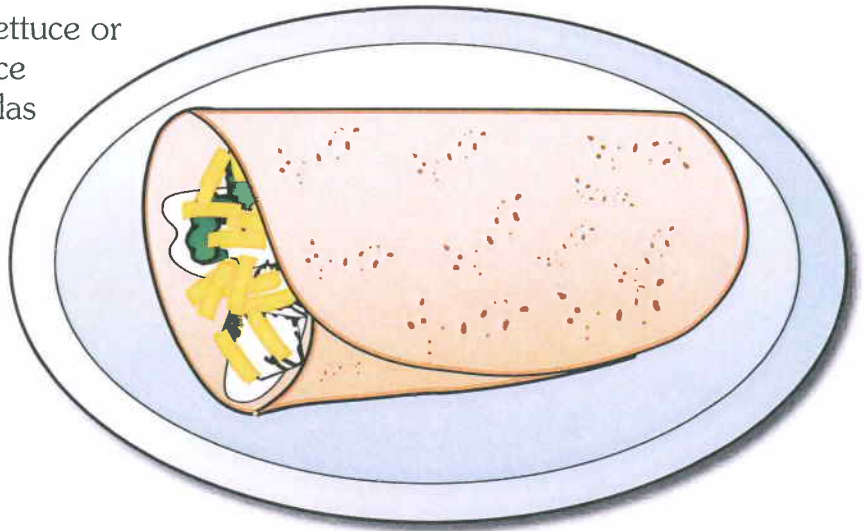
Makes 4 servings.

Ingredients:

- 1/2 cup DOLE® Shredded Carrots
- 1/2 cup DOLE Broccoli
- 1/2 cup DOLE Cauliflower
- 1 cup shredded low-fat cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 teaspoon chili powder
- 1 cup torn DOLE Iceberg Lettuce or
1 bag DOLE Iceberg lettuce
- 4 (7-inch) whole-wheat tortillas

You will need:

- cutting board
- knife
- mixing bowl
- spoon
- measuring cups



Here's how:

1. With help or supervision from an adult, cut the broccoli and cauliflower.
2. In mixing bowl, combine shredded carrots, broccoli, cauliflower, cheese, dressing, and chili powder.
3. Lay tortilla flat and spoon about 1/2 cup vegetable mixture and 1/4 cup lettuce down the center. Wrap tortilla around the vegetable mixture.

Fun fact about cauliflower: One serving of cauliflower contains only 25 calories and 40 percent of your daily vitamin C!