

# Week 3 Overview:

## *Fruits and Vegetables*

### What do you know about fabulous fruit?

- Fruits are part of the plant that contains seeds.
- Fruits contain nutrients like Vitamin C, Vitamin A, Vitamin B, magnesium, and potassium. These help keep us from getting sick, help us grow, and repair our muscles and tissue that help make us strong and smart.
- Fruits come in different colors. Eating fruits of all colors helps you know that you're getting different nutrients you need to be strong and fast.
- Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

### What do you know about victorious vegetables?

- Vegetables are like fruits in that they also contain lots of nutrients like Vitamin C, Vitamin A, B vitamins, Iron, and Calcium that help us grow and repair our muscles and tissues that help make us strong, smart Super Kids.
- Different vegetables offer different benefits, so it's important to eat different colors and types of vegetables.
- Remember, just like fruits, we should try lots of different types of vegetables at different times in our lives because our tastes can change.

### WHAT TO EXPECT THIS WEEK

- Activity: Vegetables and Fruits Worksheet
- Recipe: Veggie Tortilla Roll- ups
- Exercise: Pass the Watermelon

# Week 3 Activity:

## *Vegetable and Fruits Worksheet*

Eating fruits and vegetables are an important part of any healthy diet, but sometimes hard to eat enough. Here are a few tips to get kids to eat more vegetables.

**Access the separate PDF document** for a fun, interactive workbook for your students to enjoy throughout the week as you learn about fruits and vegetables.

### Top 5 Ways To Get Kids To Eat More Vegetables

Cut vegetables of different colors into different shapes and let kids play a bit. Let them make some fun artwork with their vegetables. Then provide some different dips for them to taste their artwork. Infuse a little fun time with veggies!



Have your children participate in some of the decisions around vegetables. Let them choose which vegetable to include at mealtime and discuss what are the different ways to add that vegetable to the meal. Children become more interested when they have taken part in the decision making.



Be creative and add more finely chopped vegetables to soups, casseroles and sauces. You can even add it to hamburger patties. It may sound a little sneaky but sometimes you have to help children see how delicious vegetables are in different foods.


Have your child plant a vegetable and take care of it. Treat it like a very special "pet" that needs time, attention and care. Kids will be more interested in trying a vegetable that they have nurtured and helped harvest.



Many vegetables can be eaten raw. Kids are funny about smells and texture. See what type of vegetables appeals most: soft, crunchy, smooth? Have a tasting test game with the whole family.

# Week 3 Recipe:

## Veggie Tortilla Roll-up

<b>AGENCY SHOPPING LIST</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1/2 large cucumber, peeled</li> <li><input type="checkbox"/> 1 1/4 cups spinach</li> <li><input type="checkbox"/> 1 large carrot, peeled</li> <li><input type="checkbox"/> 1/2 container regular cream cheese</li> <li><input type="checkbox"/> 4 large wraps (burrito size)</li> </ul>	
<b>RECIPE INGREDIENTS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1/2 large cucumber, peeled</li> <li><input type="checkbox"/> 1 1/4 cups spinach</li> <li><input type="checkbox"/> 1 large carrot, peeled</li> <li><input type="checkbox"/> 1/2 container regular cream cheese</li> <li><input type="checkbox"/> 4 large wraps (burrito size)</li> </ul>	<b>NOTES</b> Useful Tools <ul style="list-style-type: none"> <li>• <a href="#">Silicone spatula</a></li> <li>• <a href="#">Chef's knife</a></li> <li>• <a href="#">Measuring spoons</a></li> </ul>
<b>DIRECTIONS</b>  First, prep your ingredients: <ol style="list-style-type: none"> <li>1. Remove cream cheese from refrigerator to soften.</li> <li>2. Wash and dry free vegetables.</li> <li>3. Shred the carrots, chop the spinach and peel the cucumber into ribbons.</li> <li>4. Using a silicone spatula or a knife, spread the cream cheese over the wraps (about two tablespoons per wrap).</li> <li>5. Divide up the cucumber into the wraps and then top with the carrot and spinach.</li> <li>6. Tightly roll the wrap and use a sharp knife to cut into slices, about 1-inch wide. If needed, secure each wheel with a toothpick.</li> <li>7. Each wrap makes roughly six pinwheels for a total of 24.</li> </ol>	

# Week 3 Exercise:

## *Pass the Watermelon*

Have you ever heard the word "core?" Maybe you have heard of an apple core? Did you know that we have a core? We need to take special care of this area, first with foods like melons, berries, and apples which help our tummy feel good. We also need to exercise this area so that these muscles stay strong because we use them in almost everything we do. Having a strong core makes us better athletes, keeps us from getting hurt, and improves our posture.

### **Supplies Needed:**

- Weighted medicine ball to be used as the "melon"

### **How to play:**

- Instructor will assign each student a partner
- Students will sit side by side with their partner
- One student will start with the 'melon' and twist to the outside away from their partner. Come back to the middle and twist towards their partner
- When they get to their partner, pass the 'melon' to their partner
- Repeat for 1 minute