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:

\[\frac{1}{4} \text{ cup plain nonfat yogurt} \]
\[\frac{1}{4} \text{ cup light sour cream} \]
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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# Fruits and Vegetables by Color Category

## Blue/Purple
- Purple Asparagus
- Purple Belgian Endive
- Blackberries
- Black Currants
- Black Salsify
- Blueberries
- Purple Carrots
- Dried Plums
- Eggplant
- Elderberries
- Purple Figs
- Purple Grapes
- Purple Peppers
- Plums
- Purple Potatoes
- Raisins
- Shiitake Mushrooms
- Purple Yam

## Green
- Green Apples
- Artichokes
- Arugula
- Asparagus
- Avocados
- Green Beans
- Bitter Melon
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Green Cabbage
- Celery
- Chayote Squash
- Chives
- Chinese Cabbage
- Chinese Zucchini
- Napa Boc/Choy
- Cucumbers
- Endive
- Gourd

## White
- Leafy Greens
- Leeks
- Lettuce
- Limes
- Luffa
- Okra
- Opo
- Green Onion

## Yellow/Orange
- Bananas
- Brown Pears
- Bean Sprouts
- Cauliflower
- Dates
- Diakon
- Garlic
- Ginger

## Red
- Yellow Apples
- Apricots
- Yellow Beets
- Butternut Squash
- Cantaloupe
- Carrots
- Yellow Figs
- Grapefruit

- Golden Kiwifruit
- Lemon
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Yellow Pears
- Yellow Peppers
- Persimmons
- Pineapples
- Yellow Potatoes
- Pumpkin
- Rutabagas
- Yellow Summer Squash

- Sweet Corn
- Sweet Potatoes
- Tangerines
- Yellow Tomatoes

- Red Apples
- Beets
- Blood Oranges
- Red Cabbage
- Cherries
- Red Chili Peppers
- Cranberries
- Pink/Red
- Grapefruit
- Red Grapes
- Red Onions
- Red Peppers
- Pomegranates
- Red Potatoes
- Radicchio
- Radishes
- Rhubarb
- Strawberries
- Tomatoes
- Watermelon
# 5 A Day The Color Way

Instructions:
See how many colors you can eat everyday. Fill in the fruit and/or vegetable you eat each day under the color category. (See back for examples of fruits and vegetables in their color categories.) Aim for one in each of the 5 categories every day.

<table>
<thead>
<tr>
<th></th>
<th>Blue/Purple</th>
<th>Green</th>
<th>White</th>
<th>Yellow/Orange</th>
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©2002 Produce for Better Health Foundation
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?

Answer: It saw the salad dressing.
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.

¿Qué le dijo el azúcar a la leche?

Comparte tu postre o papas fritas con un amigo.

¿Qué le dijo el azúcar a la leche?
Move More. Sit Less.

Power Panther™ says… Eat Smart. Play Hard.

Food and Nutrition Service
The USDA is an equal opportunity provider and employer.

Enter the FUN ZONE

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

Pump up your energy level! Swim, jump rope, or go biking with your friends.

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!

Crack the Secret Power Code

Use your detective skills and the code at the right to complete the activity.

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 ☐ ☐ ☐ ☐ ☐ ☐ ☐.

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!

Power Fact:

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

- Cherry Blossom Parade
- World Cup
- Super Bowl
- Special Olympics
- World Series
- Pro Rodeo
- Macy’s Parade
- NBA Finals
- Day Parade

Power Facts: Macy’s Parade, Cherry Blossom Parade, World Series, Special Olympics, Pro Rodeo.
Power Your Moves

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

APPLEKIWIEATWATERMELON
PINEAPPLE5BANANAORANGE
CAULIFLOWERGRAPEFRUIT
SQUASHFRUITSTOMATOPEAS
BEANSSPINACHANDBROCCOLI
RADISHCARROTOKRAECLEY
MANGOVEGETABLESPLUM
ASPARAGUSBLUEBERRYPEAR
CHERRYEACHEALTHLETUCE
ONIONRASPBERRYPAYDAYLEMON

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

Word Scramble Answer:
Eat 5 fruits and vegetables each day.

