



FSNE Lesson Plan

Fruits and/or Vegetables

Fear Factor

Grade: 9-12

I. Nutrition Education Objective:

- A. Consume recommended amounts and variety of fruits and vegetables daily

II. Pennsylvania Educational Standards:

- A. 10.1 Concepts of Health
- B. 10.2 Healthful Living
- C. 11.3 Food Science and Nutrition

III. Content

- A. Understanding why we need fruits and vegetables
- B. Knowing how much we need each day
- C. Learning the health consequences of not consuming enough fruits and vegetables

IV. Materials

- A. “*Fear Factor*” rating worksheet (available for either 3 foods for 6 foods)
- B. Visual: Nasco Portion Kit
- C. Taste-test: 3 to 6 different bite-sized fruits and/or vegetables
- D. Faux blindfold (roll of paper towels works)
- E. Reinforcement: fruit or vegetable stress ball key chains
- F. Parent newsletter: Fruit & Your Health
- G. Extension lessons for the teacher
- H. “*Citrus Fruits*” Special Education level worksheet can be used with MS or HS level special education classes

V. Procedure

- A. *Introductory*:
 - 1. Lesson Introduction
 - 2. Introduction of educator presenting the lesson
- B. *Developmental*:
 - 1. Tell the students that you will be playing the ***Nutrition Fear Factor*** game. Some of the students will be familiar with the show and others won’t really know what you mean. Explain that you will need a few very brave volunteers that are willing to eat something new. “It just might be cold and slimy.”
 - 2. Blindfold the volunteers by loosely tying the paper towel behind their head. Tell the other students watching, that you are going to pull out what the volunteers have to try and that they need to be quiet and not let the volunteers know what it is.
 - 3. Ask the volunteer to put their hand out and give them either a slice of lime, lemon, or orange (with the rind removed) or any other fruit and/or vegetable you want to use. Tell them that when you say so, they can take a small bite and to tell you what they think it is, if they know.
 - 4. After they do the taste-testing take their blindfold off and let them see what they tasted.

5. Give all the other students a chance to try the different fruits. Distribute the “*Fear Factor*” rating worksheet. Each student will taste each fruit and/or vegetable and rank it. (FYI: If you are working with a special education class, use the “*Citrus Fruits*” worksheet)
6. As they answer the questions and go through the worksheet discuss the following points:
 - a. Why fruits and vegetables are important to our health
 - b. How much we should eat each day
 - c. These facts are specific to citrus fruits:
 - i. Lemons, limes and oranges are all part of the citrus fruit family.
 - ii. Most citrus fruits have a thick rind (skin) and a juicy pulp.
 - iii. Citrus fruits grow in very warm regions. The United States grows a lot of fruit in Florida and California.
 - iv. Can you think of any other citrus fruits? (You don’t have to talk about all these citrus fruits)
 - Grapefruit (Can be white or red on the inside)
 - Tangerine (Orange-red colored mandarin orange)
 - Tangelo (Cross between a tangerine and a grapefruit)
 - Ugli (Type of tangelo that is easy to peel. Cross between a tangerine, grapefruit, and orange. Looks “ugly”, it usually has brown spots)
 - Minneola (Also a cross between a tangerine and grapefruit)
 - Nectarine
 - Clementine (seedless mandarin with loose skin – easy to peel)
 - Mandarin Orange (small orange with loose skin – you can get them in cans)
 - Kumquats (Only citrus fruit that you can eat whole – peel and seeds)
 - Satsuma (From Japan. The skin is a little harder to peel)
 - v. Citrus fruits are high in Vitamin C and Potassium.
 - vi. Vitamin C helps keep us healthy and avoid colds especially in the winter.
 - vii. Even though limes and lemons are very sour and tart they are used a lot for cooking and flavoring. (i.e. flavoring in tea, squeezed over chicken or fish, can use the skin as a “zest” or flavoring, some cleaning products have a lemon scent because it smells so good)

VI. Conclusion of lesson:

- A. Distribute hand wipes.
- B. Provide each student with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.
- C. Distribute the reinforcement, read the message and/or explain the reason why they are getting the reinforcement.
- D. Distribute parent newsletter.
- E. Thank the students for their participation and answer any questions the students have.

VII. Extension lessons:

Educator’s Choice



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy Foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

Fear Factor

Name _____ Date _____

Directions:

1. Volunteers for the activity will be blindfolded.
2. Each person will taste one of the samples items and try and guess what it is. The rest of the students will remain quiet!
3. They will remove their blindfold and they will be told which food item they had.
4. Now, everyone else will get a chance to try each of the food items and fill out the table below.
5. Remember to look for your favorites next time you are in the grocery store.

Food Item #	Name of Food Item	Rating Give each food a rating between 1 and 10: 1 = yuck and 10 = yum	Description Describe the taste, texture, feel, and smell.
1			
2			
3			
4			
5			
6			



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Citrus Fruits

1. Taste each citrus fruit and rate the flavor.

Lime



Sweet 1 2 3 4 5 Sour

Lemon



Sweet 1 2 3 4 5 Sour

Orange



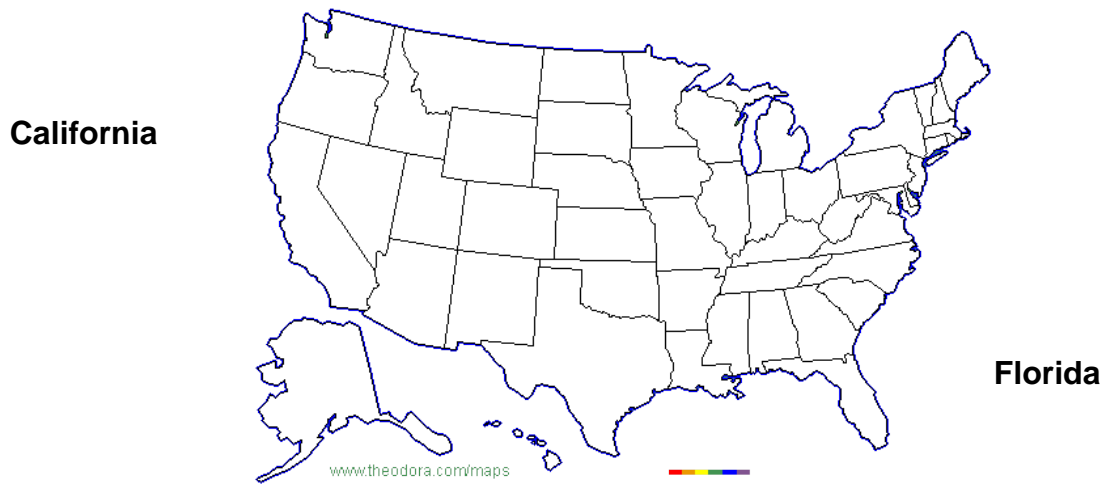
Sweet 1 2 3 4 5 Sour

2. Which fruit is the sourest? _____

3. Which fruit is the sweetest? _____

4. Which fruit is your favorite? _____

5. Where do citrus fruits grow? Fill in the two states on the map where we grow the most citrus fruits. Both these states are very warm and get a lot of sunshine.



6. Unscramble the letters to name some citrus fruits.

M I L E _____

O N E R G A _____

E L M N O _____

U I P E R P G A F R T _____

7. Can you name any other citrus fruits?

Facts:

Citrus fruits have a lot of vitamin C.

Vitamin C helps prevent colds and keeps you healthy.



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