Let's Count To 5!

K-2

M.2.1

Objectives	**Students will be able to:** • Identify fruits and vegetables. • Recognize at least 5 fruits and vegetables they should eat each day. • Count the amount of fruits and vegetables they should eat each time.
Standards Met	**MD.B.3.** Classify objects into given categories; count the numbers of objects in each category and sort the categories by count. **MP.2.** Reason abstractly and quantitatively.

Overview of Fruits and Vegetables

Did you know? Fruits and veggies are a great source of vitamins and minerals!

Healthy People 2020 Goals:

- Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older
- Increase the contribution of total vegetables to the diets of the population aged 2 years and older

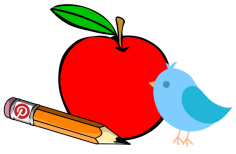
Fruits and vegetables provide us with vitamins, minerals, fiber and other powerful nutrients that help us stay full for longer and avoid overeating. Fruits and vegetables are also rich in antioxidants, which are substances that may help reduce the risk of developing chronic diseases such as diabetes, heart disease and cancer.

Exactly how many fruits and vegetables should we have in a day? Just remember the "5-A-Day" rule. Eat five servings of fruits and vegetables a day – the color way! Eating a variety of colorful fruits and vegetables will help us stay healthy and energetic.

It is important to encourage young students to increase their intake of fruits and veggies and help them understand the long-term benefits of doing so.

For more information on fruits and veggies, go to:

www.mentorprojectfiu.com



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Make The Connection

Materials

- Worksheet: Let's Count to 5! for Grades K-2
- Supplemental Material: Fruit and Veggie Flashcards and Fruits and Veggies Serving Sizes.
- YouTube Videos of Talking Flashcards:
  Veggie Flashcards: https://www.youtube.com/watch?v=bf6g9mkg-4o
  Fruit Flashcards: https://www.youtube.com/watch?v=zywh6LqC6dg

Using the worksheet titled **"Let's Count to 5" for Grades K-2**, help students recognize different fruits and vegetables, and count how many fruits and vegetables they should eat daily.

1

First show your students the talking flashcard videos. Then, divide the class into groups of three or four students, provide each group with a set of fruits and veggies flashcards and let them review these flashcards as a group. Afterwards, divide the board in two and use one side for fruits and the other side for vegetables. Encourage students to name fruits and vegetables and write them on the corresponding side of the board.

2

After the class discussion, talk to your students about the benefits of eating fruits and vegetables. You can talk about how they contain powerful nutrients such as vitamins and minerals that help us grow stronger and healthier while preventing diseases. Moreover, fruits and veggies are high in fiber, which helps us stay full for longer and keeps our bodies running smoothly.

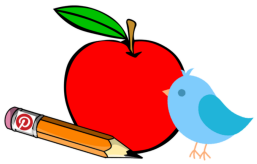
REMEMBER we should try to consume at least five portions of fruits and vegetables a day by introducing the 5-A-Day campaign. You should encourage them to eat different fruits and vegetables.

In the two activities attached, the students will count and categorize using fruits and vegetables as the objects. They will learn to count to five and identify if the food in question is a fruit or a vegetable. For more information, refer to the supplemental sheet "Fruits and Veggies Serving Sizes."

3

Lastly, do an overview of the **"Let's Count to 5!" worksheet for Grades K-2.**

Explain the activity and clarify any questions the students may have.



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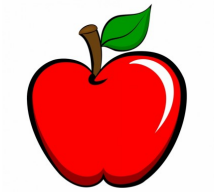
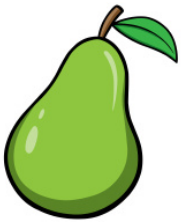
Supplemental Material

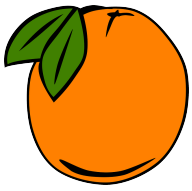
For the Teacher: Flashcards of Fruits



Apple

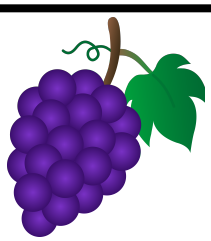


Pear



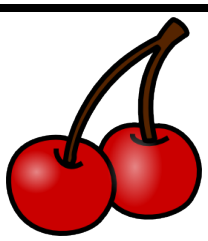
Orange

Banana



Grapes

Mango



Cherry

Strawberry

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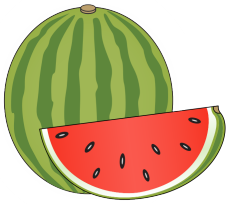
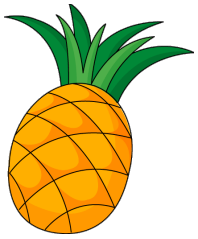
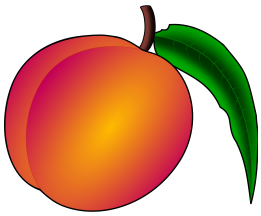


