Fruit Smoothies

Ingredients:

- Nonfat yogurt, plain or vanilla
- A high fiber cereal (Read the labels. Some provide up to 14 gms of fiber in a 1/2 cup)
- A combination of bananas, peaches, blueberries, strawberries, raspberries, and melons, etc. (Freezing some when you bring them home from the market makes the smoothies more like a milk shake.)
- One scoop of protein powder
- A fruit juice of choice, soy milk or rice milk

Blend it. This is an excellent low-fat breakfast with potential for an individualized level of carbohydrates.

Source: Dr. Preston Maring, Kaiser Permanente
Stone Fruit Salad

Serves 4

A combination of 4 to 6 yellow peaches, white peaches, nectarines, plums, pluots or apriums

Salad greens (baby gem lettuces, arugula or mixed greens)

1/4 cup almonds, slivered

1/4 cup feta cheese, crumbled

Dressing

1 Tbsp. champagne vinegar (it’s worth the trouble to find this)
1 Tbsp. honey
4 Tbsp. extra virgin olive oil
Salt and pepper to taste

Make a vertical incision all the way around the peaches and nectarines. Often, if they are ripe, the two halves come apart with a slight twist. Remove the pit. Depending on your choice, cut all the fruit into irregular shapes and sizes or perfectly symmetrical cubes. Whisk the dressing ingredients together in a bowl. Toss the dressing with the fruit, almonds and feta and serve on a bed of greens.

Source: Dr. Preston Maring, Kaiser Permanente
Yogurt Pops

Ingredients:

- Non-fat yogurt
- Fresh fruit, like berries
- Popsicle sticks
- Small plastic containers
- Plastic wrap

Pour yogurt and fruit into small bowl. Gently stir to mix in the fruit. Pour yogurt and fruit mixture into several small plastic containers. Cover with plastic wrap and poke wooden popsicle stick through plastic. Place in freezer until solid.

Eat and enjoy!
Tips for Motivating Kids to Eat More Fruits and Vegetables

The following tips offer a number of tried-and-true techniques for motivating kids to eat more fruits and vegetables.

Don't give up!
There are so many great tasting fruits and vegetables, and kids realize this when they get to try ones they've never tasted before. Sometimes a child will love a new fruit or vegetable the first time he or she tries it. Other times, it may take two, three or even ten tries before a child gets used to the taste of a new item. Ask kids to try one bite. If they don't like it, that's fine. Allowing them to stop at one bite makes trying new foods less scary. If, after trying a new fruit or vegetable two or three times, your child still does not care for that food, move on to other new fruits and vegetables. Forcing a child to eat something he or she truly does not like will only create a bad association with that food. However, it's important to keep offering new fruits and vegetables. Despite repeated refusals, a child may suddenly decide to try a new food, even Brussels sprouts!

Model healthy behaviors.
Children learn many of their behaviors by watching what older siblings and grown-ups do. Modeling healthful eating habits is a great way to make sure your kids develop healthful eating habits. When it comes to eating fruits and vegetables, the actions of older family members will definitely influence how kids react to fruits and vegetables. So watch what you say and do—kids are watching and will quickly mimic your actions and words. The next time the tossed salad is passed to you, take a large helping and say, "I love salad!" Soon the kids around you will be eagerly eating it and saying they love it, too.

Let kids make decisions.
When it comes to serving fruits and vegetables, offering kids two to three fruit or vegetable choices is a smart idea. Choosing between orange juice and pineapple juice for breakfast lets kids make decisions and exercise power. Likewise, choosing between baby carrots or celery sticks for lunch lets kids know their opinions matter. Also, asking kids to pick the fruits and vegetables for a meal allows them choose their favorites or suggest new ones to try.

Make it easy.
When kids come racing home hungry for a snack, chances are they'll grab the most convenient item. Make fruits and vegetables convenient by placing them in spots where kids will see them first. Fill a large basket or bowl with fresh fruit and place it on the kitchen counter or table. Put bottles or boxes of 100% fruit juice on lower shelves where kids will see them when they open the fridge looking for a cool drink. Have "grab and go snacks" in small plastic bags (cut up raw vegetables, peeled and segmented oranges, seedless grapes, etc.) ready and waiting in your refrigerator.

