

Veggie & Fruit Helpers

The Challenge:

Explore how a variety of veggies and fruits help different parts of our bodies

You Will Need:

(enough for each student)
Samples of carrots, bananas, berries and oranges; paper plates, copies of the attached drawing, tape

1. Tape the drawing of the person onto your paper plate.
2. Sing together!
(to the tune of "Head, Shoulders, Knees and Toes")

We need carrots for our eyes, for our eyes.
We need carrots for our eyes, for our eyes.
We've got eyes, a heart, our muscles and our skin.
We need carrots for our eyes, for our eyes.

3. Repeat the song 3 more times, substituting the fruits below for carrots:

We need berries for our heart, for our heart.
We need bananas for our muscles, for our muscles.
We need oranges for our skin, for our skin.

4. Discuss how veggies and fruits help different parts of our bodies. As you talk about each veggie or fruit, make observations about how it looks and smells. Then, place it on the drawing where it helps our bodies. For example, carrots would go near the head because they help our eyes.
5. For each veggie and fruit, sing its line of the song one last time and then pop it into your mouth to eat and enjoy!

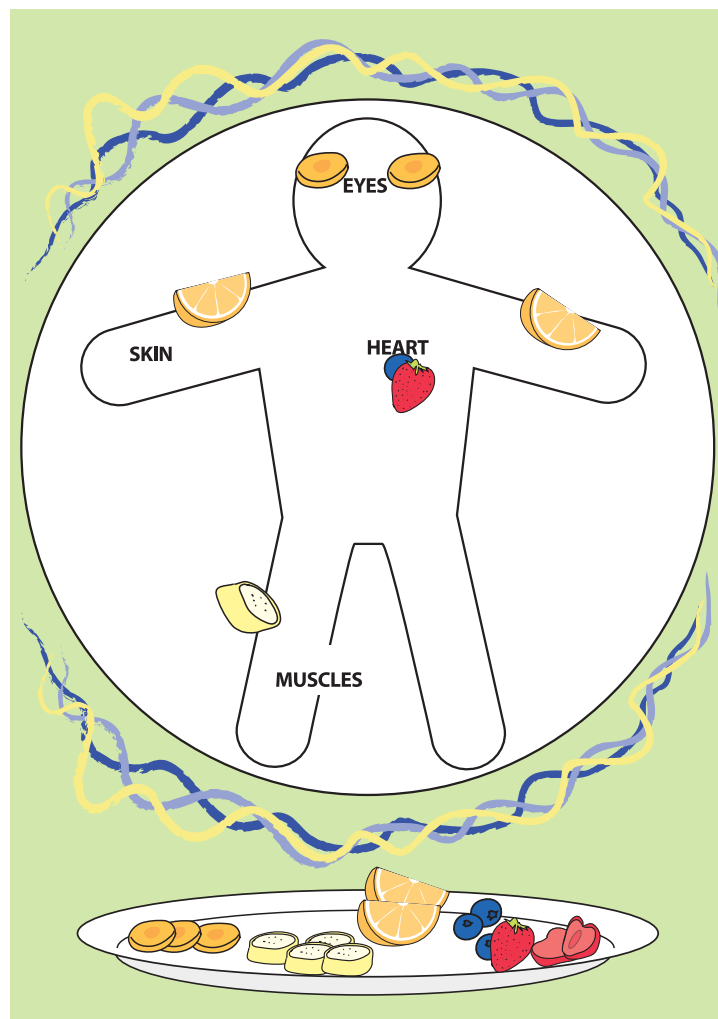


GrowingGreat Veggies & Fruits

A National STEM Education Program

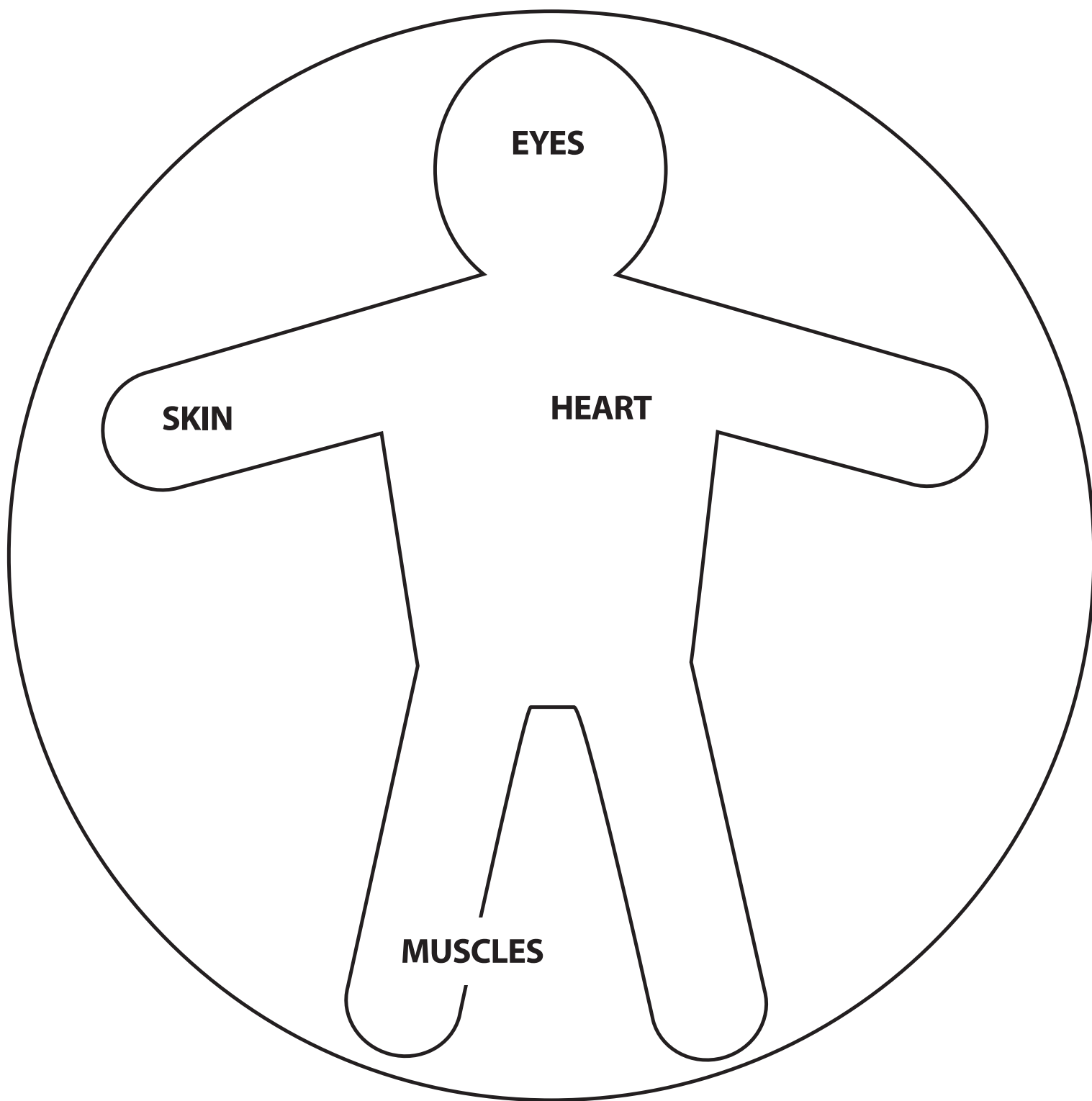


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What Do You Think?

Do you feel like you have energy after you eat a fruit or vegetable? Why?
How do the fruits and vegetables smell?
Do any of them have similar or different smells?
Do the fruits and vegetables taste similar or different?
Which was your favorite to taste? Why?
How many different colors of fruits and vegetables were on your plate today?
What parts of your body did you fuel today with the snack?



PARENT PAGE

Your child was a scientist today – making hypotheses, solving problems, measuring, recording data, learning about veggies and fruits, and eating their experiments!



Did you know the recommendation is to fill half of your plate with fruits and vegetables at every meal? That is because fruits and vegetables are packed with vitamins and minerals, are naturally low in calories, and contain fiber and antioxidants, which help to promote health and prevent disease. For optimal nutrition, serve a variety of foods to your family, including fresh, frozen, and canned fruits and vegetables.

