



5 A Day Activities

Display for Comparing 100% Juice to Juice Drinks

Make two signs. On one sign, put “*Ingredients in 100% Fruit Juice*”, on the other sign, put “*Ingredients in Juice Drink*”. In front of the first sign put a group of fresh oranges and a can of 100% Orange Juice, circling the label. In front of the second sign, put the following:

3 oz orange juice

1/3 cup sugar

2 teaspoons orange flavoring

Water (to make 1 quart)

3 Drops red and 3 drops yellow food coloring

Can of a juice drink such as Hi C or Hawaiian Punch, circling the label.

Adapted from the Kid’s Club Nutrition Learning Activities for Young Children curriculum - Indiana WIC Program.

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Peek-A-Boo Food Game

Materials Needed:

4 or 5 manila file folders

Velcro fasteners

Pictures of fruits and vegetables

Cut a circle out of the center of the same side of each file folder with the smallest circle only 1”, the next 2” and so forth, ending with the largest being 4 to 5 inches. The center of each hole should be in the same place. Place the file folders with the smallest hole on top and the largest hole on the bottom. On the back folder, glue one side of a Velcro fastener on either side of the large hole. Attach the opposite side of Velcro fasteners to several food cards or pictures for identification. It is best to use large pictures.

How to Play: Place one fruit or vegetable picture at a time inside the folders and show students with all the folder pages down so the smallest hole is on top. Students attempt to identify food. If they are unable to identify through the smallest hole, open folder one page at a time until they are able to identify the fruit or vegetable.

Adapted from the Kid’s Club Nutrition Learning Activities for Young Children curriculum - Indiana WIC Program.

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Shadow Pictures

Materials Needed: Poster board
Black construction paper
Fruit and vegetable pictures
Velcro

Photocopy pictures of fruits and vegetables. Glue the copies onto poster board and cut out. Put piece of Velcro on back of each picture. Use cut-out foods to trace their shape onto black construction paper. Cut out and glue fruit and vegetable “shadows” to piece of poster board Put other side of Velcro on each “shadow”.

How to Play: Give one or more students fruit and vegetable cut-outs and have them try to match with the food shadows. It is like putting together a puzzle.

Adapted from the Kid’s Club Nutrition Learning Activities for Young Children curriculum - Indiana WIC Program.

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Mystery Fruits and Vegetables

Materials Needed:

Shoe box, sock
Fruits and vegetables

Cut hole in one end of shoebox. Cut toe out of large tube sock. Place sock in hole and secure cut end of sock around inside of hole in box.

How to Play: Place a fruit or vegetable inside the box. Have students take turns sticking their hand inside the box to feel the fruit or vegetable and guess what it is.

Adapted from the Kid's Club Nutrition Learning Activities for Young Children curriculum - Indiana WIC Program
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5 A Day Placemats (for employees to use in their breakroom)

Run clear laminating paper through the laminator (this gives extra strength to the mat). Cut these pieces to the normal size for a placemat. Tape different activities to the place mat (puzzles, cross words, information, cartoons, photos and prints of fruits and vegetables). Re-laminate the place mats. Result: a see-through activity mat that people can use with erasable pens.

Idea from the Osceola County WIC Program.

Interactive Display

At a 5 A Day display, have a person stationed to conduct some nutrition education as people walk by. Ask them to tell us how they can put 5 fruits and vegetables into their diet.

Idea from the Lee County WIC program.

5 A Day Aprons

Make aprons for staff using fruits or vegetables displayed.

Idea from the Lee and Marion County WIC programs.

Fruit Necklace Art Project

Materials Needed:

Fruit necklace coloring sheet (see page 11)
Crayons
Scissors
Yarn for necklaces
Hole Punch



Located on
page 7

1. Cut individual fruit pictures at the dotted lines
2. Color the fruit pictures
3. Punch a hole in the middle of the picture at the top of the cut-out fruit.
4. A piece of yarn is threaded through the hole and knotted to make the necklace.

Activity from the Five A Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children.