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For more recipes or information on fruits, vegetables, 5 A Day and nutrition, visit www.dole5aday.com.
Make it fun!
Capturing the imagination of kids can make eating fruits and vegetables more exciting. Present young kids with cut up fruits and vegetables, and then let them create funny faces or animals. While creating their masterpiece, they're likely to snack on the tasty building blocks. Here's a great recipe you can try at home:

**Trees in a Broccoli Forest**
Makes 8 “trees.” Each “tree” provides one 5 A Day serving of vegetables.

**Dipping Sauce:**
- ¼ cup plain nonfat yogurt
- ¼ cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

**Trees:**
- 16 DOLE® Baby Carrots
- 3 cups DOLE Broccoli, cut into florets
- 16 cherry tomatoes
- 3 tablespoons chopped fresh parsley

**Instructions:**
1. Prepare dipping sauce by combining yogurt, sour cream, honey and mustard in a small bowl.
2. Create each tree by putting 2 baby carrots side-by-side to create the trunk. Next, arrange broccoli florets around the carrots to create the leaves. Create a second tree on each plate, and then add four cherry tomatoes at the top of the plate. Spoon dip around the base of the carrots, and sprinkle with chopped parsley to create grass.
3. Have fun eating your trees!

Crunchy and sweet can’t be beat.
There’s no doubt about it—kids love bite-size pieces of fruits and vegetables. Crunchy, raw vegetables with dip are always a hit, and sweet pieces of ready-to-eat fresh fruit make great snacks. So if your 8-year old won’t eat steamed broccoli, try offering him raw broccoli florets with a low fat dressing for dip. Chances are, he or she will gobble it up and ask for more!

Kids like to eat what they make.
Kids are more likely to try something they’ve helped prepare. To get your kids interested in making fruit and vegetable recipes, have them help find recipes to try. They can look in cookbooks, magazines, newspapers, and online for recipes the whole family can enjoy. Once they find a recipe they want to try, have them develop a shopping list. At the supermarket they can have fun hunting for the fruits and vegetables needed for the recipe. Back at home the fun of preparing the recipe will only be surpassed by the excitement of trying it.

Add fruits and vegetables to favorite foods.
Adding fruits and vegetables to favorite foods is an easy way to get a child to eat more fruits and vegetables. Put sliced bananas on top of cereal. Add slices of green and red pepper to cheese pizza. Make strawberry milk shakes with frozen strawberries, low fat frozen yogurt and milk. Put some shredded carrots and lettuce on a turkey sandwich. Add carrot ‘coins’ to chicken noodle soup. Put slices of tomato inside cheese quesadillas. Add pureed red peppers and zucchini to spaghetti sauce. The possibilities are endless. Simply use your imagination to come up with other ways to add some more fruits and vegetables to your child’s diet.

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For more recipes or information on fruits, vegetables, 5 A Day and nutrition, visit www.dole5aday.com.
## Fruits and Vegetables by Color Category

<table>
<thead>
<tr>
<th>Blue/Purple</th>
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I'm going to the park to play with my friends. Can you help me find my 10 snacks and play things?

I try to be active at least 60 minutes on most days. You should try. It's easy - walk the dog, play catch, or even clean your room.

Why did the tomato turn red?

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Why did the tomato turn red?
Con Alimentos, Juegos y Energía

Me voy al parque a jugar con mis amigos. ¿Me ayudas a encontrar mis 10 bocadillos y juguetes?

Yo trato de estar físicamente activo por lo menos 60 minutos todos los días. Tú deberías hacerlo también. Es fácil: camina con el perro, juega con la pelota, o monta en tu bicicleta.

¡Una Idea Poderosa!

Comparte tu postre o papas fritas con un amigo.

¿Qué le dijo el azúcar a la leche?

¡Para reír! ¿Qué le dijo el azúcar a la leche?
Move More. Sit Less.

Power Panther™ says... Eat Smart. Play Hard.

Power Panther™ was a part of which of these major events? Check 5 correct answers.

- Cherry Blossom Parade
- World Cup
- Pro Rodeo
- NBA Finals
- Macy's Parade
- World Series
- Special Olympics
- Pro Rodeo
- Macy's Thanksgiving Day Parade

Answers to Secret Power Code:

1. Being physically ☐ ☐ ☐ ☐ is fun and helps you feel good too!
3. Eat a variety of fruits, vegetables, and ☐ ☐ ☐ ☐ foods.
4. Balance each day with ☐ ☐ ☐ ☐ and ☐ ☐ ☐ ☐.

Make a splash! Join me for a ride on the waterslide and for a few laps.

Watermelon Ice

You need:
- 1 cup cubed seedless watermelon
- 1/2 cup cracked ice
- 3 teaspoons of sugar
- A squeeze of lime juice

Prepare this treat ahead of time and grab it on your way out the door.

Using an adult’s help, in a blender, place cracked ice, sugar, lime juice and watermelon. Process until well blended.

Put in cup and place into freezer until slushy and ready to serve.

Makes 1 serving. Enjoy!

