

Class Fruit and Vegetable Data Collection

Lesson Overview:

Students work together as a class to keep track of the different fruits and vegetables they are eating.

Grade Level: K-3rd

Lesson Time: 60 minutes over several days

Materials Needed:

- Chart paper
- Take home fruit and vegetable inventory sheet

Content Integration:

- Nutrition
- Math

Corresponding Standards

- Practice making healthy eating choices with friends and family
- [CCSS.Math.Content.1.MD.C.4](#) Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another.
- [CCSS.Math.Content.2.MD.D.10](#) Draw a picture graph and a bar graph (with single-unit scale) to represent a data set with up to four categories. Solve simple put-together, take-apart, and compare problems¹ using information presented in a bar graph.
- [CCSS.Math.Content.3.MD.B.3](#) Draw a scaled picture graph and a scaled bar graph to represent a data set with several categories. Solve one- and two-step “how many more” and “how many less” problems using information presented in scaled bar graphs. *For example, draw a bar graph in which each square in the bar graph might represent 5 pets.*

Lesson Objective:

Students will take inventory of their class fruit and vegetable eating habits and examine healthy or unhealthy eating trends.

Lesson Description:

1. Lead-in:

Review key fruit and vegetable points

- Eat fruits and vegetable more often
- Make half your plate fruits and vegetables
- Eat a variety
- Eat a rainbow of color

So why are fruits and vegetables so important?

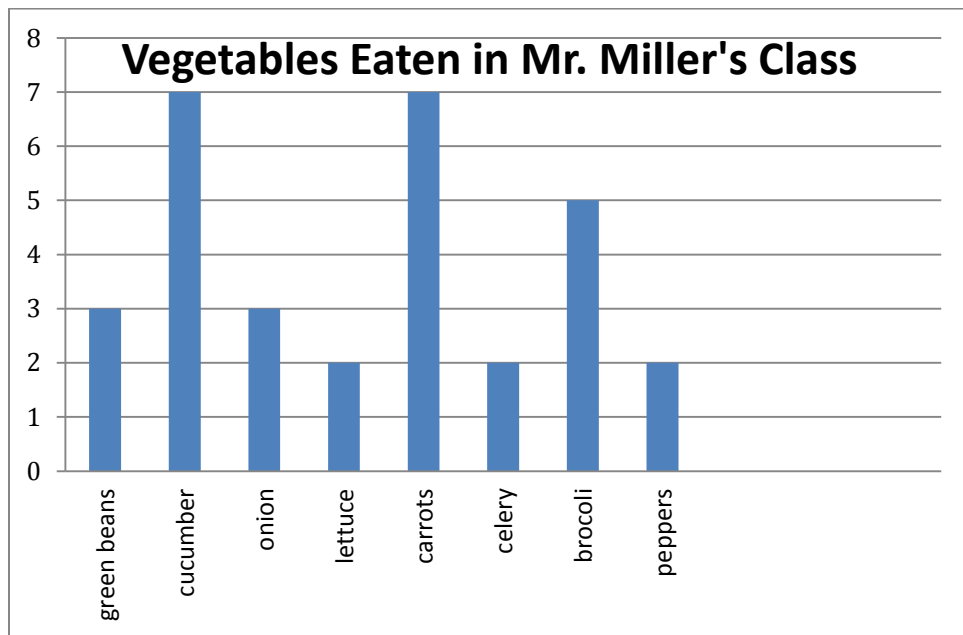
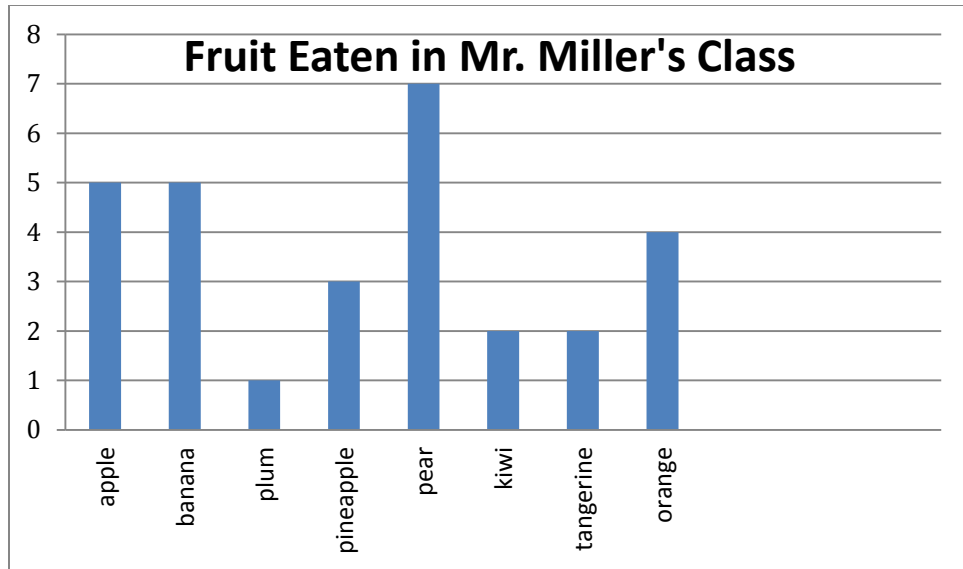
*Despite all of the controversy surrounding the optimal components of a healthy diet, there is little disagreement among scientists regarding the importance of fruits and vegetables. The results of numerous epidemiological studies and recent clinical trials provide consistent evidence that diets rich in fruits and vegetables can reduce the risk of chronic disease. On the other hand, evidence that very high doses of individual micronutrients or phytochemicals found in fruits and vegetables can do the same is inconsistent and relatively weak. Fruits and vegetables contain thousands of biologically active phytochemicals that are likely to interact in a number of ways to prevent disease and promote health. Fruits and vegetables are rich in antioxidants, which help protect the body from oxidative damage induced by pro-oxidants. **The best way to take advantage of these complex interactions is to eat a variety of fruits and vegetables.***

The overall message- Fruits and vegetables contain important nutrients that your body needs to grow and stay healthy. To make sure we get all of these nutrients it is important to eat a variety of fruits and vegetables. This can be accomplished by eating a rainbow of colors.

- e. Eat a diet rich in fruits and vegetables*
- f. Eating fruits and vegetables may reduce risk for heart disease and protect against certain types of cancer.*
- g. Eating fruits and vegetables are generally lower in calories than other foods. This is important in helping lower calorie intake.*

2. Step by Step:

For the next week or so, keep track of the fruits and vegetables your class is eating. This can be data collected from snacks, lunches or at home. Collecting snack or lunch data can be easier but data from home helps incorporate the message of eating more fruits and vegetables and a variety of each to families.



As you build your class graph ask if it shows healthy eating habits? Why or why not?

At Home Fruit and Vegetable Consumption

Name _____

Today I ate fruits and vegetables!

List the fruits and vegetables you ate at home today and return this card to school

Name _____

Today I ate fruits and vegetables!

List the fruits and vegetables you ate at home today and return this card to school

Name _____

Today I ate fruits and vegetables!

List the fruits and vegetables you ate at home today and return this card to school

Name _____

Today I ate fruits and vegetables!

List the fruits and vegetables you ate at home today and return this card to school

3. Closure

Congratulate your class on their success in eating a variety of fruits and vegetables.

Create a variety of math problems that use your data.