World Traveler Answer:

Funnies
Q: What do you call tired popcorn?
Fruits and vegetables are my secret power-pack to help me play hard everyday.

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.

Tip: At a fast food restaurant? Try a grilled chicken sandwich and a side salad.
UNIT: FRUITS AND VEGGIES MATTER

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

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

Grades: K-2

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 K – 3.1 – Fitness Concepts
Grade 1 – 3.1 – Fitness Concepts
Grade 2 – 1.7 – Manipulative Skills

ACTIVITY INSTRUCTIONS TEACHING OPTIONS

Bowling Away The Sweets

- Print 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 bowl 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.
UNIT: FRUITS AND VEGGIES MATTER  

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

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

Equipment: None  

P.E. Standard:  
Grade K – 1.1 – Movement Concepts  
Grade K – 1.10 – Locomotor Movement  
Grade K – 3.1 – Fitness Concepts  
Grade 1 – 1.1 – Movement Concepts  
Grade 1 – 2.4 – Locomotor Movement  
Grade 1 – 3.1 – Fitness Concepts  
Grade 2 – 1.1 – Movement Concepts  
Grade 2 - 3.1 – Fitness Concepts

ACTIVITY | INSTRUCTIONS | TEACHING OPTIONS
--- | --- | ---
Frozen Fruit Tag | - 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.  
- Establish which players will be “taggers”  
- Select a specific movement to be used by its and players (running, skipping, etc).  
- 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.  
- 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.  
- 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. |
**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:** K-2

**Suggested Book:** *Eating the Alphabet* by Lois Ehlert

**P.E. Standard:**
- Grade K – 1.1 – Movement Concepts
- Grade K – 1.10 – Locomotor Movement
- Grade K – 3.1 – Fitness Concepts
- Grade 1 – 1.1 – Movement Concepts
- Grade 1 – 2.4 – Locomotor Movement
- Grade 1 – 3.1 – Fitness Concepts
- Grade 2 – 1.1 – Movement Concepts
- Grade 2 – 3.1 – Fitness Concepts

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<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>INSTRUCTIONS</th>
<th>TEACHING OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Going on a Journey</td>
<td>-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.</td>
<td>-Younger children may simply name a food for each letter in the alphabet, while 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.</td>
</tr>
</tbody>
</table>

*YMCA of Santa Clara Valley*
# YMCA of Santa Clara Valley

## UNIT: FRUITS AND VEGGIES MATTER

**Objectives:** Collect and sort fruit & veggie containers.

**Equipment:** Empty and clean boxes or cans of fruits/veggies or juice. Two large containers (milk crates or paper bags) for each team. Label one “fruit” and one “vegetable”.

**P.E. Standard:**
- Grade K – 3.1 – Fitness Concepts
- Grade 1 – 3.1 – Fitness Concepts
- Grade 2 - 3.1 – Fitness Concepts

### Asset Categories:
- Support
- Constructive Use Of Time
- Social Competencies
- Empowerment

### ACTIVITY INSTRUCTIONS

#### The Great Fruit & Veggie Race

- Arrange group in two or more teams, and have each team line up on opposite sides of an open space.
- Place fruit/vegetable containers in the middle of the space, between the two teams.
- On the start cue, each team member takes turns running to grab a fruit/vegetable container and returning to their team to sort the items.
- The team with the most items sorted correctly, wins.

- Sort by color
- Older students may be introduced to key nutrients and sorts by “lots of vitamin C” or “little vitamin C”.
- Search for an item that meets the description called out by the leader. For instance, the leader calls out “orange fruit” and the team members in line run out and find an orange fruit to return to their teams. The next person in line searches for a different item, such as “green vegetable”.
- Options include: part of plant, color, how the food is typically served (morning juice, lunch bag fruit, dried fruit snack, mashed vegetable, etc)
- Several fruits and vegetables will meet the description, so be sure to have enough items for the children to collect.
- This can also be played as a quiet brainstorming game; the small team or individual who lists the most items in each category wins (offer fruit stickers, or the opportunity to choose the fruit or vegetable for snack.)