



Cooking Club Lesson Plan

Fruit

Grades 6-12

I. Lesson Objectives:

- A. Students will discuss the importance of eating a variety of colorful fruit.
- B. Students will identify at least two health benefits of eating fruits.
- C. Students will prepare and sample a healthy and simple recipe containing fruit.

II. Behavior Outcomes:

- A. Make half your plate fruits and vegetables, at least half your grains whole grains, and switch to fat-free or low-fat milk and milk products.

III. Pennsylvania Educational Standards:

- A. 11.3 Food Science and Nutrition
- B. 1.6 Speaking and Listening
- C. 10.1 Concepts of Health
- D. 10.2 Healthful Living
- E. 10.4 Physical Activity

IV. Materials

- A. Handouts- copies of recipe
- B. Optional Handouts- *“Focus on Fruits”* handout from Learning Zone Express
- C. Additional Activities- *“Fruit Colors”* worksheet, *“Fruits Match Up”* worksheet
- D. MyPlate Graphic Poster or other appropriate visual
- E. Reinforcement that conveys the appropriate nutrition message
- F. Hand wipes, gloves, hairnets/head coverings, aprons, tablecloth
- G. Food and cooking supplies needed for recipe
- H. Paper products needed for preparing and serving recipe (i.e. plates, bowls, forks, spoons, serving utensils, etc.)
- I. Ten Tips Sheet: *Focus On Fruits*

V. Procedure: *Text in italics are instructions for the presenter, non-italicized text is the suggested script.*

A. Introductory

- 1. Lesson Introduction
 - a. *Introduce yourself and the nutrition education program/organization presenting the lesson.*
 - b. *Review previous lesson.*

- c. *Briefly introduce the lesson topic and recipe that will be prepared. Explain that students will learn why it is important to eat a variety of fruits every day.*

B. Developmental

1. Discussion of lesson topic
 - a. *Display MyPlate graphic poster or other appropriate visual aid.*
 - b. *Ask Students: "What are some of your favorite fruits?" You may write some of the responses on the board.*
 - c. *Referring to the MyPlate graphic poster or other appropriate visual aid, ask students: "What does MyPlate recommend to us about eating fruits? Solicit responses and review the following points:*
 - i. Half of your plate should be fruits and vegetables
 - ii. Strive to consume a variety of colorful fruits every day to get a variety of nutrients.
 - iii. Focus on whole fruits.
 - iv. Fresh, raw, cooked, canned frozen, dried, or 100% fruit juice all count toward your daily fruit intake.
 - d. *Ask students: "Why should we focus on eating a variety of fruits? Solicit responses as needed. Include these points:*
 - i. Fruits provide a variety of nutrients that are important for our health, but each type of fruit offers different benefits. By choosing a wide variety of fruits, we are more likely to obtain all of the nutrients we need, not just those that we would get from a few select fruits.
 - ii. Eating a variety of fruits can help to reduce the risk of certain diseases.
 - iii. Fruits are nutrient dense foods that are naturally low in fat and calories.
 - e. *Ask students: "Does anyone know a vitamin, mineral, or other nutrient that is commonly found in fruits?" Solicit responses and prompt as need.*
 - i. Vitamin A: helps with eyesight; found in cantaloupe, watermelon, grapefruit, mango, and papaya to name of few.
 - ii. Vitamin C: helps protect the body by aiding the immune system and aids in healing; found in oranges, strawberries, kiwi, grapefruit, pineapple, mango, papaya, or passionfruit.
 - iii. Potassium: Helps with electrolyte balance and maintaining a healthy blood pressure; found in bananas, prunes, peaches, apricots, and honeydew melon.
 - iv. Folate: Helps to form red blood cells; found in dates, pineapple, guava, lychee, blackberries.
 - v. Fiber: Keeps you feeling fuller longer and important for proper bowel function and assisting in reducing blood cholesterol levels; found in whole or cut-up fruits especially apples, blackberries, and raspberries.
 - vi. Phytonutrients: Just like vegetables, fruits contain other substances that provide health benefits and may reduce the risk of some diseases. These substances are called phytonutrients, and they give fruits their color, flavor, and aromas and help protect the body in many different ways.