-- Sarah Minkow MS RD



Carrots have Vitamin A, needed by our eyes which help us observe and read. Bananas have Potassium, needed by our muscles which help us run and play. Berries have antioxidants, which protect our cells and help the heart which pumps blood to our body parts. Oranges have Vitamin C, needed by our skin and immune system. Our skin protects everything inside our body, and if a harmful germ does get into our body, our immune system responds to help make sure the germ does not spread. In this activity, children learn that fruits and vegetables not only taste good, but also help keep our bodies strong.

At the Library



Fruits and veggies can be helpers and people can too! Enjoy these reads about helpers. Dolores Huerta: A Hero to the Migrant Workers by Sarah Warren. Two Lions, 2012. Harlem Grown by Tony Hillery. Simon & Schuster/Paula Wiseman Books, 2020.

Rainbow Salad

- Salad bowl, small mixing bowl, cheese grater, knife, cutting board
- 4 cups fresh spinach
- 1 1/2 cups shredded carrots
- 1 1/2 cup cabbage, chopped
- 1 1/2 cup canned chickpeas
- 1 1/2 cup blueberries
- 1/4 cup sunflower seeds

Salad Dressing

- 1/4 cup fresh lemon juice
- 1 small garlic clove, grated
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt, more to taste
- 1/2 teaspoon honey or maple syrup, optional
- 1/4 to 1/3 cup extra-virgin olive oil

Wash all the veggies and fruits. Then prepare the vegetables by slicing, shredding, and grating. Add the spinach, carrots, cabbage and chickpeas together in a salad bowl. Mix the ingredients for the dressing in a small bowl and stir well. Pour the dressing into the salad bowl and mix. Then sprinkle the blueberries and sunflower seeds over the top. Enjoy salad right away or refrigerate in a lidded container for up to two days.

Written by Gabor Zsuppan and Meghan Nealon
Illustrated by Dennis Smith



GrowingGreat is a California nonprofit with the mission to empower children to make healthy food choices through hands-on science and garden education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.

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