Making a Happy Face Clown (fruits)

Materials:

Cutting board and sharp knife for instructor

Paper plate for each student

Cut up fruit for each student (1 fresh pineapple slice, 2 grape halves, ½ slice kiwi, ½ strawberry, 2 halves of a slice of orange, 1 thin slice cantaloupe, 5 raisins)

Face: Pineapple slice; **Hat:** Half kiwi slice; **Ears:** Half orange slice; **Eyes:** grape halves; **Nose:** Strawberry half; **Mouth:** Cantaloupe slice with raisins

Enjoy eating the clown after it is done (not recommended for very young children.)

Activity from the Five A Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children.

Making a Veggie Man (vegetables)

Materials:

Paper Plate for each student

Vegetables for Veggie Man, washed and precut (for 20)

1 head broccoli, cut into small florets

2 zucchinis cut in round slices

1 small can corn

1 small can sliced olives

2 red peppers cut in thin strips and then cut in half

1 bunch celery, cut into 3-inch stalks

3-4 carrots, cut into thin 2 inch strips

French Dressing

Hair: Broccoli; **Head:** Zucchini slice with dressing (so that vegetables for face will stick); **Eyes:** Corn; **Nose:** Olives; **Mouth:** Red Pepper; **Body:** Celery; **Arms and Legs:** Carrot sticks

Enjoy eating the veggie man after it is done (not recommended for very young children.)

Activity from the Five A Day, Let's Eat and Play: A Nutrition Education Program for Preschool Children.

Smiley Face

Materials:

Whole wheat bread

Peanut butter

Strawberries

Small apple slices that look like a smile

Shredded carrots

Grapes

Take a slice of bread and spread it with peanut butter. **Nose:** strawberry; **Eyes:** Grapes, **Hair:** Shredded Carrots, **Smile:** apple slice

Enjoy eating the smiley face after it is done (not recommended for very young children.)

Create a Face

Have a large selection of cut up fruit and vegetables. Have students use their own creativity to make a face or person using the fruits and vegetables.

Staff Hat Decorating Contest

Staff each decorate a hat with a fruit and vegetable theme. Have a Hat Judging contest.

Idea from the Okaloosa County WIC project.

Fill the "Bowl"

Draw a large picture of a bowl. Label the picture "Let's Fill Up the Bowl with Healthy Fruits and Vegetables". Hang up the picture on the bulletin board. Have clients bring in the small stickers or labels from fruits and vegetables (like the Dole label) Ask them to paste them in the "bowl". Give them a small incentive item or put their name in a box for a drawing for an incentive item.



"Guess What I Am" Game (good for a staff meeting or for a group of older children)

Pin the name of a fruit or vegetable (or drawing) to the back of each student. The students have 5 minutes to ask each other several questions such as:

- What color am I?
- Do I have seeds?
- How do you eat me?
- Do I grow on trees?
- How do I taste?

Idea from the St. Lucie WIC project

School or Clinic Activities for 5 A Day

- Staff can survey clients to find out their favorite fruits and vegetables. Gather the responses post on the bulletin board.
- Set up a fruit and/or vegetable food tasting party.
- Put a display of "fast foods" in your office: box of juice, box of dried fruit, piece of fruit, can of vegetable juice, baby carrots, etc. Explain why they are "fast foods".
- Have a door decorating contest for the clinic. Each staff person decorates their door with a fruit or vegetable theme.
- Organize a school spelling bee using only fruit and vegetable names.
- Have a "question of the day" about fruits and vegetables to be aired on the morning announcements and give the answer the next day:

Prepared by: Judy Cooper, Senior Nutritionist, Palm Beach County Health Dept., 561-653-2374.

Coloring Sheets

Ask children in clinic to color a fruit or vegetable picture. Display these on the bulletin board in clinic.

Idea from the St. Lucie WIC Office

5 A Day Game (good for a staff meeting)

- 5 people on each team-choose a team leader.
- Draw to see which team begins first.
- A member from the first team will draw a 5 A Day question from the 5 A Day bowl.
- The game facilitator will announce the questions.
- The team that drew the questions has 30 seconds to discuss the answer and give one final answer.
- The team scores 5 points if the answer is correct.
- If incorrect, the other team can give one final answer. If correct, the team scores 5 points.
- If team A drew the questions, no matter who scored, team B will draw the next question.
- Game ends when the time is up or when a team reached certain scores.
- Team with the highest score wins.

