

# LET'S MAKE A MEAL!

NAME \_\_\_\_\_

HOUR \_\_\_\_\_

## Video Worksheet

1. What are the five color groups of fruits and vegetables?
2. What are the top five fruits consumed in the United States?
3. How many servings of fruits and vegetables should you eat every day?
4. Complete the following table as you watch the video.

Color	Examples	Benefits

5. \_\_\_\_\_ cup of most vegetables = 1 serving.
6. \_\_\_\_\_ cup of leafy greens = 1 serving
7. What are the health benefits of water?
8. Give 10 suggestions for adding fruits and vegetables to your daily diet.

## Extended Learning

---

- Create a week of ideas for getting 5-10 fruits & veggies a day.
- Prepare a fruit and vegetable buffet to include several kinds of dips.
- Keep track of your fruit and vegetable daily servings for 7 days.
- Choose one of the fruit and vegetable color categories. Create an advertising campaign to encourage people to eat fruits and vegetables within that color category, including all the health benefits.
- Create a class fruit and vegetable cookbook. Organize the cookbook by color category. Go on the Internet to find recipes.

# LET'S MAKE A MEAL!

## Teacher's Key

1. What are the five color groups of fruits and vegetables?

**Blue**

**Yellow/Orange**

**Green**

**Red**

**White**

2. What are the top five fruits consumed in the United States?

**Bananas**

**Cantaloupe**

**Apples**

**Watermelon**

**Oranges**

3. How many servings of fruits and vegetables should you eat every day?

**5-10 servings**

4. Complete the following table as you watch the video.

<b>Color</b>	<b>Examples</b>	<b>Benefits</b>
<b>Blue/Purple</b>	<b>Purple cabbage, prunes, grapes, blueberries, raisins, plums, eggplant</b>	<b>Memory, fights infection</b>
<b>Green</b>	<b>Spinach, lettuce, grapes, green beans, broccoli, kiwi, peas</b>	<b>Healthy, vitamins, minerals</b>
<b>White</b>	<b>Potatoes, pear, bananas, cauliflower</b>	<b>Heart</b>
<b>Yellow/Orange</b>	<b>Peaches, oranges, lemons, cantaloupe, carrots, pineapple, corn, sweet potatoes.</b>	<b>Fights illness</b>
<b>Red</b>	<b>Tomatoes, apples, watermelon, strawberries, cherries</b>	<b>Heart</b>

5. 1/2 cup of most vegetables = 1 serving.
6. 1 cup of leafy greens = 1 serving
7. What are the health benefits of water?  
***Water keeps your body temperature steady; water lubricates your joints; water keeps your skin looking young; water is the transportation system for your body's chemicals.***
8. Give 10 suggestions for adding fruits and vegetables to your daily diet.
- 1. Make a smoothie.***
  - 2. Eat a salad with your dinner.***
  - 3. Drink juice instead of soda.***
  - 4. Pack baby carrots for a snack.***
  - 5. Choose fruit and vegetable options at lunch.***
  - 6. Add vegetables to soup or pasta.***
  - 7. Add sliced fruit to your cereal in the morning.***
  - 8. Add vegetables to your pizza.***
  - 9. Pack raisins for a snack.***
  - 10. Grate a vegetable (carrots, zucchini, etc.) in a food processor and add to meatloaf or chili.***

## Extended Learning

---

- Create a week of ideas for getting 5-10 fruits & veggies a day.
- Prepare a fruit and vegetable buffet to include several kinds of dips.
- Keep track of your fruit and vegetable daily servings for 7 days.
- Choose one of the fruit and vegetable color categories. Create an advertising campaign to encourage people to eat fruits and vegetables within that color category, including all the health benefits.
- Create a class fruit and vegetable cookbook. Organize the cookbook by color category. Go on the Internet to find recipes.

# LET'S MAKE A MEAL!

## Fruit Snack Lab

---

### Dip One:

---

1/2 can chocolate frosting  
1/2 cup low-fat sour cream

- Put together in small bowl.
- Mix well, with wooden spoon.
- Serve in custard cups.

### Dip Two:

---

1/2 pkg. low-fat cream cheese (4 oz.)  
1/2 jar marshmallow cream

- Put together in small bowl.
- Using electric mixer, mix until creamy (no lumps).
- Serve in custard cups.

### Prepare Fruit:

---

- Apples: Wash, core and slice.
- Bananas: Peel, cut into 1-inch sections.
- Grapes: Wash using strainer.
- Pineapple: Canned: Drain or Fresh: Cut.

Arrange all fruit in an attractive way on a plate and serve.

Use small paper plates, napkins and toothpicks.

**NO DOUBLE DIPPING!**