



**TRACKS
Extension Lesson**

Label Reading and Healthy Snacks

Fruit and Vegetable Quiz

Grades 9-12

I. Nutrition Education Goal & Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating healthy snacks.
2. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks.

II. Pennsylvania Educational Standards:

- A. 1.6 Speaking and Listening
- B. 10.1 Concepts of Health
- C. 11.3 Food Science and Nutrition

III. Outcomes:

- A. Students will identify nutritional benefits of eating fruits and vegetables.

IV. Materials:

- A. Handouts: "Fruit and Vegetable Quiz" and answer key worksheet (attached).

V. Procedure:

- A. Teacher will distribute "Fruit and Vegetable Quiz" to each student.
- B. Check answers with key.

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.



TRACKS Extension Lesson

Label Reading & Choosing Healthy Snacks-Fruits and Vegetables

More Matters Challenge

Grades 9-12

I. Nutrition Education Goal & Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating healthy snacks.
2. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks.

Goal 2: Students will apply skills consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will be able to:

1. Monitor progress in achieving desired health practices and outcomes.

II. Pennsylvania Educational Standards:

- A. 1.6 Speaking and Listening
- B. 2.2 Computation and Estimation
- C. 2.5 Mathematical Problem Solving and Communication
- D. 10.1 Concepts of Health
- E. 10.2 Healthful Living
- F. 11.3 Food Science and Nutrition

III. Outcomes:

- A. Students will discuss the nutritional benefits of fruits and vegetables in the diet.
- B. Students will relate portion sizes of fruits and vegetables to everyday objects.
- C. Students will record their fruit and vegetable intake over the course of one week.
- D. Students will present the data from their food diary in graph format.

IV. Materials:

- A. Handouts: Serving Size, MyPlate Fruit and Vegetable Challenge

V. Procedure:

- A. Introductory:

1. Review the importance of eating fruits and vegetables. Ask students to name a variety of fruits and vegetables of all colors and shapes.
 - a. They contain a variety of vitamins and minerals.
 - b. They are low in fat.
 - c. They are a good source of fiber
 - d. They taste really good!!
 - e. Ask students how much of their plates should be fruits and vegetables. Answer: Half the plate.
 - f. Ask students to name seasonal fruits and vegetables, and the ways that these foods can be prepared and eaten.
 - g. Review serving sizes, by using the attached handout. Ideally, teachers will have live models of tennis ball, light bulb, and other demonstration items.

B. Developmental:

1. Distribute *MyPlate Fruit and Vegetable Challenge* worksheet and review it with the students.
 - a. Explain that they will be asked to fill out the sheet over the next week to help track their fruit and vegetable intake. Start by having the students fill in their intake for the day the lesson is given.
 - b. Remind the children every day to fill out their charts. Perhaps a few minutes can be set aside each day to fill out their charts.
 - c. At the end of the week, answers can be tallied to make graphs.

C. Concluding:

1. Review what has been talked about during the lesson. Encourage students to talk about what they've learned during the session.



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Portion Sizes and School-Age Children

Serving Sizes Are in Your Hand

A fist or cupped hand = 1 cup



- 1 serving = ½ cup cereal, cooked pasta or rice
- or 1 cup of raw, leafy green vegetables
- or ½ cup of cooked or raw, chopped vegetables or fruit



Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 ½ - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food



Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.



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MyPlate Fruit and Vegetable Challenge

Let's see how many fruits and vegetables you are eating! On the chart below, record the fruits and vegetables that you eat each day for seven days. For a 2000 calorie diet, the goal is 2 cups of fruit and 2 ½ cups of vegetables every day.



What counts as one cup of fruit?

- 1 small apple
- 1 medium pear or grapefruit
- 1 large banana, peach, or orange
- 1 cup cut-up canned or fresh fruit
- ½ cup dried fruit
- 1 cup (8oz) 100% fruit juice



What counts as one cup of vegetables?

- 1 cup raw or cooked vegetables
- 1 cup (8oz) vegetable juice
- 2 cups raw leafy greens (lettuce, spinach, collard greens, kale)



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--------|---------|-----------|----------|--------|----------|--------|
| Fruit | | | | | | | |
| Fruit | | | | | | | |
| Vegetable | | | | | | | |
| Vegetable | | | | | | | |
| Vegetable | | | | | | | |
| Extra | | | | | | | |
| Extra | | | | | | | |
| Extra | | | | | | | |



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TRACKS Extension Lesson

Healthy Snacks

Healthy Snack Word Search

Grades 9-12

I. Nutrition Education Goal & Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating healthy snacks.
2. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks.

II. Pennsylvania Educational Standards:

- A. 1.6 Speaking and Listening
- B. 10.1 Concepts of Health
- C. 11.3 Food Science and Nutrition

III. Outcomes:

- A. Students will recognize healthful snacks within the word search.

IV. Materials:

- A. Handout: "Healthy Snacks Word Find" and answer key (attached).

V. Procedure:

- A. Teacher will distribute "Healthy Snacks Word Find" to each student.
- B. Check answers with key.

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Healthy Snacks Word Find

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| K | P | M | P | A | A | K | I | S | B | C | E | L | D | T | N | D | E |
| A | L | H | B | E | S | D | S | E | R | P | A | D | T | I | R | E | G |
| P | E | T | A | U | A | B | I | T | T | O | U | S | I | S | T | L | R |
| R | S | I | N | L | D | N | H | L | D | P | T | S | A | E | A | I | A |
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|---------------------|-------------------|-----------------|--------------|
| Salad with dressing | fruit smoothie | yogurt | apple slices |
| Baked potato | dried apricots | raisins | vegetables |
| Hardboiled egg | chocolate pudding | animal crackers | cheese stick |
| salsa | peanuts | granola bar | pretzels |
| celery | cereal with milk | popcorn | baked chips |
| Pb and j | | | |

Healthy Snacks Word Find

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