Idea from the St. Lucie WIC project

Color Spin Wheel

Make a spinning wheel with the different fruit and vegetable colors: Red, Blue/Purple, Orange/Yellow, Green, White.

Children spin the wheel and name a fruit or vegetable of the color that they spin to.

Idea from the St. Lucie WIC project

Red:

Red apples
Blood oranges
Cherries
Cranberries
Red grapes
Pink/Red grapefruit
Red pears
Pomegranates
Raspberries
Strawberries
Watermelon
Beets
Red cabbage
Red peppers
Radishes
Radicchio
Red onions
Red potatoes
Rhubarb
Tomatoes

Blue/Purple:

Blackberries
Blueberries
Black currants
Dried plums
Elderberries
Purple figs
Purple grapes
Plums
Raisins
Purple asparagus
Purple carrots
Eggplant
Purple Belgian endive
Purple peppers
Purple potatoes
Black salsify

Orange/Yellow:

Yellow apples
Apricots
Cantaloupe
Yellow figs
Grapefruits
Golden kiwifruit
Lemon
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow pears
Persimmons
Pineapples
Tangerines
Yellow beets
Butternut squash
Carrots
Yellow peppers
Yellow potatoes
Pumpkin
Rutabagas
Yellow summer squash
Sweet corn
Sweet potatoes
Yellow tomatoes
Yellow winter squash

Green:

Avocados
Green apples
Green grapes
Honeydew melon
Kiwifruit
Limes
Green pears
Artichokes
Arugula
Asparagus
Broccoli
Broccoli rabe

Brussels sprouts
Chinese cabbage
Celery
Chayote squash
Cucumbers
Endive
Leafy greens
Leeks
Green Onion
Okra
Peas
Green pepper
Spinach
Zucchini

White:

Brown pears
Dates
White nectarines
White peaches
Cauliflower
Garlic
Ginger
Jicama
Mushrooms
Onions
Parsnips
White potatoes
Shallots
Turnips

Apple Smiles

Materials:

- Red Apples
- Peanut butter
- Puffed rice cereal

Cut apple into several slices (each about ¼ inch thick. Do not remove the skin of the apple.

Blot slices with a paper towel to remove excess juice. Spread peanut butter onto one side of each slice.

Using the peanut butter as the “glue”, place a few cereal puffs along the outer edge of one of the slices. These are the “teeth”.

Place a different slice (peanut butter slice down) on top of the slice with the puffs. Smile!! Enjoy eating the smile (not recommended for very young children.)

From the Missouri WIC Program

School Announcements for 5 A Day Week

The following are samples of announcements that can be provided to schools regarding 5 A Day week or can be written in newsletters, flyers etc.

Monday: Today is the beginning of **5 A Day** week. **5 A Day** means that all of you should be eating at least 5 fruits and vegetables every day. If you want to feel good and have lots of energy and not get sick then 5 fruits and vegetables are important for you.

Tuesday: Remember – it is **5 A Day** week. How many of you ate 5 fruits and vegetables yesterday? Begin the day by eating fruit for breakfast. If you are in a rush, grab an apple or banana or drink 100% fruit juice, like orange or pineapple juice. If you have a little more time, putting berries or sliced banana in your cereal or on your pancakes is a great idea.

