



Unit 2 Fruits and Vegetables Child Lesson

Hi boys and girls, it's Miss Shanita again.

Today we are going to talk all about fruits and vegetables.

Can you think of some fruits? How about apples, bananas or grapes

Can you think of some vegetables? What about broccoli, carrots or corn?

Fruits and vegetables are important foods that help our bodies grow healthy and strong.

They fill us up and give our bodies energy to run, think and play.

Can you hold up the number of fingers that we should eat fruits and vegetables?

Hmm...let's see...1...2...3...4...5 fruits and vegetables every day! Five fruits and vegetables!

That's how many we should eat every single day.

It's important to eat all the fruits of the rainbow because each color is good for a different part of our body.

So let's see which colors are good for each body party.

What do you think red is good for? Red is good for our heart.

What about orange? Orange builds strong eyes. Can you point to your eyes?

Yellow is good for skin and that's all over our body.

Green is good for our teeth and our bones.

Blue and purple fruits and vegetables are good for our brain.

There are many kinds of fruits and vegetables to choose from and different ways to eat them.

The more fruits and vegetables you know can help you reach five a day!

Let's read a book that helps us to name some of the fruits and vegetables.



This book is called *Eating the Alphabet* by Lois Ehlert.

A...artichoke, apricot, avocado, apple, asparagus

B...blueberry, Brussel sprout, bean, beet, broccoli, banana

C...currant, cucumber, corn, celery, cabbage, carrot, cherry, cauliflower

D...date

E...endive, eggplant

F...fig

G...gooseberry, grapefruit, grapes

H...huckleberry

I...Indian corn

J...jalapeno and jicama. They start with a "J" but what letter do they sound like? They sound like and "h"!

K...kumquat, kiwifruit, kohlrabi

L...leek, lemon, lettuce, lime

M...melón, mango

N...nectarine

O...okra, orange

P...peach, pineapple, pear, papaya, persimmon, plum, pomegranate, parsnip, potato, pea, pepper and
pumpkin

Q...quince

R...rutabaga, raspberry, radish, rhubarb, radicchio

S...Swiss chard, spinach, star fruit, strawberry

T...turnip, tangerine and tomato

U...ugli fruit



V...vegetable marrow

W...watercress, watermelon

X...xigua, this is the watermelon but in the Chinese language they pronounce it as (she-gwah) but it starts with an "x". What letter does that sound like? She-gwah, it sounds like an "s"

Y...yam

Z...zucchini

The end!

Wow! We learned that there are so many different fruits and vegetables of all colors and they even make different sounds too.

Now that you know so many, you can make sure you are eating 5 fruits and vegetables every single day!

Well boys and girls...until next time, see you later!