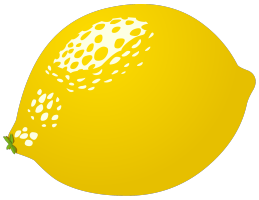
Watermerlon



Pineapple

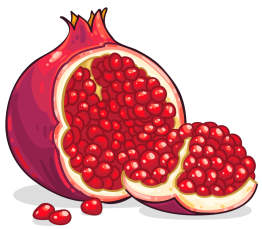


Peach



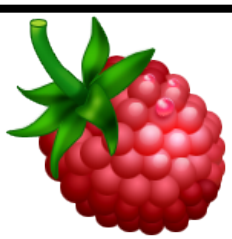
Lemon

Blueberry



Pomegranate

Grapefruit



Raspberry

Supplemental Material

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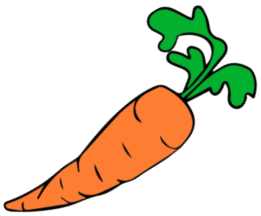
For the Teacher: Flashcards of Vegetables

Corn

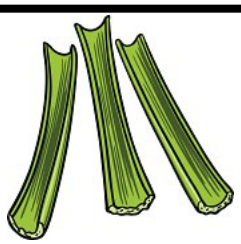


Carrot

Broccoli

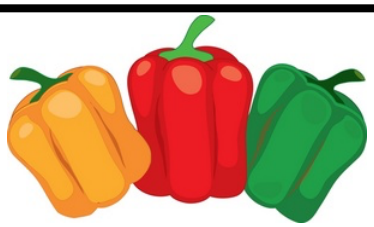
Onion

Radish



Celery

Lettuce



Bell Peppers

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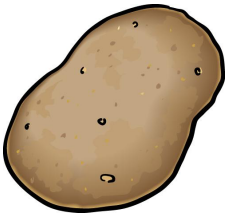
Cauliflower

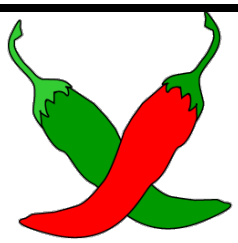
Brussel Sprouts



Potato

Sweet Potato

Spinach



Chili

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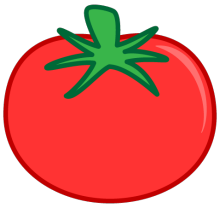
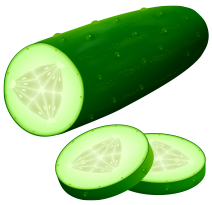
Supplemental Material

For the Teacher: Flashcards of Vegetables that are technically Fruits

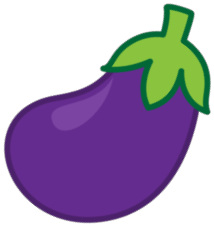


Tomato

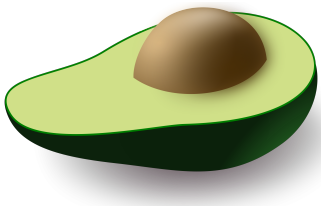


Cucumber

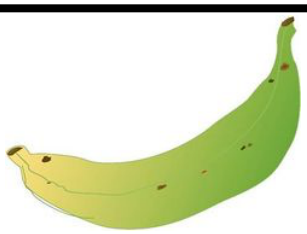
Pumpkin



Eggplant

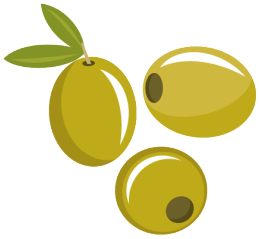


Avocado



Plantain

Artichoke



Olives

Supplemental Material

For the Teacher: Portion Sizes of Fruits

Food	Cup Equivalent	Looks Like..
Pineapple	½ cup	Tennis ball
Orange	1 medium fruit	Tennis ball
Strawberries	1 cup	Softball
Blueberries	1 cup	Softball
Dried Fruits	1 ounce	Golf ball
Grapes	1 cup	Softball
Kiwi	1 small fruit	Tennis ball
Banana	1 medium fruit	Pencil
Apple	1 medium fruit	Softball
Pear	1 medium fruit	Softball
Peach	1 large fruit	Softball
Watermelon	1 cup	Softball
Papaya	1 cup	Softball
Tangerines	1 medium fruit	Tennis ball