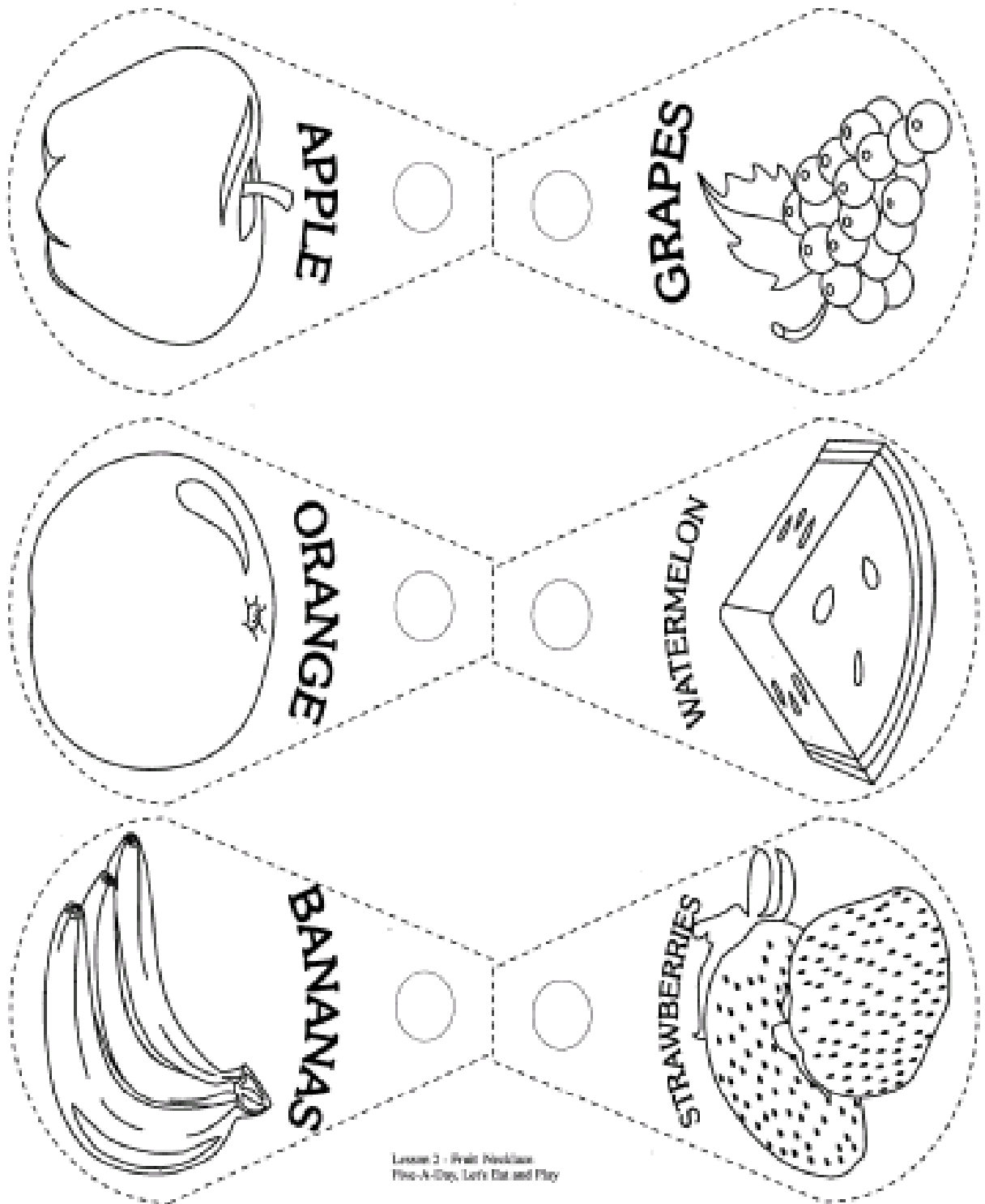
Wednesday: It is the middle of the week – **5 A Day** week that is. Are you eating your **5 A Day**? Let’s talk about the middle of the day – lunch. A salad or vegetable soup with your lunch gives you lots of vitamins and energy for the rest of the day. How about an ear of corn or carrot and celery sticks? There are lots of fun ways to get your 5 fruits and veggies every day.

Thursday: Are you celebrating **5 A Day** week? Is your family eating their 5 fruits and veggies every day? Maybe you can go to the store and choose your favorite ones to snack on. Grapes can be frozen and make a great snack in the hot weather. Or try a new fruit that you haven’t had before. You might discover something you really enjoy.

Friday: Today is the last day of **5 A Day** week. But, I hope you won’t forget to keep eating lots of fruits and vegetables. I want all of you to be healthy and strong all year long. So don’t forget to include fruits and veggies with your meals and choose them for snacks. After all, fruit is the original fast food. Pick up an apple, plum or banana and enjoy a quick, healthy snack.

Written by Judy Cooper, Senior Nutritionist, Palm Beach County Health Dept., 561-653-2374.

Idea from the St. Lucie WIC Office



Lesson 2 - Fruit Nutrition
Two-A-Day, Let's Eat and Play



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