

Unit Topic: FRUIT

Content and Learning Activities:

5 minutes

Talk about serving sizes.

What is a serving size? (The amount of food one should eat)

Serving sizes of fruit: (Show examples to the class of a serving size on a tray so they have a visual of the serving sizes)

- 1 medium sized fruit (apple, banana, orange)

- $\frac{1}{2}$ cup cut up fresh fruit or canned fruit

- $\frac{3}{4}$ cup 100% fruit juice

- $\frac{1}{4}$ cup dried fruit (raisins, prunes, dates)

It is very easy to get your daily amount of fruits in one day because the servings are smaller than you probably thought. How many servings of Fruit should you get? (2-4)

Nutrition value of fruits

What vitamins are found in fruits?

Fruits are high in vitamins and low in fat. They provide fiber and are the best dietary source of vitamin C. They are also good sources of vitamin A and moderate source of the B vitamin.

10 minutes

Talk to the class about buying fruit.

There are three ways that fruit comes, canned, frozen, and dried. (refer to the text book for information) (or refer to handout)

When would you choose canned, frozen, or dried fruit instead of fresh fruit?

(they are preserved so you can enjoy them all year long)

10 minutes

Have the class sample a fruit that has been canned, frozen, fresh, and dried. (peaches apples)

Have them fill out the handout "Choosing Fruit" on how they are different in color, taste, and texture.

10 minutes

Have the class gather around the front demonstration table. They will stand and watch the demonstration.

Have four bowls with the following:

- Station 1 will have lemon juice

- Station 2 a bowl of salt water

- Station 3 a bowl of sugar water

- Station 4 plain water

Slice up a banana and place the pieces in each bowl. Leave the fruit in the bowls until the end of class

15 minutes

Pass out the handout on “Pesticides” Ask the class how they feel about using pesticides on their fruit they eat. Talk about the questions, then have the students read the passage and answer the questions below.

10 minutes

Talk to the class about Tropical Fruits and go over the A to Z worksheet. Allow the students to taste some tropical fruits and fill out the questions on the back of the “pesticide” sheet

10 minutes

After everything is cleaned up we will take a look at their bananas in the bowls. Have the class fill out their handouts on enzymatic browning. Have them fill out what they observe and turn in their worksheets.

Sources: “Guide to Good Food”

Evaluation: I will read the students evaluations and worksheets done today.