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Supplemental Material

For the Teacher: Portion Sizes of Veggies

Food	Cup equivalent	Looks Like…
Corn Kernel	1 cup	Softball
Baked Potato	1 large fruit	Softball
Sweet Potato	½ cup	Tennis ball
Cauliflower	1 cup	Softball
Carrot (raw)	1 cup	Softball
Spinach	1 cup	Softball
Broccoli	1 cup	Softball
Lettuce	1 cup	Softball
Green Beans	1 cup	Softball
Baked Potato	1 medium fruit	Softball

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Supplemental Material

For the Teacher: Fruits you thought were Veggies

Food	Cup equivalent	Looks Like…
Pumpkin	1 cup	Softball
Plantain	½ cup	Tennis ball
Tomato	1 cup	Softball
Cucumber	1 cup	Softball
Eggplant	1 cup	Softball
Avocado	1/8 avocado	Pencil
Olives	10 small olives	Tennis ball
Artichoke	1 medium fruit	Softball

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Supplemental Material

Looks Like…

1 CD = 4 inches

Golf Ball = 1 ounce (oz)
1 ounce = 2 tablespoons

Tennis Ball = ½ cup

Deck of Cards = 3 oz

Softball = 1 cup

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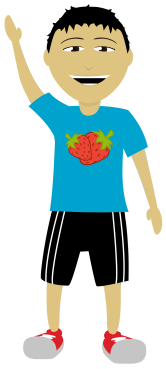
Name:_____ Date: _____

Let's Count To 5!

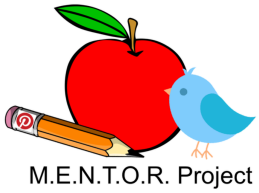
K-2

1) Help Lee pick 2 fruits and 3 vegetables to eat on Wednesday. Draw the fruit and vegetable of your choice in the boxes below. Count the total of fruits and vegetables Lee is going to eat on Wednesday.



	Vegetable	
Fruit	Vegetable	Fruit
	Vegetable	

How many fruits and vegetables in total is Lee going to eat on Wednesday? _____



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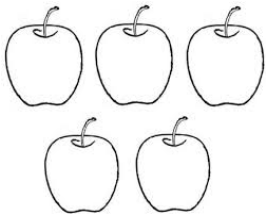
Name:_____ Date: _____

Let's Count To 5!

K-2

2) Classify each group as fruits or vegetables and match the right amount to each group. Then, color the fruits and vegetables as they look in real life. Example: lettuce is green.



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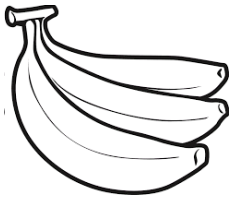
1



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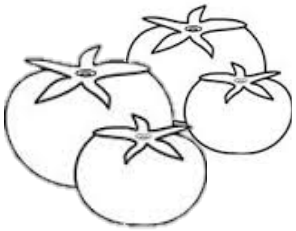
2

_____

3



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4

_____

5

Name:_____ Date: _____

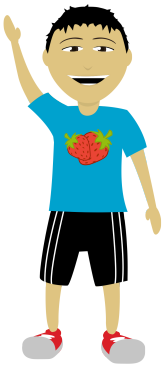
Let's Count To 5!

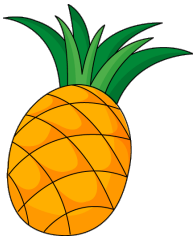
K-2

ANSWER KEY

1) Help Lee pick 2 fruits and 3 vegetables to eat on Wednesday. Draw the fruit and vegetable of your choice in the boxes below. Count the total of fruits and vegetables Lee is going to eat on Wednesday.

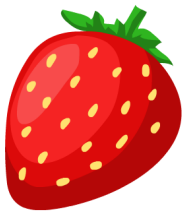
Vegetable





Fruit

Vegetable



Fruit

Vegetable

How many fruits and vegetables in total is Lee going to eat on Wednesday? 5

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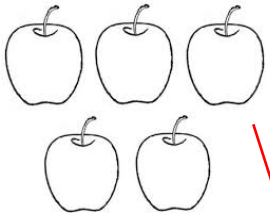
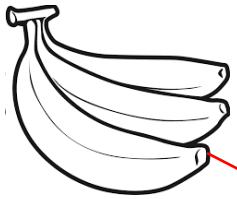
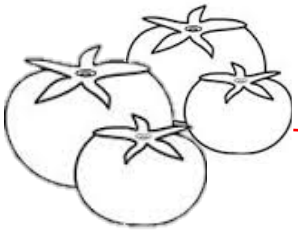


FRUIT



FRUIT

VEGETABLE



FRUIT

VEGETABLE

1

2

3

4

5