Q: How do birds get ready to exercise?

Funnies

Power Fact:

You need: 1 cup cubed seedless watermelon
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Q: How do birds get ready to exercise?
Power Your Moves

Word Scramble
Cross out all the fruit and vegetable names horizontally within the word puzzle below and reveal the message.

APPLE KIWI EAT WATER MELON
PINEAPPLE S BANANA ORANGE
CAULIFLOWER GRAPEFRUIT
SQUASH FRUIT TOMATO PEAS
BEANS SPINACH AND BROCCOLI
RADISH CARROT KRAKELERY
MANGO VEGETABLES PLUM
ASPARAGUS BLUEBERRY PEAR
CHERRY E A P E A C H LETTUCE
ONION RASPBERRY DAY LEMON

Chili Popcorn

You need:
4 cups popped popcorn;
1 tablespoon melted margarine;
1 teaspoon chili powder;
A dash of garlic powder.

Mix popcorn and margarine. Mix seasonings thoroughly; sprinkle over popcorn. Mix well.

Serve immediately and enjoy with family and friends! Makes four 1-cup servings.

Q: What do you call tired popcorn?

Fruits and vegetables are my secret power-pack to help me play hard everyday.

tip: At a fast food restaurant? Try a grilled chicken sandwich and a side salad.

Which State is the largest grower of each of these fruits and vegetables?
Match 'em up!

Fruits/Vegetables States
Pineapple Florida
Sweet Potato California
Blueberries Washington
Cauliflower North Carolina
Eggplant Michigan
Apples Hawaii

Funnies

At a fast food restaurant?
Try a grilled chicken sandwich and a side salad.

What do you call tired popcorn?

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Chili Popcorn

You need:
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Mix popcorn and margarine. Mix seasonings thoroughly; sprinkle over popcorn. Mix well.

Serve immediately and enjoy with family and friends! Makes four 1-cup servings.

Fruits and vegetables are my secret power-pack to help me play hard everyday.

Word Scramble Answer:

Eat 5 fruits and vegetables each day.

World Traveler Answer:


Funnies Answer:

Pooped corn!
**UNIT:** FRUITS AND VEGGIES MATTER  

**Grades:** 3-4

**Objectives:** Children take turns aiming at the healthy drinks to get points; the first team to 100 points wins.

**Equipment:** 10 plastic bottles per team (12-16 ounce size water bottles). Remove label from bottles and replace with beverage points label.

**P.E. Standard:** Grade 3 – 1.8 – Roll Ball for Accuracy  
Grade 4 – 5 – Group Dynamics

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>INSTRUCTIONS</th>
<th>TEACHING OPTIONS</th>
</tr>
</thead>
</table>
| Bowling Away the Sweets | - Students write out labels with beverage names and points (1 set per team)  
- Cut and tape at least 5 healthy options to each team’s set of bottles  
- Healthy beverage options: water, low-fat milk, 100% fruit or vegetable juice  
- Sweet beverage options: fruit punch, Kool-Aid, lemonade, soda, sports drinks  
- Small balls (foam balls, balls of paper reinforced with masking tape, tennis balls, etc) (2 per team)  
- Set up bottles as you would set up bowling pins on one side of a room or hallway.  
- Use masking tape to define the bowling line.  
**How to Play:**  
- Small teams will work together to knock down the pins, and collect points based on the beverage bottle that was knocked over.  
- Each player will bow 2 balls and add up the points based on the point system that is decided.  
**Example:**  
- Low-fat Milk = 5 points  
- Water = 4 points  
- 100% juice = 3 points  
- Flavored Milk = 1 point  
- All other drinks = no points  
- (Modification) Collect actual bottles of healthy and sweetened drinks and post the point system on the wall.  
- Arrange the bottles so that the children may aim at certain bottles.  
- Physical activity can be increased by instructing the teams to do jumping jacks for the number of points collected after each turn, or jogging, skipping, hopping back and forth to collect the balls and re-set the pins.  
- Play as a group with the bottles scattered in the middle of the space. Place the children in a circle standing around the bottles. Children will take turns rolling the balls at the bottles. Non-rollers will collect the balls and rollers will re-set the bottles.  
- Remind the player that milk and water are smart and healthy drink choices. Explain that 100% juice has a lot of nutrients, but it does contain natural sugars so it should be consumed within moderation. Flavored milk contains the healthy nutrients (like calcium) that regular milk has, but it also contains added sugar.  
- Children set up pins in various geometric figures as called out by leader.  
- Before rolling the ball, children figure out area and perimeter of geometric figure using their feet to pace off the distance.  

