

Fruit Salad

Lesson Overview:

Students will listen to Vivian French's book *Oliver's Fruit Salad* and discuss the importance of fruit, discuss and explore different kinds of fruit, and make individual fruit salads.

Grade Level: K-2nd

Lesson Time: 45 minutes

Materials Needed:

- *Oliver's Fruit Salad* by Vivian French
- Variety of fruit to include in the fruit salad as well as an example of fresh, frozen, canned, and dried
- Small bowls, forks or spoons

Content Integration:

- Nutrition
- Language Arts

Corresponding Standards :

- Examine food groups
- Select nutritious foods
- Identify healthy snacks
- [CCSS.ELA-Literacy.RL.1.1](#) Ask and answer questions about key details in a text.
- [CCSS.ELA-Literacy.RL.1.2](#) Retell stories, including key details, and demonstrate understanding of their central message or lesson.

Lesson Objective:

Students will explore the importance of fruit in our diet.

Lesson Description:

1. Lead-in:

Start off by asking what students know about fruit.

2. Step by Step:

Read *Oliver's Fruit Salad*. The story provides discussion around several topics and questions:

- What is the difference between fresh fruit and canned fruit?
- In what other ways can you buy fruit?
- What different kinds of fruit do you notice in the story?
- Should Oliver eat fruit? Why?
- Why does Oliver say the fruit salad looks pretty?

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.*

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

3. Closure

After you finish reading and discussing, have students name as many different fruits as possible. Keep track of this list on a class poster or chart.

4. Extension or Next Step

Give students a small bowl to build their personal fruit salad. We recommend having a small selection of fruit available for students to choose from. Encourage students to build a fruit salad that contains a rainbow of colors. Once again, encouraging variety and trying new foods.