

FRUIT FOR HEALTH ACTIVITY SHEET

Junior & Senior Infants.

The lesson plan is designed to complement the physical health modules of the SPHE curriculum.

Fruit and vegetables come in lots of different colours. Each colour has its own special nutrients that help you grow up healthy and strong. These groups are GREEN, BLUE/PURPLE, WHITE, ORANGE/YELLOW, RED

Draw 5 boxes on the blackboard labelled the colours of fruit and vegetables, as students to list as many fruits and vegetable as they can for each group.

You need to eat at least five portions of fruit and vegetables each day. A portion is the amount of fruit you can hold in your hand. For instance a small apple, a handful of grapes, a small carrot are all equal to a portion.

The best way to get more fruit and veg in your diet is to include it at meal and snack times. Come up with suggestions for including fruit and veg at these times. Eg. Have a glass of fruit juice at breakfast or add a handful of raisins to your cereal, have a piece of fruit at breaktime etc.

Fruits and vegetables are good for your health. They help reduce the risk of developing a range of preventable diseases. It is important that you maximise your fruit and vegetable consumption and reduce your consumption of unhealthy foods such as sweets, chocolate etc.

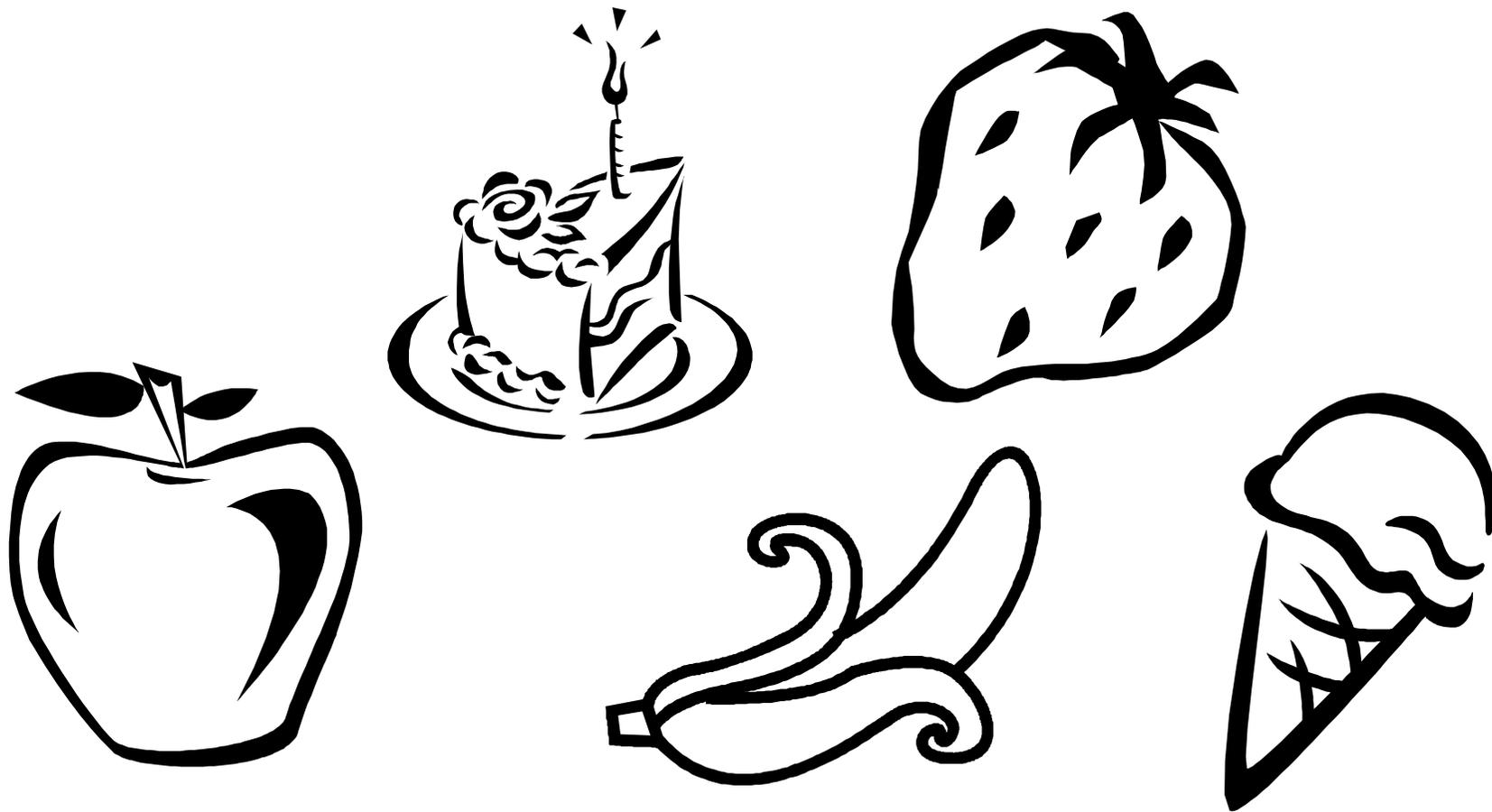
Ask students to colour in the activity sheet provided and circle the foods they need to eat less of. Ask students to name the colour groups the fruits on the activity sheet fit into.

Home Exercise

Ask students to keep track of their fruit and vegetable consumption using a fruit and vegetable diary. Challenge them to consume more than 5 portions a day. Suggest that they try increasing their portions by trying home made smoothies and by encouraging their parents to purchase a variety of different fruits and vegetables.

Colouring Challenge

Colour in the pictures and draw a circle around the foods you should eat less of



LIVE YOUR LIFE THE HEALTHY WAY, EAT FIVE OR MORE PORTIONS OF FRUIT AND VEG EACH DAY