- vii. *For grades 9-12:* Fruits also contain antioxidants, which are substances that help to prevent or slow-down oxidative processes in the body.
 - (a) Think about what happens when an apple is cut and is left to sit out in the open. What happens to it? *Answer:* The apple turns brown.
 - (b) Why? *Answer:* The surface is not protected by the skin and it is being oxidized.
 - (c) *Ask students:* What could we put onto the apple to prevent it from browning? *Desired answer:* Orange juice or lemon juice.
 - (d) *Ask if the students know why.* Vitamin C is in orange juice and lemon juice. It is an antioxidant that protects the apple from the effects of oxidation and will stop it from turning brown when cut.
 - (e) The same goes on in our body. Vitamin C, along with other compounds, acts as an antioxidant to protect our body cells from damage. Some common antioxidants include: vitamins E, C, and beta carotene (a form of vitamin A).
- f. In order to get all of the necessary vitamins, minerals, and antioxidants that fruits can provide, MyPlate recommends that we eat approximately 1½ to 2 cups per day. *Remind students that it's important to remember that the amount of fruit you need will depend on age, sex, and level of physical activity.*
- g. In order to ensure you consume the recommended amount; you need to understand what will count as a cup of fruit. Many whole fruits come in a variety of sizes, so it's important to pay attention to the size.
 - i. 1 cup of fruit or 100% fruit juice = 1 cup
 - ii. ½ cup of dried fruit = 1 cup
 - iii. 1 small whole fruit = about ½ cup

2. Cooking Activity

- a. *Distribute copies of recipe to students. Suggested recipes are provided but may be altered as needed. When selecting a recipe, choose recipes that have ingredients from at least two food groups and can be prepared within the allotted time.*
- b. *Review the ingredients and instructions for preparing the recipe.*
- c. *Remind students of food safety guidelines and proper cooking equipment use.*
- d. *Involve students in food preparation and cooking. Choose volunteers and assign each student a task or have groups of students take turns assisting.*
- e. *Discuss the following points while cooking:*
 - i. *Have students identify in which food group each ingredient belongs.*
 - ii. *Grades 9-12: Discuss the nutrients that are found in the ingredients.*
- f. *Provide each student with a sample sized portion of the recipe to taste.*

3. Additional activities: *may be used with students who are not participating in cooking or as a follow-up activity*

- a. Fruit Colors (Grades 6-8 or 9-12)

- i. *Have students work alone or in groups to complete the worksheet. Have students think of as many fruits as they can and write the name of each fruit in the appropriate column based on its color.*
- ii. *Review their answers.*
- b. Fruits Match Up (Grade 9-12)
 - i. *Have students work alone to complete the worksheet. Have the students match each vocabulary word on the left with the correct definition on the right.*
 - ii. *Review the answers.*

C. Conclusion

1. Review take-away messages from lesson.
 - a. It's important to eat a colorful variety of fruit every day.
 - b. Fruits provide nutrients to prevent the risk of certain diseases.
 - c. Eating whole forms of fruit is the best way to keep you feeling fuller longer and assist with maintaining a healthy bowel function.
2. Distribute the reinforcement, read the message and/or explain the reason why they are receiving the reinforcement.
3. Distribute Ten Tips Fact Sheet (or other appropriate fact sheet) and encourage students to share it with their families.
4. Thank the students for their participation and answer any question they may have.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

Magical Fruit Salad

Serving Size: 1/12 of recipe

Yield: 12 servings

Ingredients:

- 1 (20 ounce) can pineapple chunks, drained
- ½ pound grapes, seedless, red or green, halved
- 2 bananas, cut into bite-sized pieces
- 1 ¾ cups non-fat or low-fat milk
- 1 (3 ½ ounce) package no sugar added pudding mix, instant, lemon or vanilla

Instructions:

1. Put pineapple chunks, grapes and banana pieces in a large bowl.
2. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
3. Let the mixture stand for 5 minutes and serve.
4. Refrigerate leftovers within 2 hours.

Source:

<http://recipefinder.nal.usda.gov>

Adapted from:

Pictoral Recipes

Lynn Myers Steele, 2000

Oregon Family Nutrition Program

Oregon State University Extension Service

Nutrition Facts

Serving Size 1/12 of recipe (130g)

Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **4%**

Sugars 21g

Protein 2g

Vitamin A 2% • Vitamin C 15%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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Symphony of Fruit Pizza

Serving Size: 1 “pizza”

Yield: 2 servings

Time: 10 minutes

Ingredients:

- 1 Whole wheat English muffin
- 2 Tablespoons fat-free strawberry cream cheese
- 1/3 cup strawberries, sliced
- ¼ cup red grapes, quartered
- ¼ cup canned mandarin oranges, drained

Instructions:

1. Slice the English muffin in half.
2. Toast both halves of the English muffin until golden brown.
3. Spread 1 Tbsp. of cream cheese on each toasted muffin half.
4. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.
5. Slice into quarters and enjoy this “yummy – fruit pizza”!

Each serving provides: An excellent source of vitamins A and C, and a good source of folate and fiber.

