

Katy Trail Fruit and Vegetable Challenge

Purpose: Work as a class or group to eat up to 1,000 servings of fruits and vegetables.



Materials

- 1 Fruit and Vegetable Challenge poster for each classroom or group (provided)
- Markers or stickers
- 1 Fruit and Vegetable Challenge individual chart for each student (master provided)

Instructions

- Prepare students by providing some age appropriate education about fruits and vegetables. Points to stress:
 - Vegetables and fruits are important to keep us healthy
 - Most of us don't eat enough fruits & veggies
 - Make half your plate fruits and vegetables
 - Think about grabbing a fruit or veggie when you want a snack
 - Eat a variety of different fruits & veggies
- Hang Fruit and Vegetable Challenge poster in convenient location.
- Give each student an individual Fruit & Vegetable Challenge chart to help them keep track of what they eat.
- Set a classroom goal with input from the students. The poster has room for 1,000 fruit and vegetable servings, but they don't have to fill it completely. In setting the goal, consider:
 - How many fruits and vegetables do your students eat now? Are they willing to eat more?
 - Will you count all the servings they eat through the day, or just what they eat at school?
 - How many weeks will your challenge last?
- Have students use math skills to figure the goal.
Example: If you have 25 students and they each plan to eat 10 servings per week for 4 weeks, your goal is 1000 and you can fill the whole poster!
- Have every student mark 1 square on the poster for each fruit and/or vegetable they eat. Use either a marker or stickers. Any size portion counts. The goal is to get them to be aware and to eat more.

Tips for Fun and Success

- Have a fruit & veggie tasting event.
- Plant vegetable seeds in pots.
- Have a contest and offer a prize for the student who eats the most different kinds of fruits and veggies or the student who tries the most unusual fruit or veggie.
- Ask parents to support the Challenge by including fruits and vegetables in any sack lunches they send from home.
- Keep reminding the children to mark their individual charts every time they eat a fruit or veggie.

Need Help Teaching Nutrition?

A Nutrition Program Assistant from University of Missouri Extension may be able to teach their *Show Me Nutrition* curriculum in your classroom. If at least 50% of your school's students *qualify* for free or reduced meals through the National School Lunch Program you are eligible. For more information, contact your local Missouri County Extension Center.