*YMCA of Santa Clara Valley*
UNIT: FRUITS AND VEGGIES MATTER

Objectives: The players that are “it” try to freeze players by tagging them, while other players call out fruits and vegetables to thaw out (unfreeze) the player.

Equipment: None

P.E. Standard:
- Grade 3 – 3.3 – Aerobic Capacity
- Grade 4 – 1.3, 1.4 – Body Management
- Grade 4 – 3.3 Aerobic Capacity

<table>
<thead>
<tr>
<th>INSTRUCTIONS</th>
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<tbody>
<tr>
<td><strong>Frozen Fruit Tag</strong></td>
<td>- Establish the boundaries in the space that will be used and inform the players that they may go in any direction, but must stay within the boundaries.</td>
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<td>- Establish which players will be “It”</td>
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<td>- Select a specific movement to be used by its and players (running, skipping, etc).</td>
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<td>- One the start cue, the its will chase the players and try to tag them (below the shoulder, while avoiding shoving). When a player is tagged, he/she stands frozen until he/she is thawed out by another player.</td>
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<td>- The leader call out a color and the frozen player(s) must call out the name of the fruit or vegetable to match the color. With this option, the leader may continue to call out colors and any tagged player can name a fruit or vegetable of that color until the leader calls out a new color.</td>
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<td></td>
<td>- Another player serves as “defroster” calls out a color while facing the frozen player; the frozen player must name a fruit of vegetable to match that color while doing 10 jumping jacks with their partner.</td>
</tr>
</tbody>
</table>
UNIT: FRUITS AND VEGGIES MATTER

Objectives: Take turns naming fruits and vegetables while practicing movement

Asset Categories: Support, Constructive Use Of Time, Social Competencies, Positive Values

Grades: 3-4

Suggested Book: Eating the Alphabet by Lois Ehlert

P.E. Standard: Grade 3 – 5.4 – Social Interaction
Grade 4 – 4.4 – Healthy Choices

ACTIVITY | INSTRUCTIONS | TEACHING OPTIONS
--- | --- | ---
Going on a Journey | -Children stand in a circle and the leader explains that the group is going on a journey and needs to pack a fruit and vegetable that begins with each letter of the alphabet.  
- The leader asks the group “How are we going to get to our destination?” “Are we going to walk, run, hop, etc?” The leader then selects a specific movement for the group to follow until the leader changes the movement.  
- Begin by saying “I’m going on a journey and I’m going to bring an (apple, avocado, apricot, etc), and I am going to (walk, skip, run, etc)”.  
- The group repeats the line as well as the food already listed and adds a food from the next letter in the alphabet.  
- The goal is for all children to pack some fruits or vegetables for the journey. When the group can’t remember something, the game ends and it is time to start packing from the beginning. | - Older children can be challenged to remember and repeat each food listed.  
- Smaller programs may play this game with all ages together.  
- This game can be expanded to include other foods; for instance, instruct the group to pack healthy snacks and drinks. |
UNIT: FRUITS AND VEGGIES MATTER

Objectives: Chasing, locomotor skills, evading
Asset Categories: Support

Constructive Use Of Time

Social Competencies

Empowerment

Grades: 3-4

Equipment: None

P.E. Standard: Grade 3 -1.1 – Chase/Flee,

Grade 4 – 1.1 - 1.4 – Body Management

Grade 4 – 4.4 – Healthy Choices

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<tr>
<th>ACTIVITY</th>
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</thead>
<tbody>
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<td>7 Servings Tag</td>
<td>-Establish the boundaries in the space that will be used and inform the players that they may go in any direction, but must stay within the boundaries.</td>
<td>-When the group reaches 7, they stop and name “multiples of 7” different fruits and vegetables.</td>
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<td></td>
<td>-Establish which two players will be “It”. Have the first two taggers link arms at the elbow.</td>
<td>-Each child names a fruit or vegetable and does a motion that all children repeat.</td>
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<td></td>
<td>-Select a specific movement to be used by its and players (running, skipping, etc).</td>
<td>-Each child names seven fruits and vegetables without repeating another member of the group.</td>
</tr>
<tr>
<td></td>
<td>-On the start cue, the taggers will chase the players and try to tag them (below the shoulder, while avoiding shoving). When a player is tagged, he/she joins elbows with the taggers.</td>
<td>-The group comes up with their favorite fruit or vegetable and each child names a characteristic.</td>
</tr>
<tr>
<td></td>
<td>-When the group reaches 7, they stop and name 7 different fruits and vegetables.</td>
<td>-After naming the fruit and veggies the group should do 7 repetitions of an exercise (jumping jacks, toe touches, run in place for seven seconds, etc.)</td>
</tr>
</tbody>
</table>