

Fruit

Summary

Students will learn the serving sizes of fruit, the nutritional value, and what to look for when buying fruit. They will look at enzymatic browning and learn about pesticides found on fruit.

Main Core Tie

Food And Nutrition I

[Strand 5 Standard 4](#)

Time Frame

1 class periods of 45 minutes each

Materials

Worksheets, 4 bowls (lemon juice, water, salt, sugar) Fruit for a demonstration.

Background for Teachers

Be able to show the students size proportions of fruit and what to look for when choosing fruit. Have a knowledge of enzymatic browning and pesticides.

Student Prior Knowledge

Know basic characteristics of fruit

Intended Learning Outcomes

The students will know what a serving of fruit is, why fruit browns and how to preserve fruit.

Instructional Procedures

I have included my lesson plan on Fruit. This was a two-day lesson plan originally but I have changed it some. Feel free to add to or delete from it so it fits your class time. Students will learn the serving sizes, nutritional value, how to choose fruit and what to look for. They will learn how to treat fruit from enzymatic browning and pesticides.

Bibliography

"Guide to Good Food," and Janice Wuckert (Oquirrh Hills Middle)

Authors

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