Source: Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutrition Facts

Serving Size: 1 pizza

Calories	109
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2.5 mg
Sodium	209 mg
Total Carbohydrate	22 g
Dietary Fiber	2.5 g
Protein	5 g



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Apple Crisp

Serving Size: ½ cup
Yield: 10 servings
Time: 30 minutes

Ingredients:

- ¼ cup instant oatmeal
- ¼ cup all-purpose flour
- 1/3 cup firmly packed light brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 ½ Tablespoons margarine
- 4 Granny Smith apples
- 2 cups vanilla non-fat frozen yogurt
- Nonstick cooking spray

Instructions:

1. Spray skillet with cooking spray.
2. In a bowl, thoroughly combine the oatmeal, flour, brown sugar, cinnamon, nutmeg, and margarine.
3. Core and thinly slice the apples.
4. Spread apples evenly over the surface of the skillet and cook for 5 minutes on each side.
5. Sprinkle the oatmeal-flour mixture over the apples.
6. Cook until oatmeal-flour mixture is brown and crispy.
7. Serve warm, topping each serving with ¼ cup frozen yogurt.

Source:

Mama's Health

<http://www.mamashealth.com/>

Nutrition Facts	
Serving Size 1/2 cup (100g)	
Serving Per Container 10	
Amount Per Serving	
Calories 100	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g



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Granola Berry Parfait with Apples

Serving Size: ½ cup

Yield: 12 servings

Time: 20 minutes

Ingredients:

- 6 Golden Delicious Apples (cored and sliced)
- 1 ½ cups low-fat granola
- 2 cups sliced strawberries
- 2 cups blueberries
- 1 Tablespoon margarine
- ½ teaspoon cinnamon
- 2 6 to 8-ounce containers vanilla yogurt

Instructions:

1. Melt margarine in skillet. Add strawberries, blueberries, granola, and cinnamon. Stir together until warm.
2. Scoop ½ cup of mixture into a cup.
3. Add 2 Tablespoons yogurt to the top.
4. Serve with 2 to 3 apple slices.

Source:

Drexel University Nutrition Education Program

Nutrition Facts	
Serving Size 1/2 cup (118mL)	
Serving Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 30
%Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 2g	
Sodium 60mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	18%
Sugars 26g	
Protein 3g	
Vitamin A 10%	• Vitamin C 35%
Calcium 6%	• Iron 6%
Not a significant source of cholesterol.	
* Percent Daily Values are based on a 2,000 calorie diet.	



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Fruit Colors

Directions: Think of as many fruits as you can. Write each fruit in the appropriate column based on its color.

Red	Orange & Yellow	White	Green	Blue & Purple



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Fruits Match Up

Match each item in the left hand column with its definition in the right hand column. Some terms represent a fruit, a nutrient, or a fact about fruits.

- | | |
|----------------------------|--|
| 1. 200 | _____ Helps keep fluids balanced and contract our heart muscle |
| 2. Crown | _____ Vitamin C and B; are easily destroyed during preparation |
| 3. 2½ | _____ State that products the most apples each year |
| 4. Banana | _____ Helps keep us healthy and helps protect against cancer |
| 5. 18 | _____ Powerful antioxidant found in tomatoes |
| 6. Washington | _____ Number of plums it takes to equal one cup of fruit |
| 7. California | _____ Found in red, orange, and yellow fruits and vegetables |
| 8. Mango | _____ Vitamins A, E, D, and K; are not lost when cooked |
| 9. Antioxidant | _____ Most popular fruit in the United States |
| 10. Lycopene | _____ Antioxidant that helps heal cuts and wounds |
| 11. Bet-carotene | _____ State that produces the most grapes |
| 12. Fat soluble vitamins | _____ Most popular fruit in the world |
| 13. Water soluble vitamins | _____ Green, leafy top of a pineapple |
| 14. Vitamin C | _____ Number of months it takes to grow a pineapple |
| 15. Potassium | _____ Number of seeds on the outside of a typical strawberry |



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Fruits Match Up - ANSWERS

Match each item in the left hand column with its definition in the right hand column. Place the appropriate number next to each definition. Some terms represent a fruit, a nutrient, or a fact about fruits.

- | | |
|----------------------------|--|
| 1. 200 | 15 Helps keep fluids balanced and contract our heart muscle |
| 2. Crown | 13 Vitamin C and B; are easily destroyed during preparation |
| 3. 2½ | 6 State that produces the most apples each year |
| 4. Banana | 9 Helps keep us healthy and helps protect against cancer |
| 5. 18 | 10 Powerful antioxidant found in tomatoes |
| 6. Washington | 3 Number of plums it takes to equal one cup of fruit |
| 7. California | 11 Found in red, orange, and yellow fruits and vegetables |
| 8. Mango | 12 Vitamins A, E, D, and K; are not lost when cooked |
| 9. Antioxidant | 4 Most popular fruit in the United States |
| 10. Lycopene | 14 Antioxidant that helps heal cuts and wounds |
| 11. Beta-carotene | 7 State that produces the most grapes |
| 12. Fat soluble vitamins | 8 Most popular fruit in the world |
| 13. Water soluble vitamins | 2 Green, leafy top of a pineapple |
| 14. Vitamin C | 5 Number of months it takes to grow a pineapple |
| 15. Potassium | 1 Number of seeds on the outside of a typical strawberry |



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